



Stephanie Christian

MA, QMHP, LPC

Behavioral Health Clinician

Education and Certification

Bachelor of Arts degree in Psychology and Spanish from Greenville University in Greenville, IL. Master of Arts degree in Clinical Mental Health Counseling from Bradley University in Peoria, IL.

My Treatment Philosophy

My sessions tend to be very client-centered by providing a safe and nonjudgmental space for clients to process their thoughts, feelings, and life stressors. My goal is to guide clients through their stressors and challenges by using modalities such as CBT, DBT, solution-focused brief therapy techniques, mindfulness-based practices, among many other types of interventions.

A little bit about me...

I like travel, hiking, and creating adventures. I also like to drink coffee and take care of my houseplants. Feeding the birds, squirrels, and bunnies in my neighborhood brings me joy as well as animal watching.



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