



Hannah Myers

Licensed Professional Counselor

Hannah Myers, LPC, graduated from the University of Idaho with a Bachelor's Degree in Child Development and Family Relations and earned her Master's degree in Counseling with emphases in Trauma Counseling and Play Therapy from Northwest Nazarene University. Hannah is a member of the American Counseling Association (ACA), the Idaho Counseling Association (ICA), the Association for Play Therapy (APT), the Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE), and the Institute for Rapid Resolution Therapy (IRRT).

Hannah has both a passion for and background in working with children and their families. She has a variety of experiences, from working as a teacher in the Child Development Laboratory at U of I, to working at the Washington State University's Children's Center, to providing counseling services in a play therapy-based counseling center. Hannah also has experience in the elementary school setting. Hannah has had the opportunity to provide developmentally appropriate care and curriculum for children, develop trusting relationships with families, collaborate with teachers and caregivers, and provide responsive services, such as individual counseling and crisis intervention. She has been grateful throughout all of these experiences to have the opportunity to connect with children, families, and colleagues, as well as tap into her creative energy to support the developmental needs of individual children.

Hannah has worked with children, preteens, and adolescents to maximize well-being and resolve emotional disturbance and maladaptive behavior. She has experience providing a variety of services through the use of innovative concepts and specialized tools such as play therapy, the Rapid Resolution Therapy perspective, sand tray, and EMDR. Hannah has specialized training in working with individuals who have experienced trauma and grief.

Hannah believes children (and adults!) learn through play, and that play is the language of children. Additionally, she believes that therapeutic processes should be easy, fun, and meaningful to the individual. She believes in creating connection through being warm, friendly & responsive, and accepting individuals for who they are. Hannah is passionate about providing individualized care and addressing areas of concern for individual children and their families.

Hannah has a desire to continue sharpening her therapeutic knowledge and skills and you can often find her attending various trainings and conferences. Hannah loves to learn and research about new and innovative concepts to health and well-being. She is currently working towards becoming a Registered Play Therapist and becoming a Rapid Resolution Therapy (RRT) specialist and completing her EMDR training.

Hannah absolutely adores snuggling up with her dog, Shasta, and her spouse in their cozy home or playing in their backyard together on a sunny day. Hannah loves to be creative through painting murals in her home, creating clay figures, or experimenting with new recipes. She loves getting together with her family to play boardgames, hike, play tennis, or travel.