

Mental Fitness Welcomes Sarah Stauffer, Ph.D. to the Team  
October 2008

In October 2008, Dr. Sarah Stauffer joins the Mental Fitness Team. Sarah brings her experience as a school counselor, therapist to sexually abused children, and counselor educator to the practice. Sarah has specialized in treating children and adolescents and has also provided education groups and consultation to parents and teachers.

Her orientation to counseling and therapy is truly eclectic, pulling from several counseling theories and approaches to best meet the needs of the diverse populations she serves. Sarah uses a blend of client-centered and cognitive behavioral techniques to address the underlying concerns clients have. She draws from her extensive training in Impact Therapy to provide a creative and multisensory experience for all of her clients. For children and adolescents, she uses play therapy and activity-based approaches to meet them where they are developmentally. As Garry Landreth, a founder of client-centered play therapy says, "For children, play is their language and toys are their words." Sarah gives them a proper space to express their feelings and experiences through their own language of play.

What all of this means is that through the collaborative counseling and coaching process, you can expect to be heard, listened to, and challenged to think and act in new ways in order to help yourself achieve your goals. By using concrete methods that allow you to tune in to your own thoughts and feelings, "see" things differently, and process your experiences with greater awareness, change truly becomes possible and within your grasp.

We extend a warm welcome to Dr. Sarah Stauffer and hope that you will take advantage of the services she is capable of providing to you or to your child. With Sarah now on the staff, Mental Fitness will be offering a variety of opportunities for individual consultation for parents, counseling for children and adolescents, group counseling, and parenting and other workshops in the near future. Please contact us to express your interest or for further details.