

Sept 2, 2022: Official Website Page Coming Soon!
(We were just too excited not to share Stephen, an EMDR Consultant-in-Training, right away!)



Welcome! I'm so glad you're here.

My approach to therapy always starts with building a unique relationship with each client; there are no cookie-cutter answers when it comes to your healing journey!

"The wound is the place where the light enters"- Rumi

I feel this quote captures what EMDR therapy is all about, taking a wound that has been the cause of distress in your life and transforming it into a strength, a place where the light can enter again.

Name: Stephen Duraney, LPCC

Pronouns: He/him/his

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Phonetic pronunciation of name: “STEE-VENN”

Stephen’s role at Evergreen: Clinician

Stephen’s clinical issues/specialties list:

- Anxiety
- Attachment Trauma
- Childhood Trauma
- Complex Trauma
- C-PTSD
- Depression
- Emotional Abuse
- First Responder Trauma
- Grief and Mourning
- Medical Trauma
- Military/Combat Trauma
- Psychological Abuse
- PTSD
- Relational Trauma
- Religious Trauma
- Substance Use/Abuse

The clinical modalities Stephen uses with his clients:

- Acceptance and Commitment Therapy
- CBT
- EMDR
- Mindfulness
- Psychodynamic

Stephen’s clinical style:

- Warm, relationship-focused, evidence-based, direct.

Stephen’s license: Licensed Professional Clinical Counselor #12195

Stephen’s degrees:

- Seton Hall University | M.A. in Mental Health Counseling | 2015

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- The Ohio State University | B.A. in History and Russian | 2010

Stephen's advanced trainings:

- EMDRIA Certified Therapist | Institute for Creative Mindfulness | 2022
- EMDRIA Consultant in Training (CIT) | Institute for Creative Mindfulness | 2022
- Prolonged Exposure Therapy Trained | STAR Behavioral Health | 2016
- Military Culture Training Tiers I, II, III | STAR Behavioral Health | 2016
- Acceptance and Commitment Therapy | PESI | 2017
- Psychodynamic Theory and Practice | Fielding Graduate University | 2018

Stephen's therapy services location: Telehealth only.

Why Stephen does this work: As a former member of the Army National Guard, I witnessed firsthand the results of trauma and stress and the havoc that they can wreck on a person's life. Counseling was a natural step into a field that has equipped me with the experience and knowledge to help people develop their inner-strength, build deeper relationships with the people around them, and rediscover their joy. I have a heart for helping people arrive at this type of insight and change. In addition, I enjoy getting to learn from clients each day and the personal growth that comes with accompanying you on the journey towards healing.

What Stephen feels is the best part of his job: I feel profoundly blessed to get to walk alongside and help guide clients through the therapy process; it is always incredible to see someone discover an inner-strength that was previously unknown to them. I particularly enjoy seeing clients engage in activities that they never would have thought were possible when they began therapy.

How Stephen spends his free time: I enjoy backpacking with my kids, running marathons, and playing soccer (still working on scoring my first goal). I also love reading; I am a lifelong learner.

Stephen's favorite quote:

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." - Victor Frankl

Stephen's top trauma recovery resources:

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- *Man's Search For Meaning* by Victor Frankl, MD
- *The Body Keeps The Score* by Bessel van der Kolk, MD
- *Interpersonal Neurobiology* by Dan Siegel, MD

Stephen's contact information:

- Email: stephen@evergreencounseling.com
- Phone:

[See Stephen's up-to-the-minute openings and fee information here.](#)

[Book your complimentary 20-minute consult call with Stephen.](#)

[Book your first therapy session with Stephen.](#)