





clarity counseling solutions

@CLARITYCOLINSELINGSOLLITIONSLLC

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



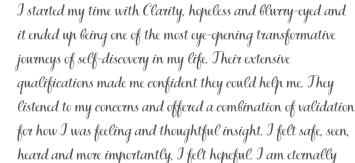
Why Choose Clarity

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

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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

<u>Insurance Plans</u> <u>EAP Plans</u>
United/Optum
United/Optum

Cigna Cigna Baycare Cigna Aetna

Aetna Behavioral Health Systems

FL Blue New Directions

GOOD FAITH ESTIMATE OF SERVICES PROVIDED FOR PRIVATE PAY RATES.

CALL OR EMAIL LAURA TO SCHEDULE AN APPOINTMENT

grateful for Clarity Counseling. – Jamie



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