



**SETH OLSON,  
PH.D.**

**LPC**

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

**I joined Stronghold Counseling Services in February 2005 after spending several years working as a mental health counselor in Omaha, Nebraska and Canton, Ohio. In addition to my work at Stronghold, I have been an assistant professor at the University of South Dakota in the Counselor Education Programs since 2003.**

**I received my master's degree in community counseling from the University of South Dakota in 1999. In 2003, I then received my Ph.D. in counselor education from Kent State University, Ohio. My doctoral specialty was in working with children and adolescents. I conducted internship experiences in a mental health clinic and a juvenile detention facility.**

**I am Licensed Professional Counselor in the state of South Dakota and I am a National Certified Counselor. I am currently engaged in training to become a Certified Gottman Therapist in marital therapy as well as a Master Addictions Counselor. I am also an Approved Clinical Supervisor through the National Board for Certified Counselors. In addition to being licensed and certified, I am dedicated to engaging in continuous education in a variety of different mental health related training opportunities.**

**I have extensive training to effectively address a variety of different mental health concerns including anxiety, depression, anger, abuse as well as work with couples, children, and families. My primary therapeutic structure is to provide a caring and empathetic environment where clients can feel respected and understood. I also provide clients with a solution-focused model of intervention, which is designed to encourage progress toward client specific goals in brief amount of time.**

**I believe grace to be a central part of my counseling endeavors. From this perspective, I believe that clients can develop an awareness of the incentives involved in their behaviors, emotions, and thoughts. With an understanding of incentives, clients are free to experience better ways of living through grace-based decision making.**

**As an educator by heart, I have been involved in training and teaching for the past several years. I am available to provide seminars, workshops, and classes in just about any topic related to mental health. In the past I have provided grace-based training for parents, provided anger management groups, instructed professionals in ethics, and worked with churches or other community outreach agencies to provide the public with valuable training and information in psychological matters.**

**Seth Olson, Ph.D. LPC**

