



Clarity Counseling
Solutions, LLC



clarity counseling solutions



@CLARITYCOUNSELINGSOLUTIONSLLC

Stephanie Smiley, MA, MCAP, CAC

Registered Mental Health Counseling Intern (IMH24026)

"No matter what phase of life you are in, having a safe supportive space to begin your journey is key. Whether you're a teen, young adult, parent, or going through a life transition, I am here to help you identify areas in which you hope to grow and change as well as areas of strength for us to build upon. My therapeutic approach consists of several different treatment modalities, such as Cognitive Behavioral Therapy (CBT), Family Systems, Strengths Perspective, Client-Centered Therapy, Mindfulness, and 12-step recovery to help clients identify their needs and find their path forward. So, whether your loved one is struggling with addiction or mental health issues or if you are ready to take this journey and find a design for living that best fits your needs, I am ready to partner with you on the journey." - Stephanie

Clarity Counseling Solutions, providing
integrated holistic counseling services to meet
your individualized needs.

*In person & Telehealth sessions



Why Choose Clarity

Seeking help can be one of the most rewarding decisions you make. Here at Clarity Counseling Solutions, our approach is individualized and tailored to your specific needs and goals. We believe in healing together, as we cannot walk alone on the road to recovery and self discovery. Are you ready to begin your journey today?



Clarity Counseling Solutions, LLC



I started my time with Clarity, hopeless and blurry-eyed and it ended up being one of the most eye-opening transformative journeys of self-discovery in my life. Their extensive qualifications made me confident they could help me. They listened to my concerns and offered a combination of validation for how I was feeling and thoughtful insight. I felt safe, seen, heard and more importantly, I felt hopeful. I am eternally grateful for Clarity Counseling. - Jamie



Stephanie's Specialties & Expertise

Individual & Family Counseling

- adolescents, teens & young adults
- school/work issues
- addiction
- co-dependency
- family conflicts
- anxiety & depression
- grief
- Twelve Step Recovery



In Network Insurance Plans

Insurance Plans

United/Optum
Cigna
Baycare Cigna
Aetna
FL Blue

EAP Plans

United/Optum
Cigna
Aetna
Behavioral Health Systems
New Directions

GOOD FAITH ESTIMATE OF SERVICES PROVIDED FOR
PRIVATE PAY RATES.

CALL OR EMAIL LAURA TO SCHEDULE
AN APPOINTMENT

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