



Nolan Souders

Provider (Bachelor)

I've known for a long time that I want to help people. When I first came to Stout, I was studying mechanical engineering. I found out quickly that it was not for me, and that I wanted something more fulfilling. I think that's why I was drawn into psychology so deeply. I am going to graduate with a Bachelor of Science in Psychology in December and could not be more ready. Over the past 4 years I have learned and acquired extensive knowledge of psychology as a whole and more specifically promotion and prevention, treatment/intervention, and recovery.

I am excited to start applying my knowledge and guide people to healthier and happier lives. I want to see the change in people I help and am passionate about making a real difference. I am committed to our values and believe that sometimes you must want it for yourself before anyone else can make it happen. Or as people always say, you can bring a horse to water but can't make them drink it. Moreover, I like to think that we can give our clients the tools, methods, and modalities that will allow them to thrive, but they need to be committed to the recovery and transformation process themselves to see real progress. Happiness does not always come easily.

I was raised in rural southeastern Wisconsin and my parents kept my brothers and me in private school until high school. They divorced when I was around 10 years old. It was a messy and intense process that lasted several years and was very hard on my brothers and me. Through this I learned important lessons about family dynamics and trust. My whole family was ripped apart and I had no idea what was going on or who I was supposed to be with. My parents still do not get along and conflict arises often. However, it made me stronger and more understanding. I also have lived experiences with substance abuse and suicide. Two of my cousins on my dad's side are gone. I know the impact these types of things can have. I think these circumstances influenced me to want to help others.

Outside of work and school, I have a variety of interests. I enjoy pretty much any activity outdoors, including sports like tennis, disc golf, basketball, and snow boarding. I also love card, video, and board games such as Magic the Gathering or Rocket League. I find that having a multitude of hobbies has allowed me to keep active, build friendships, and lead a well-balanced life. This has been one of my keys to success and something I look forward to sharing with my clients.

CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

CLTS Service Arrays

Empowerment and Self-Determination

Daily Living Skills

Counties Served

St. Croix, Pierce, Polk, Burnett, Pepin, Buffalo

Dunn, Barron, Chippewa, Rusk, Washburn

Specialty Areas

Skills Instruction for Youth Populations

Lived Experience

Wellness Instruction

Outdoor Integration

