



Brandi Chenoweth
Liscenced Professional Counselor

Brandi graduated from Lindsey Wilson College with a Master of Education in Clinical Mental Health Counseling & Human Development. She obtained a Bachelor of Science in Health Services Administration from Upper Iowa University in 2015. She is a Licensed Professional Counselor in the state of Idaho.

Brandi has over 5 years of experience in the mental and behavioral health field. She has worked in both inpatient and outpatient settings, as well as community mental health and private practice. Brandi has been a dance instructor for more than 10 years and a yoga instructor for 4 years.

Brandi has experience working with individuals from different life stages including child, adolescent, and adult, and facing various difficulties including anxiety, depression, relationship issues, personality disorders, behavioral modification and grief and loss. She considers herself a safe and affirming space for LGBTQIA+ individuals and has specific experience working with children and adolescents on the autism spectrum. Brandi tends to use Dialectic Behavioral Therapy (DBT) as well as Cognitive Behavioral Therapy (CBT) with the use of trauma-informed care and mindfulness-based modalities.

In her free time, she enjoys spending time with her cocker spaniel, Dolly, and anything in nature including kayaking, hiking, riding her bike, roller skating, or camping. She also enjoys curling up with a good book and a cup of tea.

Brandi tends to encourage a holistic approach with her clients with the option to integrate meditation and yoga into their treatment if they choose. Brandi works with the client to create treatment that is tailored to them. She believes in the use of therapy to empower individuals to find mental and emotional well-being. She values learning and is always eager to learn new ways to help her clients. She aims to create a safe space for her clients to process the past, build healthier relationships, and create a more fulfilling life.