

Delaney, LMSW, graduated from Boise State University with her Bachelor's Degree in Psychology and a Master's degree in Social Work.

Delaney is passionate about instilling hope to youth who have experienced trauma by implementing conversations about finding one's own resilience within the therapeutic relationship. She has worked considerably with those experiencing depression, anxiety, and trauma. Her vocational background includes after-school care where she created and implemented programming for emotional and social well-being, residential care for youth in foster care or families facing crises, and community-based rehabilitative services.

During her graduate education, she interned in foster care licensing for the Idaho Department of Health and Welfare and as a counseling intern at the Nampa Family Justice Center. Here, she counseled children and teens who were victims of physical, mental, emotional, and sexual abuse using various modalities. Primarily, Delaney utilizes Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Acceptance and Commitment Therapy, with a focus on trauma, mindfulness, and attachment theories.

In her free time, Delaney practices self care by reading a book, doing something creative, or spending time with friends.