

Adolescents
Adults
Elders

Individuals
Couples
Families
Coaching
Consultation



Heather Stein, PsyD
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Licensed Psychologist

Professional Interests / Specialties:

Counseling adolescents and adults who struggle with anxiety, depression, posttraumatic stress, intrusive negative thoughts, grief/loss, anger, work conflicts, obsessions/compulsions, and many other issues. Helping to identify and resolve conflicts within relationships and support strengthening communication, connection, and problem-solving skills, thereby enhancing understanding and intimacy. Exploring sexual & gender identity, lifestyle & career choices, and spiritual concerns. Welcoming of cultural diversity. Strengths-based and holistically-focused treatment. Providing guidance to families: parent education/coaching; managing oppositional behavior and anxiety/phobias; promoting adjustment to divorce or adoption; resolving school difficulties.

I integrate several psychotherapy approaches in a compassionate, safe, and respectful environment. By examining how past experiences shape current functioning, we can begin to explore new options. I support people in developing greater self-awareness, freeing themselves from limiting patterns, finding comfort through self-acceptance, and discovering the path to greater authenticity and fulfillment.

Education:

B.A. in Organizational Psychology, University of Pennsylvania, 1988; Psy.D. in Clinical Psychology, Chicago School of Professional Psychology, 1996. Licensed since 1999.

Background / Experience:

21+ years clinical experience providing assessment and treatment in culturally diverse inpatient and outpatient settings. Private practice since 2002. Past clinical supervisor for an early childhood day treatment program. Consultation with agencies, schools, and private businesses. Additional training and interest in sandtray therapy, EMDR, dream work, stress reduction, natural health/mind-body connection.

Professional Affiliations / Activities:

American Mental Health Alliance – Oregon, Board of Directors
Oregon Psychological Association, Public Education Committee
Women’s Therapy Project Northwest
Greater Portland Area Association for Women in Psychology

Wheel Chair Access: No