



Travis Van Rum, LCSW
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“I am not what happened to me. I am what I choose to become.” Carl Jung

Mahatma Gandhi once said, “The best way to find yourself is to lose yourself in the service of others.” Following this belief, I have spent over two decades serving individuals and helping them overcome obstacles and live more satisfying lives by providing targeted counseling and wellness services.

I have a broad range of experience in working with individuals across the lifespan. I have worked with youth in Wilderness Therapy as well as leading support groups for family members of Alzheimer’s patients and everything in between. Prior to moving to Austin in 2015, I worked at an outpatient clinic in Salt Lake City, Utah. I am most comfortable working with individuals and their family members in the relaxed comfort of our office setting.

As a Licensed Clinical Social Worker specializing in Individual, Group and Family Therapies, I have extensive experience in Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Mindfulness-based interventions.

I earned a Bachelor’s degree from Columbia International University in Religion and Philosophy, a second Bachelor’s degree from University of Utah in Sociology with a focus on Race, Class and Gender as well as Deviant Behaviors and a Master’s degree from University of Utah in Social Work.

One of my core beliefs is that balance is a key factor in life. To achieve my own balance, I lead a very active lifestyle while not at work through running, cycling and keeping up with my two young children.

Areas of Expertise:

Days/Hours Available

Rates

Mood & Anxiety Disorders

Monday – Friday

\$130 Initial Session

Grief/Loss

9:30am – 2:30pm

\$120 Following Sessions (50Minutes)

Trauma-Informed Care

Co-occurring Disorders

LGBTQ / Gender Identity

Fertility Issues and Adoption