Stephanie "Vee" Van Fossen

LPC-S, NCC

AASECT Certified Sex Therapist | SHA Certified Couples & Sex Therapist

she/her

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PROFESSIONAL SUMMARY

Stephanie Van Fossen is an LPC-S, NCC, AASECT Certified Sex Therapist, and SHA Certified Couples & Sex Therapist specializing in sex therapy. Her practice is social justice oriented, LGBTQIA+, non-monogamy, and kink informed and affirming, and built on the belief that great therapy is rooted in professionalism, systemic awareness, relationality, and a commitment to learning. Research, culture, and clients keep evolving; she believes the work should too.

LICENSURE

- Licensed Professional Counselor Supervisor (LPC-S), Texas
- Licensed Professional Counselor, Oregon

TRAININGS, CERTIFICATIONS, & PROFESSIONAL AFFILIATIONS

Certifications & Affiliations

- AASECT Certified Sex Therapist (American Association of Sexuality Educators, Counselors and Therapists)
- Certified Couples & Sex Therapist (Sexual Health Alliance)
- National Board for Certified Counselors (NBCC)
- Certified Anger Management Specialist II (CAMS-II)
- Mental Health First Aid Instructor

Training

- Emotionally Focused Therapy (EFT), including Attachment Injury Resolution Model (AIRM) for Affair Recovery
- Self-Trust And Integrated Resilience (STAIR), Level 2
- Foundations of Experiential Therapy (MTH)
- Relational Life Therapy (RLT), Level 2
- Intensive Trauma Treatment Certification Workshop
- Cognitive Processing Therapy (CPT)
- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Verbal De-escalation
- Best Practices in Peer Support: Cultural Competency
- California Brief Multicultural Competency Scale (CBMCS) Training

CLINICAL FOCUS

- **Sex therapy: Sexual Health, Identity, and Intimacy**

- **Problem Sexual Behavior, Infidelity, and Affair Recovery**
- **Sex and Relationships with ADHD**
- Anxiety
- Trauma-informed care

CURRENT PRACTICE

Owner, LPC Supervisor & Continuing Education Provider | Garden Space Counseling PLLC
2020 – Present

- Active individual and couples caseload in person in Austin, TX; virtual sessions throughout Texas and Oregon.
- Individual supervision for LPC Associates working toward full licensure; group consultation for licensed professionals in sexual and relational health.
- CE courses and presentations for mental health professionals on sex-positive clinical practice.

PROFESSIONAL EXPERIENCE

The following roles represent a progression of positions held at Integral Care, a community mental health organization in Austin, TX, from 2010 through 2021.

Intake Specialist LPHA with Adult Behavioral Health & PASRR | Integral Care
Oct 2017 – Nov 2021

- Psychiatric intakes for clinic-based services and community based services in skilled nursing facilities.
- Clinical assessment, documentation, treatment planning, DSM-5 diagnosis, individual counseling, and coordination with multidisciplinary teams and outside providers.

Program Manager at The Inn Crisis Residential | Integral Care
Feb 2017 – Oct 2017

- Clinical and administrative oversight of a 16-bed, 24-hour psychiatric crisis stabilization unit serving an interdisciplinary team of caseworkers, nurses, direct care staff, and contractors.
- Compliance with HHSC, JCAHO, and HIPAA standards; managed a $1.3 million unit budget.
- Supplemental role as Safety Care Trainer (PMAB) for Integral Care and contract staff.

Mental Health First Aid Instructor | Integral Care
Jul 2015 – Nov 2017

- Taught MHFA courses to the broader community per established curriculum standards.

LPHA at Psychiatric Emergency Services | Integral Care
May 2013 – Feb 2017
Team Lead (Mar 2015 – Feb 2017) | Interim Team Lead (Oct 2014 – Mar 2015) | Interim Program Manager, The Inn (May–Jun 2016)

- Acute psychiatric crisis management: clinical assessment, DSM-5 diagnosis, individual counseling, triage, scheduling, and daily team leadership with individualized support for a diverse population of clients and staff.
- Key role in service streamlining and protocol changes that improved state metric outcomes and staff and client experience.

Intake Counselor | HealthTrust, LLC
Dec 2012 – Mar 2013

- Intake evaluations and individual counseling within a multidimensional pain management program focused on return to work and community connection.

QMHP Group Facilitator with Adult Behavioral Health | Integral Care
Apr 2011 – Dec 2012

- Developed and ran structured psychoeducational groups covering symptom management, coping, anger management, grief, nutrition, self-esteem, communication, and goal setting.

Counseling Student Intern & Relief Staff | Integral Care
Dec 2010 – Apr 2011

- Behavioral health intake, group co-facilitation, case management, community outreach, and individual counseling.

Earlier Experience

Spanish Teacher | Austin ISD, Lanier High School
2004 – 2006

- Worked with students, parents, colleagues, and administration toward student success and support.

Health Volunteer | Peace Corps, Ecuador
2002 – 2003

- Partnered with community liaisons on sustainable development assessment and support; facilitated health and wellness workshops in community and school settings.

Community Volunteer | Cross Cultural Solutions, Ghana
2002

- Community engagement and cultural exchange activities.

Both international experiences have since been reexamined through a more critical lens with regard to ethnocentricity and colonialist frameworks in international volunteer work.

Health & Wellness Educator | The Peer Education Network at Texas State University
1998 – 1999

- Health and wellness workshops for campus organizations and local high schools, supervised by Texas State staff.

EDUCATION

M.A., Professional Counseling, Texas State University *(2006 – 2011)*

B.A., Anthropology, Minor in Sociology, extended coursework in Spanish, Texas State University *(1996 – 2001)*

ONGOING TRAINING & STUDY

- Ongoing Independent Study, Research, and Continuing Education: sexual health, sex therapy, relational and couples therapy, neurobiological approaches in therapy, social justice and cultural responsiveness, gender and sexuality, identity development, trauma, and related literature
- Full spreadsheet link: https://docs.google.com/spreadsheets/d/11UsPqozX67oJ6NAYYqLL3gg5KE_qy_JmghfvkA6EUmM/edit?usp=sharing

PROFESSIONAL EDUCATION & WRITING

Professional Courses & Presentations

Holy & Whole: Ethics at the Intersection of Faith & Sexuality

- Presented live and in person, September 18, 2026. Co-facilitated with Rev. Audrua Welch.
- A 2.5 hour course co-facilitated by a Western Protestant reverend and an atheist Licensed Professional Counselor and Certified Sex Therapist (LPC-S, CST). This course addressed the relationship between theology and sexuality, navigating ethics and client support from a place of theological understanding, curiosity, and humility.

Confidence & Clinical Integrity: Foundations for a Sex-Positive Practice

- Webinar released live in 2025.
- A six hour modular course to support clinicians in building a confident, sex-positive, client-centered practice by integrating bias awareness, intersectionality, clinical boundaries, ethical codes, the Six Principles of Sexual Health, and the PLISSIT model.
- Abbreviated 3 hour course delivered live to Capital Area Psychological Association on April 10, 2026.

Pornography in Clinical Practice: Ethics, Research, & Sexual Health

- Webinar released live in 2025.
- A two hour research-based webinar that equips clinicians to address pornography use without shame or pathologizing by separating evidence from myth, exploring ethical contexts, and distinguishing moral incongruence, behavioral dysregulation, and relational conflict in treatment.

Understanding Sex & Intimacy After Menopause

- Sexual Health Alliance capstone project, delivered via live webinar in 2023.
- A one hour sex-positive look at desire, arousal, and intimacy after menopause, covering myths, physical and emotional changes, partner communication, and practical tools for pleasure at any age.

Gender Variance in the Family System: Application of an Affirmative Model

- Originally presented as graduate coursework in 2011; updated and re-presented for the Local Mental Health Authority in 2023. Co-presented with Rachel Stevens.
- A course on affirming clinical care for transgender and gender-nonconforming clients and their families, covering gender development, coming out, sociocultural tensions, common myths, family response types, WPATH standards of care, and letter writing.

Graduate Presentations

- Bipolar Disorder in the Family System (research discussion lead, 2011)
- Gender Variance: History, Special Issues, Implications, and Suggestions (Hatch, Castillo, Reed, Dupuy, 2008)

Blog

- "You, Your Partner, & Your Partner's Porn" (December 2025)
- "Rupture to Resilience: Affair Recovery, Healing, & Repair" (December 2025)
- "Sex Positivity & the Six Principles of Sexual Health" (October 2025)
- "Sex & Intimacy After Menopause" (January 2023)

References available upon request.