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A Note From Stevie

If you find yourself here, you may be seeking some kind of healing, either for yourself or for a loved one. Healing IS possible, and I would love the opportunity to walk with you through your journey toward healing and empowerment. There are many things that we experience in our lives that may affect us in different ways, and these experiences can be positive or negative. Past adverse experiences such as abuse, trauma, or neglect may impact us in the present, and this can feel incredibly difficult to break away from. I am passionate about meeting individuals of all ages wherever they are in their healing journey and to equip them with the tools they need to break free from the negative experiences they feel are holding them back.

In our work together, we will focus on exploring your thoughts, feelings, behaviors, and emotions which impact significant areas of your life such as your relationships, family dynamics, academic issues, and work-related issues. Throughout treatment, I will utilize evidence-based techniques such as Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Emotion-Focused Therapy (EFT). The use of these techniques is implemented in ethical ways which consider all faiths, cultures, and backgrounds.

By providing a safe space filled with compassion and empathy, clients are given the opportunity to explore their past and present experiences, use of coping skills, and their needs and desires for their future. You CAN heal from the negative emotions and experiences that you feel are holding you back. Your story is worth being told, and YOU ARE WORTHY of hope, healing, and happiness.

Populations:

Adults Parenting Issues
Children Men/Women
Young Adults/Teens

Specialties:

ADD/ADHD Bipolar
Anxiety Depression
Self Esteem OCD/ Conduct

Techniques:

CBT Play Therapy
DBT IFS
Mindfulness Meditation

About DePriest Center

DePriest Center welcomes all people, from all walks of life, all backgrounds, all beliefs... all life stories. You will find genuineness, unconditional positive regard, empathetic understanding, and absence of judgement in your therapeutic relationship and within the walls of DePriest Center. The heart of DePriest Center is to honor God by serving people with respect, integrity, and love. We meet you where you are and, through the beauty of therapeutic journey, you are able to integrate the power of hope, healing, restoration, and life within yourself, your relationships, and your continued life journey.