



Contact Information

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 Advanced Wellbeing, LLC
 Kahler Financial Group
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Professional Services	Individual, couples and group financial therapy and planning.
Practice Approach	Fee-only Integrated financial planning/therapy. Experiential, family systems, and transpersonal financial therapy.
Client Focus	Individuals, couples & groups
Typical Client Profile	Age: 30-70 Gender: All Income: N/A Net Worth: N/A
Licenses/Certifications/Designations	CFP®, NCC
Education	MS, S. Dak. State Univ, Clinical Mental Health Counseling; MS, Theoretical & Applied Mechanics, Univ. Illinois U-C
Fee Structure	Retainer, Hourly
Years in Practice	Financial Planning 2009, Therapy 2018
Professional Association Affiliations	Financial Therapy Association, National Assoc. of Personal Financial Advisors, Financial Planning Assoc., American Counseling Assoc.
Works with distance clients?	Yes

Personal Statement

Sarah is passionate about helping people understand themselves and their finances so that they can achieve their personal goals. In 2018, Sarah became the first financial therapist (trained in both financial planning and in mental health counseling) in South Dakota as well as the first person in the country to complete a mental health counseling internship in financial therapy.

Sarah conducts integrated financial planning/therapy with individuals, couples, and groups. She offers hourly financial therapy services to those wanting to address their thoughts, feelings, and behaviors around money. She also partners with financial planners to integrate financial therapy into their financial planning meetings.