

# S E T H M U L L E R

---

## PROFILE

As a therapist I help people grow and heal from a variety of challenges life might bring. Using a compassionate, evidence-based approach, I measurably affect change for individuals, groups, and the broader communities in which they live. I focus on what works; following the science, but also intuition, to provide a high level of psychotherapeutic care to the people I serve.

## EXPERIENCE

### THERAPIST/OWNER, NEW PATHWAYS PSYCHOTHERAPY

GOLDEN, CO | 2025 - PRESENT

I offer trauma-informed, evidence-based therapy for teens and up, with a particular focus on neurodivergence, existential concerns, and attachment. I utilize state-of-the-art techniques to provide a holistic therapy experience, tailored specifically to each individual client.

### ASSISTANT IOP DIRECTOR, CENTER FOR SECURE ATTACHMENT

LAKWOOD, CO | 2024 - 2025

I developed curriculum for a teen Intensive Outpatient Program, while also seeing individual clients, and engaging in multiple attachment-based, DBT, and/or IFS trainings.

### RESEARCH ASSISTANT, SCHOOL COUNSELING MENTAL HEALTH INITIATIVE

LITTLETON, CO | 2022 - 2023

I published research on the Efficacy of Social-Emotional Learning Programs, and spearheaded a compilation of reports for major think-tanks on the factors driving suicidality among youth, as well as the best evidence-based interventions to help them.

## EDUCATION

DENVER SEMINARY | CLINICAL MENTAL HEALTH COUNSELING - HONOR SOCIETY

UNIVERSITY OF NORTH CAROLINA - CHAPEL HILL | PHILOSOPHY & JOURNALISM

## SKILLS

The long road I've walked informs my foundational skills of empathy, understanding, and warmth, but I also come well-versed in technical skills including DBT, MBSR, ACT, ABFT, and IFS, as well as many timeless approaches like Existential, Rogerian, Gestalt, Psychodynamic, Emotion-Focused, Cognitive, and Narrative Therapies.