

# Helping Couples Reconnect: Scottsdale's Stephanie Levitt's Dedication to Compassionate Marriage Counseling in 2026

SCOTTSDALE, AZ, UNITED STATES, August 10, 2026 /EINPresswire.com/ -- For many couples, relationship challenges can bring emotional stress, communication breakdowns, and uncertainty about the future. Whether dealing with ongoing conflicts, trust issues, life transitions, or family concerns, navigating these difficulties without professional support can feel overwhelming.

For her dedication to helping couples build healthier, stronger relationships, Stephanie Levitt from Pathways Counseling Services has been recognized by [ThreeBestRated®](#) as one of the top 3 Marriage Counselors in Scottsdale, AZ. Her practice is committed to providing compassionate guidance and evidence-based counseling to help couples overcome challenges and strengthen their relationships.



Stephanie Levitt

## About Stephanie Levitt

Stephanie Levitt is the founder of Pathways Counseling Services and a Licensed Professional Counselor (LPC) as well as a National Certified Counselor (NCC). With more than 20 years of experience, she has dedicated her career to supporting individuals and couples through life's most challenging emotional experiences.

She earned her master's degree in counseling and has built a reputation for providing thoughtful, comprehensive care that helps clients improve their relationships, overcome emotional obstacles, and develop healthier coping strategies. Stephanie believes every individual

deserves a safe, supportive environment where they feel heard, respected, and empowered throughout their recovery journey.

### Specialized Training in Evidence-Based Therapies

Stephanie Levitt has earned advanced training and certifications in several evidence-based therapeutic approaches that enhances her ability to support clients experiencing trauma, grief, anxiety, and depression.

Her specialized training includes:

- >> Emotionally Focused Couples Therapy (EFT)
- >> Gottman Method Couples Therapy and Premarital Counseling
- >> Eye Movement Desensitization and Reprocessing (EMDR)
- >> Cognitive Behavioral Therapy (CBT)
- >> Psychodynamic Therapy
- >> Trauma-Informed Care

These specialized credentials enable her to provide compassionate care that promotes healing, resilience, and lasting emotional well-being.

### Supporting Couples Through Compassionate Counseling

Stephanie's approach to marriage counseling is centered on helping couples reconnect, improve communication, and build stronger, healthier relationships. She understands that every relationship is unique and works closely with each couple to identify the basic issues contributing to conflict or emotional distance.

Whether couples are facing trust issues, communication breakdowns, parenting challenges, or major life transitions, Stephanie provides practical guidance and client-focused therapeutic techniques that encourage understanding, emotional connection, and lasting relationship growth.

Her client-centered approach helps couples develop the skills needed to navigate future challenges with greater confidence while strengthening the foundation of their relationship.

### Healing Trauma with EMDR

In addition to marriage counseling, Stephanie specializes in trauma therapy, helping clients process painful memories, manage emotional triggers, and recover from overwhelming life experiences.

As a highly trained and certified EMDR THERAPIST THROUGH EMDRIA, Stephanie Levitt offers

compassionate trauma therapy to support healing and lasting emotional relief. She believes recovery happens at each person's own pace and creates a calm and supportive environment where patients feel heard, respected, and empowered throughout their journey.

One of her primary areas of expertise is Eye Movement Desensitization and Reprocessing (EMDR), an evidence-based therapy widely recognized for treating trauma and PTSD. EMDR uses bilateral stimulation to help the brain reprocess distressing memories, allowing clients to reduce the emotional impact of past experiences. EMDR can also benefit individuals dealing with anxiety or depression when those challenges are linked to unresolved trauma or difficult life events.

Before beginning treatment, Stephanie takes time to explain how EMDR works, what clients can expect during sessions, and how therapy will be tailored to their individual needs. Her goal is to ensure every client feels informed, comfortable, and confident throughout the healing process.

At Pathways Counseling Services, Stephanie works as part of a team committed to providing personalized, trauma-informed care. Each treatment plan is designed around the client's unique experiences, goals, and circumstances, creating a supportive foundation for meaningful, lasting progress. Whether someone is coping with trauma, anxiety, or the lingering effects of difficult experiences, Stephanie Levitt offers evidence-based care to help clients build resilience, regain confidence, and move toward a healthier future.

### Community Education and Professional Leadership

Stephanie's commitment to mental health extends beyond the counseling office. She has been featured on magazine, podcasts, radio shows, and panel discussions where she speaks about relationships, communication, trauma recovery, and practical strategies for long-term connection.

Through community education and professional outreach, she continues to increase awareness of mental health while helping individuals and families access reliable information and effective therapeutic support.

### About Pathways Counseling Services

Pathways Counseling Services provides an excellent mental health therapy for children, adults, couples, and families who are seeking support, clarity, and practical tools for lasting change. Their therapists offer personalized care for concerns such as anxiety, depression, trauma, grief, relationship challenges, emotional regulation, parenting stress, and life transitions.

For clients' convenience, Pathways Counseling Services offers in-person therapy at its Scottsdale office and telehealth sessions for clients across Arizona. Get an appointment with her, visit [pathwayscounselingsvcs.com/team/stephanie-levitt-ma-lpc-ncc](https://pathwayscounselingsvcs.com/team/stephanie-levitt-ma-lpc-ncc).

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