

# Teri Stephens, LCSW

When I was eleven, I announced that I wanted to be a psychiatrist. Although my life took a very different path for a number of years, I found myself drawn back to that early fascination with how the mind works and the desire to help others. So I changed career paths and became a counselor. I have never regretted it and I cannot imagine doing anything else. It is incredibly rewarding. My clients continue to teach me so much and astound me with their bravery and insights.

I am recovered from growing up in a dysfunctional family. I am an adult child of an alcoholic and a child of divorced parents. I have recovered from an eating disorder, and from the trauma of a car accident and the death of a husband. So I know firsthand that a person is able to stretch and do what seems impossible-to heal and to learn and grow from the tragedies and issues in our lives. I have had my own counseling (never go to a counselor who has not!) and so I know that counseling can really help, if we are open to trying new things.

