

Celebrating the Impactful Journey of Stephanie Toldson, LCSW: A Beacon of Hope in Mental Health Counseling

Align Counseling Services, PLLC: Guiding Clients Toward Healing and Resilience in Southeastern Idaho



Nampa, Idaho Nov 3, 2025 ([IssueWire.com](https://www.IssueWire.com)) - Align Counseling Services, PLLC, is proud to celebrate its Founder and Clinical Director, Stephanie Toldson, LCSW, for her unwavering commitment to providing compassionate and effective mental health care to adults and adolescents in Ammon and the surrounding areas of Southeastern Idaho and Utah. With a holistic approach to counseling, Stephanie empowers her clients to process their thoughts and emotions healthily, facilitating a journey toward healing and personal growth.

"When you've gone through a traumatic experience or struggle with depression, the feelings of grief and helplessness can be overwhelming. However, you are not alone. Align Counseling Services, PLLC, is here to guide you through difficult moments in your life so you can find your path toward healing and happiness," states the Align Counseling Services website.

Stephanie earned her Bachelor's Degree in Psychology with a minor in Nutrition Sciences from the University of Utah in 2011, followed by her Master's Degree in Social Work from Northwest Nazarene University in 2014. With over 15 years of experience in the mental health field, including a decade spent in community mental health, she has honed her expertise in supporting vulnerable populations and helping clients navigate trauma, grief, and life's most significant challenges.

Her extensive training includes Eye Movement Desensitization and Reprocessing (EMDR) I and II, Recent Trauma Episode Processing (R-TEP), Group Trauma Processing (G-TEP), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Solution-Focused Therapy, Self-Compassion, and Mindfulness. Additionally, Stephanie is a Certified Grief and Loss Educator through David Kessler, an Advanced Grief and Loss Counseling Specialist, and a Trauma-Informed Yoga Instructor with two 200-hour certifications. This diverse skill set allows her to integrate psychotherapy with mind-body approaches, fostering a holistic healing environment for her clients.

"I sincerely love what I do and love to help people grow through past and current life challenges. I, too, have been through significant challenges in life and know firsthand the power of healing. I am incredibly passionate about nervous system healing in addition to trauma resolution and grief processing," says Stephanie.

Her personal experiences, including the loss of her former spouse to addiction, fuel her passion for helping others. By prioritizing individualized treatment approaches, Stephanie strives to meet each client where they are, fostering a solid therapeutic relationship based on trust and understanding. Through Align Counseling Services, she creates a warm, accepting, and compassionate space for clients to cultivate resilience and find meaning in their lives.

Outside her professional endeavors, Stephanie enjoys immersing herself in nature, whether on sandy coastlines or high in the mountains. She maintains an active lifestyle, dedicating time to yoga, weight lifting, and hiking while cherishing moments with her husband, 3-year-old son, and 5 step-children. To stay informed and inspired, she engages with the Psychotherapy Networker and Psychology Today, publications that resonate with her dedication to personal growth and the well-being of others.

As Align Counseling Services continues to grow, Stephanie Toldson remains a beacon of hope, guiding her clients through the complexities of mental health with empathy, expertise, and the promise of healing.

Learn More about Stephanie Toldson:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/82344995-Stephanie-Toldson-Social-Worker> or through her website, <https://www.aligncounseling.org/>

About FindaTopDoc.com

FindaTopDoc is a digital health information platform that helps connect patients with local physicians and specialists. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

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Source : Stephanie Toldson

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