

Tarea Stout Information

Life can be hard! Throwing us curve balls with all types of stress – emotional, chronic illness or pain, mental and physical disabilities, educational and learning disabilities, grief, and family challenges. These stressors can often bring about depression, anxiety and more in our lives which makes life even more difficult. As a Licensed Professional Counselor for over 25 years, Tarea Stout has helped people that have faced all types of challenges. Tarea specializes in areas where physical or medical conditions affect mental health, anxiety, Autism Spectrum Disorder, and intellectual/developmental disabilities.

Tarea has received training in various therapeutic modalities including Dialectical Behavioral Therapy (DBT), Cognitive Processing Therapy (CPT), Acceptance and Commitment Therapy (ACT), Motivational Interviewing (MI) and play therapy. She uses a holistic integrated approach that considers the bio-psycho-social spiritual aspects of the person.

Tarea Stout provides individual and family counseling, career coaching, consulting, and training. She is currently accepting new clients.