

Objective

Licensed Marriage & Family Therapist and Certified Sex Therapist & Supervisor with over 20 years of experience providing therapy services, supervision & consulting, and speaking engagements.

Experience

Clinical Therapist, Owner & Director, Symmetry Solutions/Helfer Family Counseling; Salt Lake City, Utah — 2017-Present

- Run private, online and in-office practice providing individual, couple, family and sex therapy and wellness coaching.
- Supervise & train practice providers and manage office staff and contractors.
- Manager marketing strategy team.
- Engage in numerous speaking engagements, workshops and content development.

Instructor, Buehler Institute; Laguna Niguel, California - 2015-Present

- Co-facilitate instruction for AASECT certification educational requirements
- Develop webinars related to treating clients from Religiously Conservative Communities

Clinical Therapist & Owner, Helfer Family Counseling; Wichita, Kansas — 2009–2017

- Private practice providing individual, couple, family and sex therapy and coaching.
- Manage office staff and oversee billing.

Clinical Therapist, LDS Family Services; West Bend, Wisconsin — 1999-2002

- Contractual therapist providing individual, couple and family therapy in WI for agency office located in Chicago.

Clinical Therapist, Star Center; Detroit, Michigan — 1997-1999

- Provided individual and group therapy in drug rehabilitation treatment center. Developed family/couple therapy program for clinic, as well as providing these services.

Intern, University of Kansas Medical Center; Wichita, Kansas — 1996-1997

- Provided individual and group therapy in drug rehabilitation treatment center. Developed family/couple therapy program for clinic, as well as providing these services.

Education

AASECT — Sex Therapy Certification, 2012

- AASECT Certified Sex Therapist Supervisor

Friends University, Wichita, Kansas — Master of Science in marriage & Family Therapy, 1997

- Honorary Member of Delta Kappa International Marriage and Family Therapy Honor Society

Brigham Young University, Provo, Utah — Bachelor of Science in Psychology, Minor in Spanish, Pre-Med 1994

- Honorary Member of La Sociedad Hispanica Sigma Delta Pi
- Participated in the 1992 Chile Study Abroad Program
- Research Assistant to Paul Robertson, PhD in psychology department conducting animal research studying behavioral theory

Licenses

- State of Utah: Licensed Marriage & Family Therapist 2020-present
- State of Kansas: Licensed Clinical Marriage & Family Therapist 2002-present
- State of Wisconsin: Licensed Marriage & Family Therapist 1999-present

Association Memberships

AAMFT - American Association for Marriage & Family Therapy

- Served as President of KSAMFT 2015-2016
- KSAMFT prior experience: elections committee; president-elect
- WAMFT prior experience: board member; conference chair and started ran an internet list serve connecting professionals across the state
- MOAMFT prior experience: treasurer
- Clinical Member 1999 - present

AASECT - American Association of Sex Counselors, Educators, and Therapists

- Professional Member

MMHA - Mormon Mental Health Association

- Founded organization in 2014
 - Served as president from 2014-2018
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- Clinical member 2014- present

Languages

Spanish, fluent

Projects

Sex Talk with Natasha, Founder & Content Creator

- Provides a sex-positive education experience through webinars, homework and other resources including webinar course called “Flourish Intimately”

Workshop on a Tightrope, Content Creator

- Workshop for couples in a mixed-faith marriage

Mormon Sex Info Podcast, Founder & Host

- Podcast addressing sexuality & sexual health relating to the Mormon faith & culture

Mormon Mental Health Podcast, Host & Producer

- Podcast addressing mental health issues relating to the Mormon faith & culture

The Mormon Therapist Blog, Founder & Author

- Online blog run in advice-column format picked up by Patheos

Publications

Books

- *One Family, Two Views: How to Fortify your Mixed-Faith Mormon Marriage*; 2018
- *Check Your Baggage: Unpack the Messages Getting in the Way of Your Sex Life*; 2018

Chapters

- *Low Sexual Desire in Couple and Family Therapy*, w/ Kristin M. Bennion. *Encyclopedia of Couple and Family Therapy*. 2019.
- *Problematic Sexual Behavior in Couple and Family Therapy*. *Encyclopedia of Couple and Family Therapy*. 2019.
- *Mormon Feminism Essential Writings*. 2017

Articles

- *Commentary: LDS Church has great power, which it has wielded irresponsibly*. Salt Lake Tribune. April 21, 2019.
 - *Op-ed: Utah students need real sex ed, not ‘Fight the New Drug’*. Salt Lake Tribune. October 2, 2016.
 - *How the Concepts of “Sex Addiction” and “Porn Addiction” are Failing our Clients*. The Therapist: Magazine of the California Association of Marriage and Family Therapists. Sept-Oct 2016.
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- *Mormon Church Should Tolerate, Not Excommunicate*. Time Magazine. June 12, 2014.
- *Abuse and Forgiveness: Roundtable*. Sunstone: Mormon Experience Scholarship issues & Art; Issue 168. September 2012.
- *Pornography, Masturbation, Sex and marriage in Mormonism*. Sunstone: Mormon Experience Scholarship Issues & Art; Issue 164. October 2011.
- *Therefore perfect*. Exponent II: Woman in Transition. Volume 31 no. 2. Fall 2011.
- *Sexuality and the Mormon Marriage*. Segullah: Writings by Latter-day Saint Women: Inside and Outside Marriage. Volume 6.0 - 5th Anniversary Issue. 2010.
- Sunstone Magazine - regular columnist for several years

Honors & Awards

AASECT Schiller Prize - June 2013

- Conference workshop titled, "*Mormon Sexuality: Conducting Sex Therapy within a Mormon Population*." \$500 award.

Presentations at Professional Conferences

- ISSWSH: March 2022 with
- MMHA: July 2021 with Dr. Marty Erickson, Aimee Heffernan, LMFT, & Lisa Hansen, LMFT. *Ethical Dilemmas in Working with Mormon/LDS Clients: Can Science converse with religion in the therapy room?*
- MMHA: July 2017 with Dr. Marty Erickson & Kristin M Bennion, LCSW. *The Collision of Belief & Practice: How to Maintain Appropriate Boundaries while Working with Mormon Clients*
- AASECT: June 2017 with Kristin M. Bennion, LCSW, Ruby Johnson, LCSW, & Dr. David Ley. *At What Cost?*
- AASECT: June 2017 with Carol Lynn Pearson, MA. *The Ghost of Eternal Polygamy: Haunting the Hearts, Heaven and Sexual Relationship of Mormon Women and Men*.
- KSAMFT: 2014 Spring Clinical Conference. *The Ethics of Sex Therapy*.
- AASECT: June 2013 with Adam Fisher, MA. *Mormon Sexuality: Conducting Sex Therapy within a Mormon Population*.
- American Psychological Association (APA): August 2012 with Adam Fisher, MA. *Bridging love across the divide: Religious conflict in couple and family therapy*.

Media Appearances

- Glass Box Podcast. February 2022. *MoF (The Miracle of Forgiveness) Finale! w/ Natasha...*
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- Breaking down Patriarchy Podcast. November 2021. *Review of Girls & Sex by Peggy Orenstein.*
- The Trouble with Sex Podcast. October 2021. *The Mormon Sex Therapist.*
- Sex Talk with the Siegel Brothers. August 2021. *Ousted Mormon Sex Therapist.*
- Salty Sex Cast. May 2021 *Sexcommunication with Natasha Helfer.*
- The Salt Lake Tribune. April 25, 2021. *Ousted Latter-day Saint sex therapist Natasha Helfer is appealing church's decision.*
- The Washington Post. April 22, 2021. *Mormon sex therapist has been expelled from the LDS Church.*
- The Washington Post, April 16, 2021. *Mormon sex therapist faces discipline and possible expulsion from the LDS church.*
- Houston Chronicle. September 16, 2018. *Sugar Land bishop excommunicated for speaking out against Mormon church.*
- Associated Press. April 2, 2018. *Picked up by the Washington Post, New York Times and US News. Mormon leader's remark on sexual misconduct draws criticism.*
- Radio West at KUER with Doug Fabrizio. March 27, 2018. *Authority, Abuse and the LDS Church.*
- Houston Chronicle. January 25, 2018. *Houstonian wants Mormon Church to stop questioning children about their sexuality.*
- Fox 13 Salt Lake City. January 18, 2018. *Group aimed at protecting LDS children from controversial interviews with bishops ramps up efforts.*
- HLN TV. 2015. *Therapist: Alexander Likely Felt Guilty about Sex.*
- Trib Talk. June 23, 2014. *The line between Mormon discourse and apostasy.*
- UPR Utah Public Radio. February 19, 2014. *LDS Church Official's Speech Causes Uproar.*

Speaking Invitations

- THRIVE Beyond Religion. St. George, Utah. February 2022. *Leaning into the Erotic.*
 - THRIVE Unite Virtual. January 2022. *Thrive Pod Health.*
 - Southern Utah Post-Mormon Support Group. St. George, Utah. December 2021. *Dealing with the Remnants of Sexual Shame.*
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- THRIVE Day. Salt Lake City, Utah. November 2021. *Second Half of Life Guided Meditation.*
 - Utah Marriage Commission: Stronger Marriage Online Webinar. October 2021. *Bridging the Libido Divide.*
 - No More Silence, Martinsburg. West Virginia. October 2021. *Addressing Sexual Abuse in the Mormon Community.*
 - THRIVE for Women, Provo, Utah. October 2021. *Vulva Love: Reclaiming the power, beauty and pleasure of our bodies.*
 - Sunstone UK, United Kingdom. September 2021. *My Take on Reconstructing Zion.*
 - Sunstone. July 2021 with Jenny Elledge, LMFT and Collete Dalton, LCSW. *Turning on Your Feminine Sexual Self.*
 - Affirmation International Conference. September 2020. *Reclaiming and Redefining Intimacy in Marriage.*
 - Wasatch Family Therapy. September 2020. *Working with Sexuality in a Mixed-Faith Marriage.*
 - Sunstone. July 2020. *Avoiding Grief within the Non-Monogamy Option*
 - Sunstone: July 2020 with Lisa Butterworth, LPC, Jennifer White, LCSW, Sara Hughes Zabawa, LCSW and Jenny Elledge, LMFT. *Mixed-Orientation Marriage.*
 - Sunstone. July 2020 with Sara Hughes-Zabawa, LCSW, Jana Spangler, Jeff Lundgren, LCSW, Lisa Butterworth, LpC, Jennifer White, LCSW and Kattie Mount. Kattie Mount. *Reframing the Grief in a Mixed-Faith Marriage.*
 - Edgewood College MFT Program, Wisconsin. November 2018. *Intersection between Clinical Practice, Religious Belief and Advocacy.*
 - Affirmation Annual International Conference. Salt Lake City, Utah. July 2018 with Mary Fisher. *Q&A on Women's Sexual Health; Everything you ever wanted to know about sexuality as a queer woman but were afraid to ask.*
 - Oasis Kansas City. March 2018. *Ask a Relationship and Sex Expert.*
 - Oklahoma Baptist University MFT Program. February 2018. *Ethical & Practical Considerations for Online Therapy.*
 - Press Conference for the Protect LDS Children Campaign. February 2018. Houston, Texas
 - Press Conference for the Protect LDS Children Campaign. January 2018. Salt Lake City, Utah.
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- Friends University, Kansas City. November 2017. *Checking your Religious Bias as a Therapist.*
 - Sunstone. Boise, Idaho. April 2017 with Lisa Butterworth, LPC. *Healthy Mormon Narratives.*
 - Oasis Houston. October 2016. *Healthy Sexuality: How do we & who gets to define it?*
 - Oasis Cache Valley, Logan, Utah. July 2016. *Healthy Sexuality: How do we & who gets to define it?*
 - Oasis Kansas City. May 2016. *Healthy Sexuality: How do we & how gets to define it.*
 - University of Kansas - Fort Hays. November 2015. Guest speaker at Masters Level Human Sexuality Course
 - Friends University MFT Program, Wichita, KS. October 2014. *Conducting Sex Therapy with Religiously Conservative Clients*
 - Emporia State University. Kansas. July 2014. *Sexuality and Disability.*
 - Faith Again. Salt Lake City, Utah. June 2014. *Panel and Discussion. Come, Come, Ye Saints: Processing and Perspective on Current Events.*
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