



Matthew Lemons

Mental Health Therapist-COUI Intern

Matthew graduated from Idaho State University in 2021 with a Master's in Mental Health Counseling. Before becoming a counselor, he worked at the College of Western Idaho in several capacities but most recently as a Case Manager in coordination with Idaho Job Corps where he was able to assist young adults in pursuing various educational and occupational goals.

Matthew's first priority is to focus on and nurture the working relationship between himself and his clients. This theoretical approach is from Carl Roger's Person-Centered Therapy which encourages empathy, authenticity, and unconditional positive regard. By fostering a good therapeutic relationship, he is able to form an alliance and work towards his client's goals. He has experience working with diverse populations including those dealing with trauma, depression, anxiety, LGBTQ+ issues, difficult life changes, grief, and many more. He is trained in Accelerated Resolution Therapy (ART) which can provide effective and lasting symptom relief in a relatively short amount of time for various situations. This newer therapy modality has been especially effective for those suffering from symptoms related to PTSD, anxiety, and other phobias but is applicable in most situations. He is excited to be able to utilize this tool to help others.

When Matthew is not working, he will most likely be found spending time with family and friends. He enjoys staying active, trying new things, and hiking the foothills with his dog. In the winter he can be found in the mountains riding his snow mobile and relaxing in hot springs. In the summer he often finds himself lounging next to the river on a hot day or spending time with his nieces and nephew.