



Meredith Hammond, MA, LPC, RPT-S, ACS, is a licensed professional counselor with specialized expertise in individual, group, and family trauma care, as well as neurodiversity-informed approaches. As a Registered Play Therapist Supervisor, Synergetic Play Therapist Supervisor, Approved Clinical Supervisor, and EMDR Clinical Consultant, Meredith brings a rich blend of experience and creativity to her work. In her private practice in Westminster, Colorado, she combines expressive arts interventions and play-based techniques to help children and families navigate life transitions, build resilience, and foster self-discovery.

Meredith's approach to therapy is highly personalized and adaptive. With years of experience weaving expressive arts into her practice, she designs activities that meet each client's unique needs, encouraging authentic expression and exploration. Her interventions range from intuitive movement, sensory-based games and strategies, and creative activities like painting and drawing, to hands-on projects such as Arduino building, all aimed at promoting mind-body connection and engagement. Drawing on her own experiences growing up in a neurodivergent family, Meredith is deeply committed to supporting neurodivergent individuals and promoting an appreciation of neurodiversity. She lives in Broomfield, Colorado, with her husband and three sons and enjoys home renovation, backpacking, and teaching dance fitness classes at a local gym.