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Refuge Counseling Center LLC
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Soni Myers is a Licensed Clinical Professional Counselor in the state of Idaho, a Nationally Certified Counselor, and holds a Master's degree in Counseling from Northwest Nazarene University. Mrs. Myers has been in practice at Refuge Counseling Center LLC since its founding in 2007 and has been directing the center since 2010. The center's mission is to provide professional therapeutic services at an affordable cost, within its rural and underserved community. As a registered supervisor Soni also provides clinical supervision to graduate level interns and post-graduate counselors.

In her counseling work, Soni is passionate about coming alongside her clients with genuine care. Soni is trained to work with a wide range of presenting issues though she is particularly drawn to working with distressed couples, codependency, grief, and trauma recovery. To best assist her clients in their journey towards healing and wholeness she seeks to provide an educated perspective and utilizes evidence based treatment practices. Specifically Soni has advanced training in Emotion Focused Therapy (EFT), a style of therapy that focuses on attachment bonds, primary emotions, identifying unresolved trauma, and addressing unhealthy relational patterns in order to foster new and more satisfying patterns of coping and connecting. Soni also specializes in faith-based counseling that integrates professional counseling with spirituality to honor a holistic treatment approach.

Soni is an active member of the American Counseling Association, American Association of Christian Counselors, and the American Association of Therapists Treating Abortion Related Trauma. Soni is frequently invited to speak to local churches and ministry organizations to educate pastoral staffs and leaders regarding issues of mental health. She is passionate about educating pastors and other lay-counselors to know when and how to refer someone to professional care. Additionally, Soni finds it very rewarding to provide relevant information that helps break common misconceptions about mental health within the faith-based community.