



Welcome!

Counselor: Kristina Hill, MFTC
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Philosophy & Approach:

I believe that the best way to a child’s heart and soul is through play. I also believe that children thrive best when they feel unconditionally loved and understood. My approach to working with children involves creating a safe, playful environment for them to truly be their own unique, authentic selves. I respect each child’s autonomy and ability to express big emotions. During our work, I strategically teach children emotional awareness and how to cope with these emotions. They say “it takes a village to raise a child” and as a family therapist, I wholeheartedly agree with this sentiment. As such, I coordinate with the caretaker(s) of the child to communicate observations noticed in our work together so that they can continue to further work with the child on goals at home. I am only part of the village and the success of the child depends on consistency.

Education:

M.A. in Marriage and Family Therapy Regis University	2021
B.A. in Psychology Metropolitan State University of Denver	2016

Certifications:

Emotion Focused Therapy Externship International Center for Excellence in Emotionally Focused Training	2019
Dialectical Behavioral Therapy Training Noeticus Counseling Center and Training Institute	2020
Trauma-Focused Cognitive Behavioral Training Institute of Behavioral Science: UC-Boulder	2021

Core Competencies:

Attachment	Boundaries	Parenting Skills
Self-Esteem/Identity	Emotional Regulation	Trauma

Licensure:

Marriage and Family Therapist Candidate License #: MFTC.0014222	2021-present
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Supervisor:

Christy Lochary, MA, LMFT
License No: MFT.0001570
Louisville Family Center