



Theresa Stringer, LCSW, LCDC



Theresa's journey into Clinical Social Work began with her experience as a nurse in the Addictions field. Her training in the US Army and diverse clinical background laid the foundation for her pursuit of a career in Social Work. She earned her Master's in Social Work from Western Carolina University, specializing in Substance Abuse. Theresa incorporates Motivational Interviewing and Cognitive Behavioral Therapy in her practice, utilizing a strengths-based, person-centered approach to support her clients.

A passionate dog lover and outdoor enthusiast, Theresa resides in Cypress with her three fur babies.