

Stephanie Perez, MS, LPC, NCC
Interim Counselor
FESP Coach

Education:

- Northeastern University, BS in Criminal Justice and Sociology
- Southern Connecticut State University, MS Clinical Mental Health Counseling

Professional Interests:

- Advocating/supporting student success
- Anxiety, depression, trauma
- Crisis intervention

Additional Language(s):

- Spanish

Approach to Counseling, Coaching, & Student Relations:

I attempt to maintain a person-centered approach to counseling by providing empathy and respect toward all of my clients and students who are in different stages of their lives. It is vital for me to facilitate personal growth and development while alleviating feelings of distress.

Approach to Wellness:

I feel balance is important in our lives. We must all engage in our daily routines of school, work, and balancing our personal lives, however we must always include time for ourselves. I find it important to take a part of my day to do something I enjoy, whether it is exercising, meditating or watching a great show or documentary. This provides me with my alone time to enjoy what I love. This balance creates for better a better attitude toward our daily lives.

Myers Briggs Identifiers:

Teacher Personality (ENFJ)

ENFJs are idealist organizers, driven to implement their vision of what is best for humanity. They often act as catalysts for human growth because of their ability to see potential in other people and their charisma in leading others.

Provider Personality (ESFJ)

ESFJs are conscientious helpers, sensitive to the needs of others and energetically dedicated to their responsibilities. ESFJs like a sense of harmony and cooperation around them and are eager to please and provide.

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