

## Key Services

### Counseling

Meet with a therapist to release trauma and retrain your thought patterns.

### Integrative Medical Care

Our Family Nurse Practitioner can help you optimize your brain and physical health—with or without medication.

### Nutrition Coaching

Give your brain the vitamin and mineral building blocks it needs to function at its best. Coaching for step-by-step guidance on how to implement a therapeutic diet for the brain.

### Massage

Traditional or cranial sacral massage that relaxes the muscles and uncovers mental issues that are manifesting as pain points in the body.

### Red Light Therapy

Reduce pain and inflammation to recover faster from broken bones, concussion, neuropathy, back pain...

### Tai Chi Yoga Classes

Online classes that calm your nervous system with gentle, flowing movement, and stretching.

## About Us

Welcome to Ascend! If you experience mental and physical symptoms related to poor mental health, brain function, past trauma, or hormone imbalance and want to address them using more than just traditional medication + therapy, we are the place for you!

### Our Strengths :



Faith-Affirming Care

Experienced Professionals

Comprehensive clinic to work on both the body and the mind

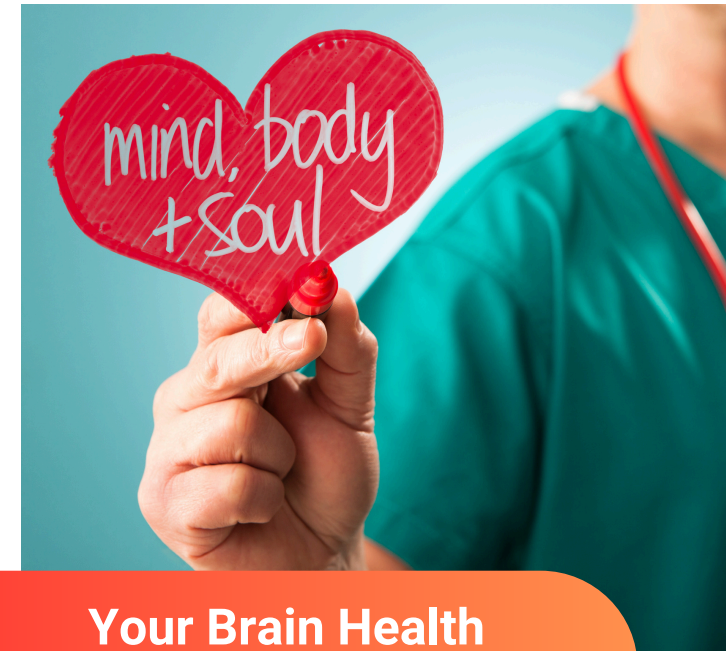
### What Makes Us Different:

- We look at the whole picture: Mind, body, spirit, and relationships
- A blend of traditional medicine with supplements, herbs, and homeopathics
- Wellness your way. Traditional therapy + medication, no medication, or a mix of both.



# Ascend

Holistic Mental Health



**Your Brain Health Solutions Start Here!**

# Holistic Health Clinic

*Where mental health meets holistic care*

[www.ascendholistically.com](http://www.ascendholistically.com)

## Conditions We Help

- ✓ Depression
- ✓ Anxiety
- ✓ PTSD
- ✓ Trauma
- ✓ ADD/ADHD
- ✓ Autism, Sensory Processing
- ✓ Concussion/Brain Injury



- ✓ Hormone Imbalance
- ✓ Allergies
- ✓ Thyroid Issues
- ✓ Gut/Digestive Upset
- ✓ Insulin Resistance, Diabetes

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## Contact Information



### Location

125 S State St, Fairview, UT



### Phone

(435) 610-1810



### Email

admin@ascendcounselingcoaching.com

## Schedule Your Appointment Today!



Scan QR code

to visit our website



## Patient Testimonials



“Joseph is amazing! He has been working with my teen who has autism, mood disorder, and depression. For the first time my son is making progress.”



“What impresses me the most however is the personalized care we received .”