

# Stephen Bryant Walker, MA

Licensed Psychotherapist  
LMFT36712

## Middle Way Health

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www.MiddleWayHealth.com

Stephen Bryant Walker is the owner of Middle Way Health Family Counseling, Inc., 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, Biofeedback and hypnotherapy for trauma, addictions and pain. Medical and Recovery models used to treat chemical dependency and addictions. 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](http://www.neurobehavioralprograms.com)  
Certified Biofeedback Trainer

## Degrees

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

## Trainings

2017	Anxiety Disorders Basic Principles & Application of Dialectical Behavior Therapy Clinical Supervision Law & Ethics
2015	Incorporating Musical Strategies into Clinical Practice The Role of Spirituality in Health and Mental Health Family Therapy Concepts, Extended Family Systems Clinical Supervision: A Person-Centered Approach Law & Ethics Self Care for Behavioral Health Professionals
2013	Working with Difficult Men A Dialogue on Infidelity Matting in Captivity Book Marketing Like Mad Relational Mindfulness Helping Couples Couples Reconnecting and Recovering from Sexual Abuse 5-Day Professional Biofeedback Certificate Program

- 2012 The Art and Science of Love, A Workshop for Couples  
Advanced Biofeedback Training – BSC – 38<sup>th</sup> Annual Biofeedback Society of California Conference  
Assessing Triggers for Biofeedback  
Mastering Mindfulness with Biofeedback  
The Joys and Challenges of Pediatric Biofeedback  
The Physiology of Stress  
Integrating Biofeedback with Psychology  
Understanding Complex associations among Sleep, Stress and the Immune System  
Heart-Brain Connections  
Insurance Reimbursement and Ethical Considerations  
Spirituality, Health and the Arts  
Stress Profile Basics
- 2011 Applied Psychophysiology & Adjunctive Strategies for Pain Management  
Domestic Violence  
Law & Ethics  
Helping Adult Clients Grow Up  
Strategic Treatment of Anxiety Disorders  
Narcissistic Personality Disorders  
5-Day Professional Biofeedback Certificate Program
- 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
- 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, UBH, Aetna, Sutter EAP, SutterSelect, Sutter Health Plus, Optum, Beacon
<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 Family Counseling, Inc.
1999 – 2002	Human Factors, Inc.

**Professional Affiliations**

Sacramento Valley CAMFT  
California Association of Marriage and Family Therapists

**Workshops Presented**

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

**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  
Lion's Roar Dharma Center, Spiritual Director

**Awards**

Best of Sacramento – Marriage & Family Therapy - 2012, 2013, 2014, 2015, 2016  
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

**Books Published**

Something So Obvious, Stephen Bryant Walker & Melanie Noel Light, 20016  
Falling in Love with the World Again, Middle Way Health