



**GARY HOFMAN,
ED.D.
LPC-MH, NCC,
CCDC III**

**STRONGHOLD COUNSELING SERVICES, INC.
IS PLEASED TO INTRODUCE TO YOU**

I would like to take this opportunity to introduce myself as a Counseling Associate of Stronghold Counseling Services, Inc. I began counseling at Stronghold in May of 1995.

I received my undergraduate degree in education from Dordt College in Sioux Center, Iowa. I gained valuable insight into people through 13 years of educating children and young adults at various age levels.

In 1992 I returned to school for graduate studies and also worked as a therapist at Turning Point and McKennan Hospital, working mainly with teenagers, adults, and families. I received my Master's degree in counseling and then completed my doctorate in counseling from the University of South Dakota in December, 1996. I am a Licensed Professional Counselor-Mental Health, National Certified Counselor, and Chemical Dependency Counselor-Level III.

I am trained in Cognitive psychology which is a structured short term effective treatment approach applied to a broad range of psychological disorders. I focus on individuals, couples and families dealing with abuse issues, addictions, alcohol and chemical dependency, divorce, pre-marital counseling, depression and relationship difficulties.

I am also available for community outreach services, seminars and public information and education.

The area of counseling specialization I have developed for the Sioux Falls region is a theoretical and graceful approach for addressing sexual addiction. Sexual addiction involves a tremendous amount of guilt and shame and therefore becomes difficult to step forward and acknowledge the pain involved with sexual struggles and suffering.

Here at Stronghold, hope is available. Life can be different.

Gary Hofman, Ed.D., LPCMH, NCC, CCDCIII

