

Carol Stephens Psy.D, LP, CBSM
Licensed Psychologist
Certification in Behavioral Sleep Medicine
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612-251-7413

Professional Experience

December 2017 – present:

Licensed Psychologist

Allina Health, Edina, Minnesota

Psychological assessment and treatment are provided to adult patients in an integrated primary care system. Specialization in behavioral sleep medicine, geriatrics, individual and group therapy.

August 2014 – November 2017:

Consulting Psychologist

Specialists in Internal Medicine (SIMPA)

Abbott Hospital, Minneapolis, Minnesota

Consult with Internal Medicine Physicians and The Executive Health Program to integrate behavioral health services with their medical treatments. Evaluate and treat depression, anxiety, insomnia, stress related illness, relationship and life stressors. Provide specialized psychological services for seniors, their families and caregivers including consultation, education, mediation and late life planning for management of chronic illness.

January 2012 – present:

Licensed Psychologist and Consultant for Senior Care Facilities.

Stephens Psychological Services LLC. Minneapolis, Minnesota

Specialization in geropsychology and behavioral sleep medicine. Consultation, assessment, diagnosis & treatment, mediation and late life planning for seniors and their families.

April 2008 – January 2012:

Licensed Psychologist, Certified Behavioral Sleep Psychologist

Park Nicollet Sleep Disorder Clinic, Minneapolis Minnesota

Developed and provided behavioral sleep medicine treatment for Park Nicollet Sleep Disorder Clinic. Collaboration with physicians in providing non-pharmacological interventions for people with insomnia and other sleep related disorders. Training for physicians, and education for the public.

September 1994 – February 2008: Licensed Psychologist

Associated Clinic of Psychology, Minneapolis, Minnesota

Psychological assessment and treatment of older adults with acute and chronic medical conditions. Collaboration with nursing and physician teams in development and management of behavioral interventions. Consultation and educational workshops for management, staff, residents and families.

August 1988 – September 1994: Psychotherapist

Private Practice, Minneapolis, Minnesota

Psychotherapy service for adults, couples, families, and groups. Specialized in brief therapy interventions, and cognitive behavioral strategies for management of depression, anxiety, and PTSD.

September 1988 – October 1994: Consulting Psychotherapist

United Behavioral Systems, Minnetonka, Minnesota.

Developed and managed the treatment program for victims of sexual abuse. Provided both individual and group therapy.

Sept 1982 – August 1988: Psychotherapist

Metropolitan Clinic of Counseling, Minneapolis, Minnesota

Evaluation and treatment for adults, couples, adolescents, and groups. Development and facilitation of educational and group psychotherapy programs.

June 1977 – August 1982: Mental Health Worker

Adult Psychiatric Services, Methodist Hospital, Madison, Wisconsin

Treatment for adults with mental health disorders. Crisis management services in the emergency room. Development and implementation of a partial hospital program for SPMI population.

August 1976 – July 1977: Mental health Worker,

Adolescent Psychiatric Unit, Abbott Hospital, Minneapolis, Minnesota

Education**December 1994**

Doctorate in Counseling Psychology

University of St. Thomas, St. Paul, Minnesota

May 1982

Master of Science in Social Work

University of Wisconsin-Madison

August 1976

Bachelor of Arts: Psychology major

University of Wisconsin-Madison

Additional Professional Training and Certification

Licensed Psychologist, Certification in Behavioral Sleep Medicine, CBSM, since 2010

April 2008

Mini Fellowship in Behavioral Sleep Medicine

Stanford University Sleep Disorder Center, Palo Alto, CA.

May 2006

Mediation Training

St. Olaf Conflict Resolution Center

August 2006 – 2008

Volunteer mediation in Ramsey County Courts

November 2003/June 2005

Hypnosis Training

Society for Clinical Hypnosis

1998 – 1999

Fellowship program in clinical gerontology

MAGEC, University of Minnesota

July 1996 – June 1997

Neuropsychological Assessment: volunteer internship
Courage Center, Golden Valley, Minnesota

References will be provided upon request