

Stephanie Small is a Licensed Clinical Social Worker (LCSW) who holds a Master's Degree in Social Work. She is also a holistic nutritionist, and holds certifications in Nutrition Education and Nutrition for Mental Health and Addiction Recovery. She specializes in helping women transform their relationship with food. She also provides nutrition for mental health and addiction recovery for those struggling with depression, anxiety, insomnia, poor energy, and substance cravings. Stephanie brings over 10 years of experience in the mental health field and has worked in a wide range of settings.

Education

- M.S.W. – Master’s Social Work from Smith College School for Social Work, Northampton, MA (05/02 – 08/04)
- B.A. – Bachelors of Arts from Yale University, New Haven, CT (08/95 – 05/99)

License

- LCSWs (Licensed Clinical Social Workers) in the state of Colorado are regulated by the Colorado Department of Regulatory Agencies. License # 09923066
- <https://www.colorado.gov/dora/licensing/Lookup/LicenseLookup.aspx>

Certifications

- Certified Mental Health Nutritionist, Alliance for Addiction Solutions (09/14 – 01/15)
- Certified Nutrition Educator, Bauman College of Holistic Nutrition (05/08 – 04/09)
- Certified in and Registered Trainer of ASIST (Applied Suicide Intervention Skills Training) and safeTALK (Suicide Alertness for Everyone)

Trainings

- Somatic Resolution and Internal Attachment Training, Wheat Ridge, CO
- Hakomi – taught by The Hakomi Institute, Boulder, CO
- Body Trust in Clinical Practice- taught by Be Nourished Institute, Portland, OR
- Dialectical Behavior Therapy – taught by Marsha Linehan, PhD, Portland, OR
- Heart-Centered Hypnotherapy – taught by The Wellness Institute, Boulder, CO
- Motivational Interviewing – taught by Avani Dilger at Naropa University, Boulder, CO
- Focusing – taught at Naropa University, Boulder, CO

Work Experience

- Private Practice, Louisville, CO (08/12 to present)
- Mental Health Nutritionist, Raleigh House of Hope, Arvada, CO (07/14 to 08/16)
- Crisis Clinician, Naropa University Counseling Center, Boulder, CO (10/10 to 08/14)
- Clinical Social Worker, Cordilleras Mental Health Rehabilitation Center, Redwood City, CA (09/06 to 11/08)
- Family Program Manager, Glide Foundation, San Francisco, CA (12/05 to 0/06)

- Social Worker, Alameda County Behavioral Health Care Services, Oakland, CA (10/05 to 11/05)
- Psychiatric Social Worker, Villa Fairmont Mental Health Center, San Leandro, CA (02/05 to 08/05)