

Treatment for the Whole-Self

Personalized and complete attention that you deserve. Our treatment models are closely focused on developing your character strengths and virtues to treat the whole-self; not just a problem.

Individuals

- children, adolescents, adults
- coming of age
- grief and mourning

Couples

- "Prepare & Enrich" program
- pre-marital counseling
- lasting relationships

Families

- new additions
- blended families
- parent-child relationships

Caring & Experienced Professionals

Our experienced counselors are recognized as some of the best in their field and are well experienced in working with adolescents, adults and families. They have enjoyed extensive training and experience helping clients appearing with depression, anxiety, ADHD, substance abuse, eating disorders, sexual addiction, self-harm, suicidal ideation, sexual victimization, relationship difficulties, spiritual challenges, and more.

Our counselors are friendly and understanding, and our services are confidential.



Dr. Russell C. Gaede Executive Director

Dr. Gaede is an experienced Utah Licensed Professional Counselor. He earned his doctorate degree in Clinical Psychology and a certificate in Marriage and Family Therapy. His broad experience includes both residential and outpatient practice.



Jason H. King Clinical Director

Jason is a Utah Licensed Professional Counselor (LPC) and a Board Certified Clinical Mental Health Counselor (CCMHC).

His education and experience is centered on Human Development and Family Studies, graduating with honors with a Masters of Counseling.

Positive Solutions for Life's Challenges

Positive Solutions

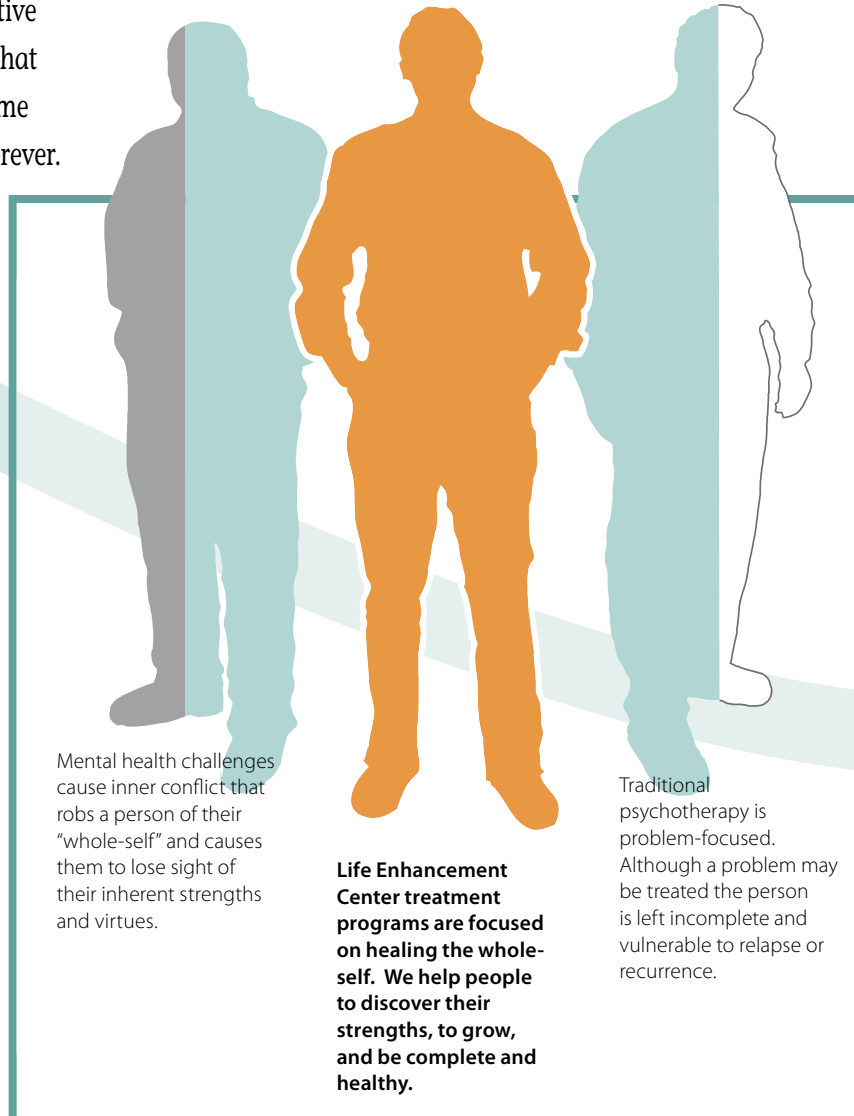
Mental health challenges are a serious business that deserve professional attention and care. The Life Enhancement Center can help.

People seeking help often desire to find real solutions to their challenges; solutions that lead to a positive change in their lives. They want help, to be valued, and not judged.

Our programs are focused on positive and meaningful results, the kind that help people to identify and overcome problems and change their lives forever.

Moreover, our counselors understand that there is more to a person than just the issues confronting them. We know that when a person recognizes and appreciates their own character strengths and virtues, they can learn to overcome and defeat life-altering challenges. Our clients count on our counselors to help them find their whole-selves; and you can count on them too.

Our counseling methods are proven and our services are completely confidential and we are sensitive to our clients' religious and cultural beliefs.



Why Positive Solutions?

Traditional psychotherapy is problem-focused, generally negative in nature, and often results in incomplete treatment. Positive solutions treatment programs are more complete and involve the understanding and application of three central tenets:

Positive Emotions - contentment with the past, happiness in the present, and hope for the future.

Positive Individual Traits - strengths and virtues, such as the capacity for love and work, courage, compassion, resilience, creativity, curiosity, integrity, self-knowledge, moderation, self-control, and wisdom.

Positive Institutions - strengths that foster better communities, such as justice, responsibility, civility, parenting, nurturance, work ethic, leadership, teamwork, purpose, and tolerance.

**Life Enhancement**
C E N T E R

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