



Heidi Sawyer

MS, LPC

HEIDI'S TRAINING & FOCUS

Heidi graduated from Southeastern University in Lakeland, Florida with a Master of Science in Professional Counseling. She is a Licensed Professional Counselor in Georgia and Texas. Prior to her focus on mental health, she obtained her undergraduate degree from Palm Beach Atlantic University in Christian Leadership. She brings 15 years of experience working with adolescents and adults in ministry, counseling and higher education environments. Most recently, Heidi spent over 5 years in the Career Center at the University of Texas at San Antonio. While at UTSA, she went through additional training to become certified as a Career Development Facilitator.

Heidi works with adolescents, ages 14 and up, and individuals to assist with college and career exploration and planning, anxiety, depression, relationship challenges, spiritual issues, grief, life transitions, goal setting, and self-confidence challenges.

HEIDI'S PURPOSE

"The real joy in life comes from finding your true purpose and aligning it with what you do every single day." – Tony Robbins

We all have pathways in life that define our destination. Understanding who you are helps you to better seek and understand your unique purpose in life. My goal in counseling, using a holistic and psychoeducational approach, is to help you visualize where you are today and empower you to take steps to reach your fullest potential. As a Christian therapist, my desire is to support individuals as they seek and define their identity in Christ and their God-given purpose for their life. If you're feeling unfulfilled or stuck in a season, I would love to help you plan with a purpose and connect the dots to your next chapter.