

## **Stephanie Rosales, LMSW, CST, TCTSY-F – Suicide Prevention Speaker Bio**

Stephanie Rosales, LMSW, CST, TCTSY-F, is a Licensed Master Social Worker and Certified Trauma Therapist with over 20 years of experience. She specializes in the mental well-being of athletes and trauma survivors, bringing empathy and expertise to her role as a psychotherapist, teacher, trainer, and mindfulness coach.

Stephanie holds a Master's degree in Social Work from the University of Michigan and has specialized training in sex therapy from the American Association of Sexuality Educators, Counselors, and Therapists (AASECT). She has worked with numerous professional, college, and Olympic athletes, addressing mental health challenges such as anxiety, depression, eating disorders, and substance abuse.

As the Director of Athletic Counseling at Eastern Michigan University, Stephanie offers compassionate care tailored to athletes, integrating mindfulness-based interventions and evidence-based techniques to support recovery. Her trauma-informed approach emphasizes the interconnectedness of physical and mental health, helping clients navigate complex PTSD, post-concussion recovery, and grief, including the loss of a loved one to suicide.

Stephanie's private practice provides a safe environment for individuals and couples exploring emotional well-being and sexual health. Known for her engaging presentations, she regularly conducts workshops on mental health, trauma recovery, and wellness, sharing practical strategies that resonate personally and professionally.

Stephanie is deeply committed to suicide prevention. She offers resources, support, and education to those at risk. Through her specialized programs and active community engagement, Stephanie works to reduce mental health stigma and promote a message of hope and recovery, making her a trusted advisor in mental health and athletic communities.