

PRESS KIT

FIND SOLUTIONS TO YOUR
PERSONAL AND RELATIONAL
CHALLENGES



R. SCOTT GORNTO
THERAPIST | SPEAKER | AUTHOR

ABOUT R. SCOTT GORNTO

For nearly 20 years, R. Scott Gornto has used his unique and powerful approach to counseling and teaching to help individuals, couples/marriages, adolescents, families, groups, churches, executives and leaders build lasting relationships through powerful personal development and relational intelligence.

Scott Gornto's perspective on psychotherapy takes into account the bio-psycho-social-spiritual issues that form a holistic and complete view of the person. His developmental approach to relationships, called the Auxano Approach®, highlights how marriage and relationship(s) invite us to grow ourselves up emotionally.

Additionally, his Truth About Marriage® Workshops assist couples in cultivating friendship, deepening intimacy, and improving partnership. His RQ Relational Intelligence program provides the necessary perspective C-level executives need to enhance their leadership skills through Relational and Emotional Intelligence.

Scott is also author of *The Stories We Tell Ourselves*™ (released October 2014) and is a regular columnist for the Huffington Post and Psychology Today.

At home, Scott is an American Abstract Artist (www.gorntoart.com) and enjoys golf, soccer, tennis, scuba diving, snow skiing, and spending time with his wife and their two boys.



CREDENTIALS AND TRAINING

- Licensed by the State of Texas as a Marriage and Family Therapist
- Founder and owner in private practice at Auxano Counseling™
- Creator of the Auxano Approach® to relationships
- Graduate of Baylor University and Fuller Theological Seminary
- Currently working on his Ph.D. in Marriage and Family Therapy (MFT) at Texas Wesleyan University (TWU)
- Graduate of the Clinical Residency Program in Pastoral Counseling and Psychotherapy from the Pastoral Counseling and Education Center (PCEC) in Dallas
- Extensive training with Rick Carson, noted expert in Existential/Gestalt Therapy
- Certified Sex Therapist with the American Association of Sexuality Educators, Counselors and Therapists (AASECT)
- Professional affiliations include:
 - Clinical Member of the American Association of Marriage and Family Therapy (AAMFT)
 - Board Certified Supervisor by the Texas State Board of Examiners of Marriage & Family Therapist (TMFT)
 - Former President of the Dallas Association of Marriage and Family Therapy (DAMFT)
- Serves on the Advisory Board for the SMU Program of Counseling
- Licensed and ordained pastor; former church planter

SCOTT AS A SPEAKER

A sought-out speaker and teacher, R. Scott Gornto uses a blend of humor, anecdotes, and challenges to create dynamic and entertaining presentations. Scott appears regularly at mental health agencies, corporations, small businesses, and non-profits.

Scott regularly presents on a variety of relevant topics related to emotional and relational intelligence, mental toughness, marriage and more.

His popular Truth About Marriage® Workshops is the perfect go-to presentation for couples and his The Stories We Tell Ourselves™ Seminar has proven highly effective for businesses and churches.

Scott can also tailor his message to fit your particular needs or desires. You can expect a personal consultation before the event to get a clear understanding of what you want and need; advertising of your event on Scott's website, blog and social media channels (Twitter, Facebook, LinkedIn); and excellent delivery through a conversational style full of humor, anecdotes, and challenges.

Scott has previously presented at organizations such as **Tiger 21** and **Nexus**, addiction recovery centers such as **Enterhealth Ranch** and **The Meadows**, and non-profits such as **Highland Park Presbyterian Church** and **Hope Fellowship Frisco**.



KEYNOTES & WORKSHOPS

Scott's go-to presentations have impacted many groups and organizations:

Truth About Marriage© Workshops

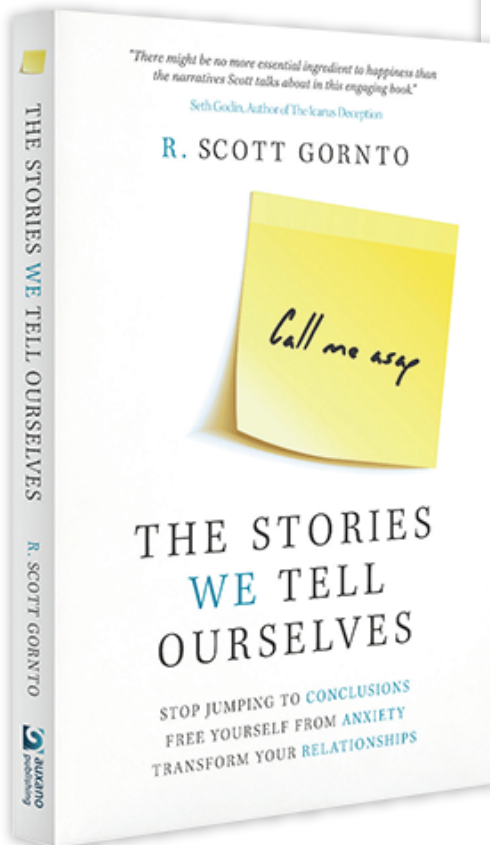
Perfect for couples and groups, these workshops will help you improve or repair your relationship.

The Stories We Tell Ourselves™ Seminar

Perfect for couples, businesses, and churches, this seminar will help you improve all your relationships.

SCOTT'S TOPICS

Communication/Conflict Resolution
 Divorce Recovery
 Family of Origin
 Healthy Intimacy and Sexuality
 Infidelity Recovery
 Living Balanced and Centered
 Being Present
 Parenting
 Teaching Children Healthy Sexuality
 Premarital Workshop
 Preventing Divorce
 Recovery
 Sexual Addiction/Compulsivity (Including Porn)
 and more...



The groundbreaking book from R. Scott Gornto, *The Stories We Tell Ourselves*™, will show you how to stop the storytelling that gets in the way of connecting with others.

THE STORIES WE TELL OURSELVES™

Do you jump to conclusions without having all the information?

Do you search for answers that only leave you more anxious?

Do your relationships suffer from false assumptions and unnecessary guessing games?

If so, you're not alone. Every day, we make up remarkable stories.

But these stories aren't simply inaccurate; they can be harmful-isolating us and causing damage to our relationships.

Drawing on more than 20 years of research and experience helping thousands of individuals transform their lives, Gornto has developed a series of innovative principles that you can start using today to break the spell of these powerful-and powerfully harmful-stories.

Engaging and illuminating, *The Stories We Tell Ourselves*™ will help you wake up to your own life and build the skills you need to transform your relationships with the friends, business associates, and loved ones who matter most.

THE STORIES WE TELL OURSELVES™

Author: R. Scott Gornto

Publication Date: October 21, 2014

ISBN: 978-0-9907191-0-6 (softcover)

ISBN: 978-0-9907191-1-3 (hardcover)

WEBSITES

rscottgornto.com
auxanocounseling.com

SOCIAL MEDIA

twitter.com/Gornto
facebook.com/rscottgornto
linkedin.com/in/rgornto

PURCHASE THE BOOK

Amazon / Kindle
 Barnes & Noble
rscottgornto.com

MEDIA





AUXANO COUNSELING
6101 CHAPEL HILL BLVD.
SUITE 200
PLANO, TX 75093

PHONE | 972.312.8893 EMAIL | ADMIN@AUXANOCOUNSELING.COM