



Joseph Gleed, LCSW, CCTP

**Co-Owner
Renova Wellness & Consulting
Jordan, Utah**

Joseph is a trauma specialist, licensed clinical social worker and educator with over 20 years of experience helping individuals overcome PTSD, chronic pain and mental health challenges. A Certified Clinical Trauma Professional (CCTP), Joseph integrates evidence-based therapies, including EMDR, Trauma-Focused Acceptance and Commitment Therapy (TFACT), and somatic interventions to facilitate lasting, transformative healing. Joseph is an army veteran and has worked with diverse populations, including law enforcement, military personnel, corporate leaders and trauma survivors. He specializes in intensive trauma treatment and offers structured programs for PTSD, chronic pain, depression, anxiety and ADHD, focusing on building resilience and psychological flexibility to help individuals and teams thrive in high-stress environments. As co-owner of Renova Wellness and Consulting and Operation BRAVE, Joseph develops evidence-based strategies to help organizations build resilient, thriving teams in the face of uncertainty and burnout. His work integrates ACT and trauma-informed practices to foster organizational well-being and adaptability. In addition to his clinical work, Joseph is an adjunct instructor at Utah Valley University, shaping the next generation of social workers and clinicians. His humanitarian efforts, including his work rescuing trafficked children with organizations such as Child Liberation Fund and the Elizabeth Smart Foundation, have further informed his approach to trauma treatment. Joseph is passionate about empowering individuals and teams to navigate trauma, reduce burnout and build lasting resilience. His mission is to help people reclaim their lives, unlock their inner strength, and thrive—no matter the challenges they face.