

Shawn Tessmer, MA, LPC

Counselor / Mental Health Therapist

GreenPath Clinic

Mr. Tessmer brings a compassionate and engaging approach to counseling, focusing on providing solution oriented therapy, insight oriented modalities, and CBT. He utilizes nearly 20 years of experience working as a counselor at different facilities, such as hospitals, residential inpatient treatment centers, and outpatient counseling groups.

He has a passion for working with youth, helping teenagers and young adults overcome issues of depression, anxiety and low self-esteem. He also treats families, addressing family conflicts, marital discord, and parent-child issues.

In addition, Mr. Tessmer also has years of experience treating addictions, such as substance abuse, compulsive gambling and shopping, and other negative self destructive behaviors. Mr. Tessmer is also well versed in treating traumatic experiences. He treats complex trauma by giving his patients acceptance and support, yet helping people to deconstruct their negative past experiences and recover from what still negatively impacts their lives.

Mr. Tessmer loves spending his free time with his family. He describes himself as a "handyman" who has skills and patience for repairing and building projects. He is a loving parent to his elementary school aged children, who serve him as a motivation to keep helping other children to be happy and healthy, treating them with great patience and compassion.
