



Alta Behavioral Counseling

Reaching New Heights™

Alta Behavioral Counseling is dedicated to providing you and your loved ones the best care possible by using proven techniques, knowledge and practices. Our clinicians are well versed in a variety of evidenced-based therapeutic models.

Our therapists possess a wealth of experience based on previous work in education, hospitals, military service, business, private and group practice.

We can help with a wide range of emotional and behavioral issues, providing services that span from therapy for depression, anxiety, grief, parenting support/couples counseling and more.

Our highly personalized approach is tailored to help each client feel comfortable with our modern offices or via medically encrypted tele-therapy.

We online therapy.



Visit www.altabehavioralcounseling.com

Call (801) 613-2585 for an appointment



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At **Alta Behavioral Counseling**, dedication to helping you and your loved ones by using the best techniques, knowledge and practices is not a catch phrase it is our core value. Our clinicians are well versed in a variety of evidenced-based therapeutic models.

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We offer both F2F and online therapy.



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Call (801) 820-6580 for an appointment

Tricare and TriWest insurance accepted.

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