



Ariana Stern-Luna, LPC

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“The curious paradox is that when I accept myself just as I am,
then I can change.” ~ Carl R. Rogers

Ariana believes that we all have the innate ability to move towards healing. Just as our physical bodies heal from physical wounds, our internal systems move towards mental and emotional well-being. Unfortunately, this natural process can become blocked by trauma, adverse life experiences, and/or negative beliefs. These blocks often lead to challenging symptoms including anxiety, phobias, depression, emotional dysregulation, aggressive behaviors, sleep disorders, difficulty concentrating, self-harm, relational issues, and many more. It is through counseling that these blocks can be removed and the path towards healing can continue.

Ariana offers professional counseling services for children, adolescents, and adults. She specializes in child-centered play therapy, which is a humanistic counseling approach that utilizes play as the medium for expression and processing. Ariana graduated from the world-renowned play therapy program at the University of North Texas, where she gained intensive experience in working with children and their families. Ariana is also trained in Eye Movement Desensitization and Reprocessing (EMDR), an evidence-based approach that helps the brain reprocess memories and experiences in order to decrease the emotional charge. Ariana hopes that EMDR can help individuals of all ages work through past trauma and/or adverse life experiences, and assist them in changing any negative beliefs that may have developed surrounding these events. Expressive arts therapies and mindfulness-based counseling may also be incorporated within Ariana’s therapeutic work with her clients.

Area of Expertise	Days/Hours Available	Rates
Child-centered play therapy	Monday – 11:30a 0 7:30p	\$115 – Initial Session
Filial therapy/Child-Parent Relationship Therapy	Tuesday – 11:30a – 12:30p	\$105 – Following Sessions
Group play therapy	Wednesday-11:30a – 7:30p	
Activity therapy	Friday- 11:30a – 5:30pm	
Eye Movement Desensitization and Reprocessing (EMDR)		
Expressive arts therapies		
Sand tray therapy		
Mindfulness-based counseling		
LGBTQ affirmative therapy		
Trauma-informed care and practice		