

Adults
Young Adults
Elders

Individuals
Couples
Groups
Coaching



**Stephanie Spak, MA, LPC,
LMHC, CADC 1**

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**Licensed Professional Counselor
Licensed Mental Health Counselor**

Professional Interests / Specialties:

- Compassionate, nonjudgmental individual and couples therapy to help people find richer meaning in life, improve relationships, learn better communication skills, clarify questions of self-identity, explore and articulate authentic emotions, needs and personal strengths.
- Short or long-term therapy for depression, anxiety, grief and loss, low self-esteem, stress, trauma, anger, unsatisfactory relationships.
- Couples: Learn better relationship skills, develop compassion for each other, maintain boundaries, practice more effective communication, assertiveness and acceptance.
- Alcohol and drug assessment, education, recovery work, relapse prevention, dual diagnosis.
- Cross-cultural issues: Culture shock, cultural transition, cross-cultural relationships.
- Meaning and spirituality: Midlife transitions, career exploration, spirituality and life purpose.

Education:

M.A. in Counseling Psychology w/Addictions Specialization, Lewis and Clark College; M.A. in Teaching English to Speakers of Other Languages, Portland State University; B.A. in French, PSU; trained in Positive Psychology Coaching.

Background / Experience:

Outpatient addictions and dual diagnosis; crisis intervention specialist in hospital ER; training and experience in international education and intercultural communication; four years teaching in Japan; college counselor for GED and ESL program; private practice in Portland and Vancouver.

Professional Affiliations / Activities:

Certified Alcohol and Drug Counselor
National Board Certified Counselor
American Mental Health Alliance-Oregon – Board of Directors
American Counseling Association

Wheel Chair Access: Yes