

Stephen Abrams, M.S., N.C.C., LMFT, LMHC



As an experienced marriage and family therapist my focus is upon assisting individuals, couples and families in accessing existing strengths and resources necessary to resolve presenting conflicts. My theoretical foundation is based upon Adlerian principles and includes a systemic, self-exploratory, solution-oriented and competency-based approach. It's application in my experience, respectfully acknowledges each individual's organizational and communication patterns, differences, belief systems, values, struggles and strengths within the system. A continuing recognition and reinforcement of each individual's integrity leads to further understanding, validation, and openness to the possibility of change. Eventually, a satisfactory solution to conflict is discovered.

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