



Meet our newest therapist

Sparrow Meyer, PLMHP

Sparrow Meyer is a provisionally licensed mental health practitioner (PLMHP) who works with children, adolescents, adults, and families navigating depression, anxiety, attachment concerns, and the effects of trauma. She holds a master's degree in counseling as well as a master's degree in clinical nutrition, allowing her to approach psychotherapy through an integrated mind-body lens.

Sparrow's clinical work is grounded in the understanding that emotional well-being is closely connected to physiology, stress, and nervous system regulation. She takes a holistic approach that considers both emotional and physical influences on mental health, helping clients develop greater awareness, balance, and resilience rather than focusing solely on symptom management.

She is trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), and Family Constellation Therapy, and incorporates these approaches in a trauma-informed, attachment-centered way. Sparrow works collaboratively with clients to strengthen emotional regulation, build self-esteem, and explore relational patterns that may be contributing to current challenges.

In addition to working with children and families, Sparrow has a particular interest in supporting adults through midlife transitions, including identity shifts, relationship changes, grief, and periods of personal growth. She offers a grounded, compassionate therapeutic space that supports insight, healing, and meaningful change.



Paradigm provides comprehensive mental health, behavioral health, and family support services for individuals of all ages. Our compassionate team is dedicated to helping children, youth, adults, and families navigate emotional, behavioral, and life challenges with care and expertise. Whether you're seeking support for yourself, your child, or your family, Paradigm offers a welcoming space and a full range of therapeutic services designed to promote healing, stability, and growth.

We welcome private referrals and partner with community agencies and systems to ensure individuals and families receive the support they need. If you or someone you care about could benefit from mental health therapy or family services, contact Paradigm today to begin your path toward a healthier, more hopeful future.

Call today to schedule an appointment!