



PRESS KIT

TRANSFORM THE WAY YOU
THINK, RELATE, LIVE, LEAD



Dr. R. SCOTT GORNTO
THERAPY | SPEAKING | WRITING

ABOUT DR. R. SCOTT GORNTO

Drawing on more than 25 years and 45,000 hours of clinical experience, psychotherapy, neuroscience, psychology, and the behavioral sciences, Dr. Scott helps individuals, couples, families, and leaders gain insight, change entrenched patterns of thinking and relating, and experience healing, restoration and meaningful, lasting change.

Dr. Scott's perspective on psychotherapy, counseling and coaching 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) require us to grow ourselves up emotionally.

Dr. Scott specializes in abuse, addiction, anxiety/depression, anger management, (neuroscience) brain training, boundaries/codependency, coaching

(business, executive, leadership, peak performance), communication/conflict resolution, emotional/relational intelligence, grief/loss, infidelity repair, parenting & blended family, personality disorder partner recovery, relationship with self/self-acceptance work, sexual addiction/recovery, sex therapy, trauma (EMDR trained therapist) and 2nd Half of Life Work – Moving from Ego Driven Life to a Life Driven by Meaning/Purpose.

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

At home, Dr. Scott is an American Abstract Artist (www.drsgorntoart.com) and enjoys travel, golf, tennis, soccer, hiking, scuba diving, snow skiing, reading, writing, faith/spirituality and spending time with his family.



CREDENTIALS AND TRAINING

- Trained Psychotherapist, Counselor and Peak Performance Coach
- Licensed by the Texas State Board of Examiners as a Marriage and Family Therapist
- Licensed by the Arizona State Board of Behavioral Health Examiners 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
- Graduate of Fuller Theological Seminary – Cum Laude
- Studied Marriage and Family Therapy/Sex Therapy at Southern Methodist University
- Graduate of Texas Wesleyan University (TWU), PHD in Marriage and Family Therapy – Magna Cum Laude
- Graduate of the Clinical Residency Program in Pastoral Counseling and Psychotherapy from the Pastoral Counseling and Education Center (PCEC) in Dallas
- Certified Sex Therapist with the American Association of Sexuality Educators, Counselors and Therapists (AASECT)
- EMDR Trained Trauma Therapist
- Extensive training with Rick Carson, noted expert in Existential/Gestalt Therapy
- Professional affiliations include:
 - Clinical Fellow of the American Association of Marriage and Family Therapy (AAMFT)
 - Board Certified Supervisor by the Texas State Board of Examiners of Marriage & Family Therapist
 - Former President of the Dallas Association of Marriage and Family Therapy (DAMFT)
 - Served on the Advisory Board for the SMU Program of Counseling (2014-2018)

DR. SCOTT AS A SPEAKER

Keynotes for Organizations, Leaders, and Teams

Drawing from more than 25 years and 45,000 hours of clinical experience, Dr. Scott brings psychology, neuroscience, family systems, emotional maturity, and the study of human relationships into practical conversations about leadership.

Psychology.

Leadership.

Relationships.

Human Behavior.

Through engaging stories, practical frameworks, and real-world application, Dr. Scott helps leaders better understand themselves, manage anxiety and uncertainty, navigate conflict, strengthen relationships, and lead with greater clarity, courage, and emotional maturity.



Why bring Dr. Scott to your organization?

Dr. Scott translates 45,000 hours of clinical work into the world of leadership. He helps audiences understand the psychology underneath how they lead: the stories they tell themselves, the anxiety they transmit, the relationships they build, the conflict they avoid, and the emotional maturity required to lead others well. His conversational style combines psychology, neuroscience, storytelling, humor, and practical tools audiences can begin using immediately.

SIGNATURE KEYNOTES

The Non-Anxious Leader

How to Lead Yourself When Everyone Else Is Losing Themselves

Leading Without Losing Yourself

The Psychology of Differentiated Leadership

The Psychology of Courageous Leadership

Why Safety Can Become the Enemy of Growth

The Stories Leaders Tell Themselves

How Your Mind Shapes the Way You Lead

The Psychology of Emotional Maturity

How to Become More Self-Aware, Grounded, and Emotionally and Relationally Healthy

Beyond Sobriety

The Psychology of Addiction, Recovery, and Emotional & Relational Maturity

Loving Without Losing Yourself

Codependency, Conflict, Communication & Healthy Relationships

25+ YEARS IN PRACTICE • 45,000+ CLINICAL HOURS • 500+ PRESENTATIONS
PHD | AUTHOR | PSYCHOTHERAPIST

THE STORIES WE TELL OURSELVES™

Dr. Scott's book, *The Stories We Tell Ourselves*™, will assist you in pausing the negative, fear-based storytelling that causes unnecessary anxiety and gets in the way of connecting with others. Get your copy today through your favorite bookstore.

Do you jump to conclusions without having all the information? Do you search for answers that only leave you more confused and anxious?

Do you personally struggle as well as your relationships suffer from false assumptions and unnecessary guessing games?

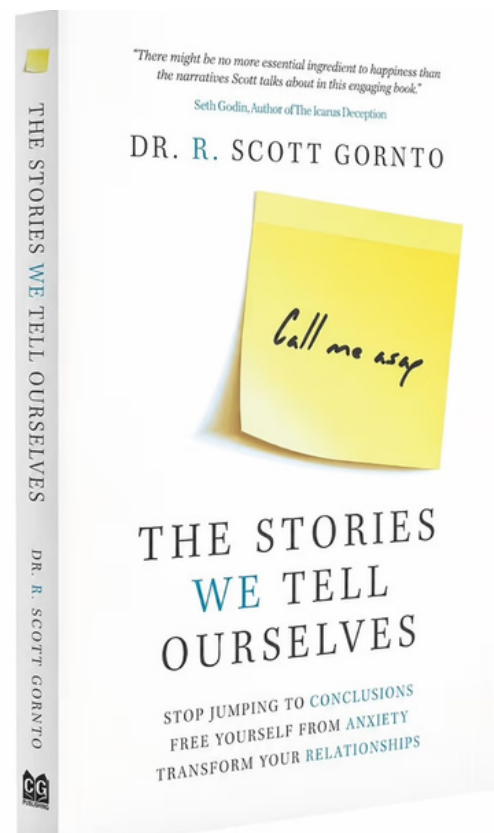
If so, you're not alone. Every day, we make up remarkable negative, fear-based stories.

But these stories aren't simply inaccurate; they can be harmful—causing unnecessary pain, isolate us and cause damage to our relationships.

Learn how to teach your brain to break the spell of these powerful, but harmful stories.

Drawing on more than 20 years of research and experience helping thousands of individuals transform their lives, Dr. Scott has developed a series of innovative principles that you can start using today to train your brain 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 life. Additionally, it will assist in bringing peace of mind as well as positively impact your relationships with the friends, business associates, and loved ones who matter most.



"There might be no more essential ingredient to happiness than the narratives that Dr. Scott talks about in this engaging book."

Seth Godin, Author of the Incarnus Deception

WEBSITES

drscottgornto.com

auxanocounseling.com

SOCIAL MEDIA

[instagram.com/dr.scottgornto](https://www.instagram.com/dr.scottgornto)

[facebook.com/rscottgornto](https://www.facebook.com/rscottgornto)

[tiktok.com/@drscottgornto](https://www.tiktok.com/@drscottgornto)

[linkedin.com/in/rgornto](https://www.linkedin.com/in/rgornto)

<https://www.youtube.com/@dr.scottgornto>

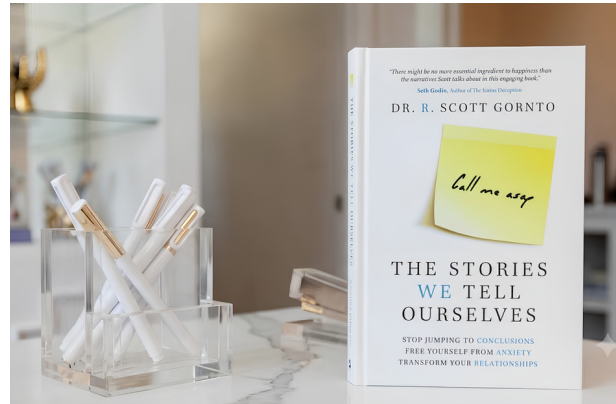
PURCHASE THE BOOK

[Amazon / Kindle](#)

[Audible](#)

[iTunes](#)

MEDIA



Trusted by Leaders and Organizations Including





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

PHONE | 972.312.8893 EMAIL | ADMIN@AUXANOCOUNSELING.COM