

Kiana received her Bachelor's Degree in Psychology from Trinity Christian College and her Master's Degree in Marriage and Family Therapy from The Adler School of Professional Psychology in Chicago, IL. Kiana has 15 years of experience in the field of mental health and is a licensed Marriage and Family Therapist (LMFT) in both Alaska and California. Kiana believes in an integrative, holistic approach to mental health and often draws on alternative treatment modalities such as art, creativity, yoga, meditation and mindfulness. She also frequently utilizes cognitive behavioral, solution-focused and family systems therapy. Her interests include working through college adjustment, relationship issues, self-esteem, grief and loss, life transitions, stress management, anxiety, depression, trauma, adoption and foster care, Alaska Native populations and building resiliency. Kiana was born in Fairbanks and spent her childhood in a small village north of the Arctic Circle. In her spare time, she enjoys music, reading, studying ancestry, sports, writing, travel and photography.