



Afton Steinhoff, MSW, LICSW

In-Person & Telehealth

Afton Steinhoff is a Licensed Independent Clinical Social Worker (LICSW). She graduated from the University of Wisconsin—Madison where she earned her Master's degree in clinical Social Work with a Mental Health Concentration. Afton's therapeutic approach incorporates both established clinical skills with a perceptive intuition. She is able to empathetically connect, understanding an individual's current story, while integrating the modalities that will best serve the individual. Afton loves to work with all ages, while especially being drawn to adolescents and young adults. Her clinical interests include trauma, anxiety, depression, relational difficulties, spiritual issues, grief and loss, addiction, and chemical dependency. Afton highly values the relationship process and listening to her clients' stories without judgment. She incorporates Cognitive Behavioral Therapy (CBT), DBT, Narrative approach, mind/body awareness, and mindfulness skills. She is AIR Network Certified, EMDR 1 and 2 Certified, and Brain spotting Certified.



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Works with: Adolescents, Adults, Couples & Families

- Addictions
- Adjustment Disorders
- Adoption Issues
- Affective Disorders
- Anger Management
- Anxiety Disorders
- Attachment Disorders
- Attention Deficit Disorders
- Asperger's/Autism Spectrum
- Behavior Modification
- Bipolar Disorder
- Career Counseling
- Child Abuse
- Childhood Behavioral Disturbances
- Christian Counseling
- Church Leadership/Missions
- Clergy Abuse
- Co-dependence
- Co-Occurring Disorders: *Substance Abuse and Mental Health*
- Communication Skills
- Couples Counseling
- Depression
- Dialectical Behavioral Therapy
- Divorce/Separation Issues
- Domestic Violence Issues
- Eating Disorders
- Families
- Gangs/Cult Issues
- Grief Counseling
- Group Psychotherapy
- Learning Disabilities
- Mental Health Assessments
- Mood Disorders
- Obsessive Compulsive Disorder
- Panic Disorder
- Parenting Skills
- Personality Disorders
- Phobias
- Physical Abuse/Violence
- Play Therapy
- Post-Traumatic Stress Disorder
- Rape Issues
- Relationship Issues
- Role Play
- Self-Injury
- Spiritual Issues
- Therapeutic Support Foster Care
- Trauma
- Women's Issues

