



Logan Golden

B.S., M.A., LPC-MHSP, NCC | Certified in Religious Trauma Studies (GCRR)

Licensed Professional Counselor and Trauma Specialist
Founder, Golden Elevation Counseling • Memphis, TN



About Logan

Logan Golden is a Licensed Professional Counselor and the founder of Golden Elevation Counseling in Memphis, Tennessee. He sees clients in person in Memphis and by telehealth for clients located in Tennessee. He is also part of the therapy team at Experiential Healing Center and one of the therapists at MERCI Memphis Counseling Center, a nonprofit that offers counseling, including Ryan White Program-funded therapy for people living with HIV.

Logan's work centers on trauma, religious and spiritual experiences, LGBTQIA+-affirming care, men's mental health, and relationships. He works with individuals, partners, families, and groups, and runs ongoing process groups along with a yearly three-day religious trauma intensive. His approach is trauma-informed, culturally responsive, and collaborative. He names religious harm without making faith itself the problem, and clients decide their own path.

Logan believes every person is dealt a hand shaped by their own experiences, and he sees his job as helping them play it in the best way possible. He calls himself a teacher at heart and likes to explore the "why" behind what people do. Along with talk therapy, his sessions can include body-aware exercises, Reiki, music, and meditation. He holds an M.A. in Clinical Mental Health Counseling, is a Reiki Master, and draws on somatic approaches in his work.

Beyond the therapy room, Logan gives talks, trainings, and workshops for workplaces, faith communities, community groups, and clinicians, and has guest lectured in master's-level counseling programs. Through Therapist Practice Vault, he creates print-ready resources for fellow clinicians.

Focus areas

- Religious and spiritual trauma
- LGBTQIA+-affirming care
- Men's mental health
- Relationships
- Trauma and stress

Speaking topics

- What religious trauma is, and what it isn't
- Men's mental health: "I'm fine" is not a feeling
- LGBTQIA+-affirming care
- Resources for therapists

Affiliations

- Golden Elevation Counseling (founder)
- Experiential Healing Center, Memphis
- MERCI Memphis Counseling Center

Featured

- Podcast guest, *What's The Tea With Tim*: "The Tea on Therapy & Self-Care, How Are You Really Doing?" youtu.be/Yaix7ilmths
- CEU presenter, *The Triad of Healing: Faith, Fear, and Freedom: A Journey Through Religious Trauma* (2 NBCC credit hours)

Booking and media

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