



Powell Counseling
Center, PLLC

Anne (Landry) Stephens, MSSW, LCSW, C-DBT
(She/Her)

Specialty

Anne's specialty is working with the LGBTQIA community. She often works with clients to understand and cope with ADHD, Autism, Anxiety and Depressive Disorders, from a trauma-informed perspective. One of her passions is using art in the therapeutic setting and enjoys using Dialectical Behavioral Therapy with clients to assist in obtaining practical skills useful in everyday life. Anne has been working in mental health services since 2010. She has experience working in inpatient and outpatient settings with children, adolescents, and adults.

My Approach

Anne considers herself to be a generalist practice social worker, which means that she pulls from a variety of modalities to meet her client's needs and is willing to work with a wide variety of clients to help access needed resources as identified during the therapy process. Anne primarily uses Cognitive-Behavioral Therapy (CBT), Dialectical-Behavioral Therapy (DBT), and Internal Family Systems Therapy to assist her clients in reaching their goals. Anne is a member of the LGBTQ+ community and an antiracist therapist that attempts to be culturally competent with all clients.

Credentials

Anne earned a Master of Science in Social Work (MSSW) in Evidenced-Based Clinical Practice from the University of Tennessee, Knoxville and a Bachelor of Arts (BA- Cum Laude) from the University of Tennessee, Knoxville. She is a Licensed Clinical Social Worker (LCSW) in the State of Tennessee and is in the



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process of becoming an approved clinical supervisor in the state of Tennessee for other therapists to obtain licensure and has worked for the University of Tennessee College of Social Worker as a field liaison for students obtaining their own MSSW degree. She is certified in Dialectical Behavior Therapy (DBT) and has extensive training in various other psychotherapy modalities including Motivational Interviewing, Cognitive Behavioral Therapy, Internal Family Systems, Crisis Stabilization, Suicide Prevention, TF-CBT, and Parent-Child Interaction Therapy.