

Stephen Bryant Walker

Licensed Psychotherapist

Middle Way Health

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www.MiddleWayHealth.com

Stephen Bryant Walker is the owner of Middle Way Health, a group providing specialized and individualized holistic healthcare for men and women, individuals, couples, families and groups, adults, children and teenagers.

Areas of Expertise

Marriage and Family Therapist

Extensive experience in brief solution-focused therapy. Use of EMDR, hypnotherapy and Neuro Behavioral Programs for trauma, addictions and pain. Medical and Recovery models used to treat chemical dependency and addictions. Family systems therapy for couples and families. Mindfulness based cognitive therapy, contemplative and Buddhist psychotherapy.

Executive Coach/Organizational Consultant

Conducting of groups, facilitating team building, communication and goal setting. Personal coaching of management and business owners to integrate group process and overcome individual obstacles to success. Expertise in workers compensation system, corporate human resources and sole proprietorships.

Licensure/Certification

Marriage and Family Therapist MFC36712

Certified EMDR, Level II

Certified Hypnotherapist

Certified NeuroBehavioral Pain Therapist, www.neurobehavioralprograms.com

Degrees

Professional School of Psychology, M.A. – Psychology 1992
Middlebury College, B.A. – Philosophy 1975

Trainings

2009 A Language of Non-Violent Communication
Law & Ethics

2007 Understanding Nutrition for Eating Disorders: Anorexia & Bulimia
How Forensics Became Ethics: Ethical Practice in Mental Health
Mind Body & Spirit: Foundations for Recovery
Acceptance & commitment Therapy: An Experiential Approach to Behavior Change
Advances in the Treatment of Substance Abuse & Co-Occurring Disorders
Mindfulness & Psychotherapy with Ron Siegel, Psy.D.
Practical Treatment Approaches: Post Traumatic Stress Disorder
Law & Ethics
Mindfulness in Psychotherapy
Addressing Spirituality, Religion and Existential Issues in Psychotherapy

	2005	Supervising Therapy Spousal & Partner Abuse Myths & Realities of Growing Old Law & Ethics
	2004	Treating Comorbid Depression and Anxiety Using DBT The Intersection of the Psychological & Political The Basics of Dialectical Behavior Therapy
	2003	Dialectical Behavior Therapy Treating Complex Conditions: Dilemmas & Opportunities/Autism MFT Oral Examiner Training Difficult Issues in Clinical Supervision
<u>Trainings Continued</u>	2002	Applications of EMDR Theory and Techniques of EMDR Level I & Level II Psychopharmacology Academy
	2001	HIV/AIDS Treatment & Emerging Issues The 2001 Master's Series, Bringing Psychotherapy to Life! Integrative Healing: The Unity of Body, Mind & Spirit
	1994-2000	Sacramento Gestalt Therapy Training Group

Professional Experience – Marriage and Family Therapist

<i>Private Practice</i>	2000 – Current	Accepting insurance through these panels: MHN, WHA, UBH, Aetna, Magellan, Inova, Sutter EAP, Pacificare
<i>Agency Experience</i>	1999 – 2004	InAlliance, Inc.- Mental Health Consultant
	2000 – 2004	Trinity Children and Family Services - Therapist

Professional Experience – Executive Coach/Organizational Consultant

2000 - Current	Middle Way Health
1999 – 2002	Human Factors, Inc.

Professional Affiliations

California Association of Marriage and Family Therapists
American Chronic Pain Association

Workshops Presented

Leadership Development Seminars
Everyday Magic Career Workshops
Contemplative Psychotherapy for Therapists
Pathways – A Workshop of Psychodrama, Expressive Arts and Martial Arts

Keynote Speaking

Mental Health in the Workplace - Sacramento County
Preventing Job Burnout – City of Sacramento
How to Talk to Co-workers – Bereavement Outreach
Stress Reduction – Sutter Wellness Network

Teaching Experience

California State University Sacramento, Adjunct Faculty
San Juan School District, Parenting Classes

Volunteer Activities

Folsom Prison
Bereavement Outreach Program

Awards

Mental Health Achievement Award – Mental Health Association of Sacramento
Certificate of Appreciation – Sacramento County Board of Supervisors
Certificate of Appreciation – Folsom Prison
Phi Beta Kappa – Middlebury Chapter