



Natalis Counseling and Psychology Solutions, formerly Hoistad and Associates, provides a variety of services for individuals and families. We help improve people's lives by offering individual, couples, family, and group psychological support. We offer assessments to help understand problems and determine the best intervention to create the best outcome.

We are devoted to creating positive change and making behavioral and mental health services accessible to all, in a diverse, friendly, and professional environment.

To achieve greater results, we offer traditional and non-traditional solutions based on the latest psychological advancements. These may range from traditional and individual psychological support and therapy, art therapy, biofeedback, EMDR (eye movement desensitized and reprocessing), and narrative therapies.

The name Natalis came from the first instance of psychology in history when people were able to have "their own will" and their own decision making apart from the gods. Rather than events on the outside controlling people – people were able to choose their own destiny.

Natalis Counseling and Psychology Solutions is available to serve you and your family.