

Leighanna Nordstrom MA, MFT-C (She/her)

Relationship and Sex Therapist

Leighanna@breakthemoldtherapy.com 970-233-9740 •

EDUCATION

- Aug 2016 – May 2020 **Master of Marriage, Couple, and Family Therapy/Counseling**
University of Northern Colorado
- Aug 2011 – May 2015 **Bachelor of Psychology**
Colorado State University

STATE LICENSES

- Nov 2020 – present **Marriage and Family Therapist - Candidate**
Colorado License # MFTC.0014098

PROFESSIONAL AFFILIATIONS

- 2019 – present **American Association of Sex Educators, Counselors and Therapists**
- 2019 – present **American Association of Marriage and Family Therapists**

PROFESSIONAL EXPERIENCE

- May 2020 – present **Relationship and Sex Therapist**
Break the Mold Therapy, LLC
- May 2020 – December 2022 **Relationship and Sex Therapist**
Pivotal Counseling, LLC
- Aug 2019 – May 2020 **Clinical Intern**
Pivotal Counseling, LLC
- Jan 2018 – May 2018 **Clinician in Training - Individual Counseling**
UNC Psychological Services Center
- Jan 2019 – May 2019 **Clinician in Training - Relational Counseling**
UNC

CERTIFICATES

Gottman Level I Therapist 2019	Psychological First Aid 2020	12 Core Concepts of Understanding Traumatic Stress Responses in Children and Families 2020	Pleasure is the Measure, with Emily Nagoski 2019
Skills for Psychological Recovery 2019	Gender Euphoria: A pleasure centric approach to working with trans clients 2020	Diverse Sex-Positive Parenting with N. Jasmine Johnson, MSW, MA, LCSW 2021	Kink for Professionals with Midori 2021
Sexuality Attitude Reassessment (SAR) Couples and Valentines SAR 2021	Couples that Play with the Edge of Sexuality with Nicoletta Heidegger 2021	Healthy Casual Sex for Individuals and Couples with with Dr. Zhana Vrangalov 2021	Working with African American Couples 2021
Suicide Prevention, Assessment, and Intervention 2022			

PROFESSIONAL PRESENTATIONS

Aug 2021	The Big "O": Take Your Orgasm to New Heights
Mar 2022	The Big "O" : Take Your Orgasm to New Heights
May 2022	Talking with Children and Teens About Sex and Sexual Safety
Jun 2022	The Big "O": Taking Your Orgasm to New Heights (Pending)

PODCASTS

Sep 2021	Love Starts Here <i>The 6 Principles of Sexual Health with Sex Therapist Leighanna Nordstrom</i>
Nov 2021	Sexually Speaking with Shannon <i>The 6 Principles of Sexual Health with Sex Therapist, Leighanna Nordstrom</i>
May 2021	Sexually Speaking with Shannon <i>Healing Sexual Trauma & Co-regulation with Leighanna Nordstrom</i>