

STRONGHOLD COUNSELING SERVICES, INC.

IS PLEASED TO INTRODUCE TO YOU



**JAN SANFORD,
M.S.**

LICENSED
PROFESSIONAL
COUNSELOR— MENTAL
HEALTH,
QUALIFIED MENTAL
HEALTH PROVIDER

I am grateful for the opportunity to work for a counseling agency that exists as a grace-filled ministry that offers therapeutic guidance through the paths of life to people living in a broken world. I am new to Stronghold, but I have 20 years of counseling experience. I graduated from Huron University with a Bachelors of Science Degree in Sociology and Psychology in 1981. In 1989 I graduated from SDSU with a Masters of Science degree in Human Resource Development (clinical tract).

I am a Licensed Professional Counselor in the state of SD with a Mental Health Endorsement, a Qualified Mental Health Professional, and a Licensed Social Work Associate. My career began as an intern with Community Counseling Services in Huron, SD. I went on to work there and in Madison, SD at their branch office for 10 years. My next career move was to Catholic Family Services working in their branch office for nearly 11 years.

I enjoy working with couples to improve and protect the health and sacred bond of marriage and family. My license allows me to work with the whole family, so I enjoy working with children as well. I am a trained EMDR (Eye Movement Desensitization and Reprocessing) specialist. I use this method of therapy to help victims of trauma and abuse; emotional, physical and sexual abuse. I have some personal experience with loss and grief so I enjoy working either individually or in groups to provide a safe place to express the pain of loss and gain hope for the future.

My training includes working with children in play therapy, depression and anxiety, teens, couples therapy, parenting, abuse, and EMDR. I also have experience working with severely and persistently mentally ill adults.

I believe that God's grace is free to all of us, but there times when we for some reason cannot accept it into our lives. Counseling with someone you trust can make the difference between a life filled with God's grace or feeling like you just do not measure up. Are you emotionally, psychologically, or spiritually drained? Are you weary from inner struggles? Are you struggling with unwritten expectations and rules that cause shame? Then know that you are loved, accepted, and not alone. You are worthwhile and capable.

Find what you need to end your struggles at Stronghold Counseling Services.

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