

Amelia Messenger is a Licensed Professional Counselor in the state of Idaho. Amelia obtained her bachelor's degree in public health from Westminster College in Salt Lake City, Utah and her master's degree in counseling from Boise State University.

Amelia has been working in the mental health field for nearly seven years. She has worked at the YWCA in Salt Lake City with women and their families fleeing domestic violence situations, with children and adolescents in both inpatient and outpatient mental health treatment settings in the Treasure Valley, and with adults with substance use and mental health struggles in inpatient hospital settings as a psychiatric technician and an intern. Amelia completed her internship for her graduate studies at Allumbaugh House in Boise, Idaho where she worked with adults wishing to detox from substances and maintain sobriety. There, she learned a great deal about addiction and brings this experience to her work with her clients every day. Amelia is passionate about working with community members of all ages and backgrounds.

Amelia's utmost priority is establishing trust with clients to create a foundation on which they can build and thrive moving forward. Amelia's approach to therapy is rooted in both internal family systems and relational-cultural theories. These theories incorporate both internal functioning within individuals and environmental considerations such as oppression and marginalization that adversely impact clients' mental health.

Amelia enjoys hiking with her partner and her dog, snuggling with her cat, exploring Idaho's many mountain ranges, cooking delicious meals for her family, traveling, and gardening in her backyard. She is passionate about movement and is often on her yoga mat or on a walk with her dog after a busy day.