

# Stephen Bryant Walker

## Licensed Psychotherapist

### Middle Way Health

708 Alhambra Blvd., Suite 2  
Sacramento, CA 95816  
916-492-9007  
916-492-9396 fax

swalker@middlewayhealth.com  
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, Biofeedback, hypnotherapy and Neuro Behavioral Programs 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

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.

Trainings Continued

		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, 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

Biofeedback Society of California  
California Association of Marriage and Family Therapists  
American Chronic Pain Association  
Association for Applied Psychophysiology and Biofeedback

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

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