

Carol Stephens Psy.D, LP, CBSM
Licensed Psychologist
Certification in Behavioral Sleep Medicine
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Professional Experience

January 2018–Present

Licensed Psychologist

Intentional Aging, Sun Valley, Idaho

Specialization in Geriatrics and Behavioral Sleep Medicine / CBT-I.

Treatment of depression, anxiety, transitions, grief and loss, sleep, and cognitive issues.

Care management and coaching services for seniors and loved ones struggling with aging issues. Volunteer community educator with the Alzheimers Association. Provide caregiver support services and groups in the community. Licensure in Idaho since 2019

January 1, 2012–2018

Licensed Psychologist and Consultant for Long Term Care Facilities

Specialization in Geriatric Psychology and Behavioral sleep medicine.

Stephens Psychological Services LLC. Minneapolis, Minnesota

April 2008-January 1, 2012

Licensed Psychologist, Certified Behavioral Sleep Psychologist

Park Nicollet Sleep Clinic, Minneapolis, Minnesota

Developed and provided behavioral sleep medicine treatment (CBT-I) for Park Nicollet Sleep Clinic. Collaboration with physicians in providing non-pharmacological interventions for people with insomnia and other sleep related disorders. Training for physicians, and education for the public.

September 1994-February 2008 **Licensed Psychologist**

Associated Clinic of Psychology, Minneapolis, Minnesota

Psychological assessment and treatment of older adults with acute and chronic medical conditions. Collaboration with nursing and physician teams in development and management of behavioral interventions. Consultation and educational workshops for management, staff, residents and families.

August 1988-September 1994 **Psychotherapist**

Private Practice, Minneapolis, Minnesota

Psychotherapy service for adults, couples, families, and groups. Specialized in brief therapy interventions, and cognitive behavioral strategies for management of depression, anxiety, and PTSD.

September 1988-October 1994 **Consulting Psychotherapist**

United Behavioral Systems, Minnetonka, Minnesota.

Developed and managed treatment program for victims of sexual abuse. Provided individual and group therapy

Sept 1982-August 1988. Psychotherapist

Metropolitan Clinic of Counseling, Minneapolis, Minnesota

Evaluation and treatment for adults, couples, adolescents, and groups. Development and facilitation of educational and group psychotherapy programs.

June 1977-August 1982 Mental Health Worker

Adult Psychiatric Services, Methodist Hospital, Madison, Wisconsin

Treatment for adults with mental health disorders. Crisis management services in the emergency room. Development and implementation of a partial hospital program for SPMI population.

August 1976-July 1977. Mental Health Worker,

Adolescent Psychiatric Unit: Abbott Hospital, Minneapolis, Minnesota

Education

December 1994

Doctorate in Counseling Psychology

University of St. Thomas, St. Paul, Minnesota

May 1982

Master of Science in Social Work

University of Wisconsin-Madison

August 1976

Bachelor of Arts: Psychology major

University of Wisconsin-Madison

Additional Professional Training

April 2008

Mini-fellowship in Behavioral Sleep Medicine; sponsored by the American Academy of Sleep Medicine, Stanford University Sleep Center, Palo Alto, CA.

May 2006

Mediation Training

St. Olaf Conflict Resolution Center

August 2006-2008

Volunteer mediation in Ramsey County Courts

November 2003/June 2005

Hypnosis Training

Society for Clinical Hypnosis

1998-1999

Fellowship program in clinical gerontology

MAGEC, University of Minnesota and VA training.

July 1996-June 1997

Neuropsychological Assessment: volunteer internship

Courage Center

Golden Valley, Minnesota

References will be provided upon request