

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 affair recovery and sex therapy. She teaches continuing education for clinicians and supervises LPC Associates in Texas who want to maintain confident, ethical, sex-positive practices. Her practice is intersectionally allied, LGBTQIA+, non-monogamy, and kink informed and affirming, and built on the belief that great therapy and quality education are 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
- Nationally Certified Counselor (NCC), NBCC

CERTIFICATIONS, PROFESSIONAL AFFILIATIONS & MEMBERSHIPS

- AASECT Certified Sex Therapist (American Association of Sexuality Educators, Counselors and Therapists)
- Certified Couples & Sex Therapist (Sexual Health Alliance)
- Relational Life Therapy (RLT), Level 2
- Self-Trust And Integrated Resilience (STAIR), Level 2
- Certified Anger Management Specialist II (CAMS-II)
- Mental Health First Aid Instructor
- National Board for Certified Counselors (NBCC)
- Texas Therapists for Social Justice

AREAS OF SPECIALIZATION

- **Affair recovery**
- **Sex therapy**
- Anxiety and identity development
- Trauma-informed care (CPT, EFT, Polyvagal Theory, Attachment Theory)
- Anger management (CAMS-II certified)
- LPC Associate supervision and professional development

CURRENT PRACTICE

Owner, LPC Supervisor & Continuing Education Provider | [Garden Space Counseling PLLC](#)
2021 – 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 and ethical clinical practice; select courses available live and on-demand, others on-demand only.
- Available for commissioned group training, lunch-and-learns, and organizational speaking engagements.

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)

CLINICAL TRAINING & STUDY

Advanced Training & Study

- Training and Study in Emotionally Focused Therapy (EFT), including Attachment Injury Resolution Model (AIRM) for Affair Recovery
- Study in Gottman Method Couples Therapy
- Study in Psychobiological Approach to Couple Therapy (PACT)
- Gender & Sexuality (ongoing study of various topics via multiple professional and formal platforms)
- Ongoing Independent Study & Research: sexual health, sex therapy, relational and couples therapy, trauma, gender and sexuality, identity development, social justice, intersectionality, and related literature
- Intensive Trauma Treatment Certification Workshop
- Training in Cognitive Processing Therapy (CPT)
- Training in Dialectical Behavior Therapy (DBT)

- Training in Cognitive Behavioral Therapy (CBT)
- Training in Application of Polyvagal Theory
- Study in Attachment Theory

Relevant Supplemental Training

- Verbal De-escalation
- Best Practices in Peer Support: Cultural Competency
- California Brief Multicultural Competency Scale (CBMCS) Training

PROFESSIONAL EDUCATION & WRITING

Select courses are offered live (webinar or in person) and subsequently available as on-demand recordings; additional courses are available on-demand only. All courses are approved for CE credit.

Courses & Presentations

- Confidence & Clinical Integrity: Ethical Foundations for a Sex-Positive Practice (6-module course, Garden Space Counseling PLLC, 2026)
- Pornography in Clinical Practice: Ethics, Research, & Sexual Health (Garden Space Counseling PLLC, 2025)
- Understanding Sex & Intimacy After Menopause (2023)
- Gender Variance in the Family System: Application of an Affirmative Model (with Rachel Stevens, 2011; updated and re-presented 2023)
- Bipolar Disorder in the Family System (research discussion lead, 2011)
- Gender Variance: History, Special Issues, Implications, and Suggestions (Hatch, Castile, 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)

Course Series in Development

- Holy & Whole: Ethics at the Intersection of Faith & Sexuality (collaborative course with a religious leader and an atheist clinician)

References available upon request.