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***Disclosure:** As a client with me, pursuant to Washington State law, you have the right to know about my qualifications. I graduated from San Francisco State University with BA's in Sociology and Psychology in 1979. I graduated from the University of Washington School of Social Work in 1982 with a Masters of Social Work (MSW). My graduate school emphasis was in two areas: child welfare and rehabilitation services. Since that time, I have worked with children and families in a multitude of settings. These include the following: Children's Residential, Children's Outpatient, Crisis Management, Family Intervention, Preschool and School-based Drug Treatment, Juvenile Corrections, Homeless Youth, Home-based Therapy, special Education, Drug and Alcohol Prevention and Intervention, as well as Long Term Foster Care. I am also a Licensed Independent Clinical Social Worker in the State of Washington: LW00006047). In addition, I am a member of the Academy of Certified Social Workers (ACSW). Finally, I hold specialties in Developmental Disabilities and Ethnic Minority Mental health through the State of Washington.*

My theoretical background included Cognitive Behavioral, Insight Oriented, Play, Structural and Strategic Family Therapy techniques. I work on discussing options with children and their parents. In addition, my work has focused on Children of Color, and their specific needs. I have worked in school settings, and am well versed in behavior and classroom management strategies. My style is flexible, and adapts to the needs of each youth and family.

During the time we spend together, you will often hear me talk about practice. I believe there is a distinct difference between what a person says s/he can do and their performance. In addition, what a person understands about themselves is not valuable to them until they can apply that understanding to their everyday life. From my point of view, knowing the "Right Thing" is different than doing the right thing. Therefore, we will need to clearly define your goals so that we can see evidence of your progress.

Because change can be a difficult process, clients vary in the amount of time they must spend in therapy before they see the connection between what they understand and how they behave. Some clients will complete their goals between five to eight sessions. Other individuals and families require considerably more sessions to address their difficulties.