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Lauren Stein, MA,
LMFT

Lauren Stein, MA, LMFT is currently serving as Treasurer of the NJAMFT Central Chapter. She is very involved with the Chapter and the board and we so appreciate all of her hard work in giving back to our profession. Here is a little more about Lauren.

She pursued licensure in MFT after completing her undergraduate studies at Ramapo College and her masters degree at Fairfield University. Lauren obtained her training and hours for licensure while working at Bayonne Mental Health Center from 2013-2017 and received her license in December 2016. She currently works for two private group practices: BN Counseling (Bayonne, NJ) and Brave Minds Psychological Services (Scotch Plains, NJ). Lauren's bio includes a way to talk to clients about change, including this statement: "Change can turn our lives upside down. But in struggle there is hope for growth, positive change and interconnectedness."

When asked what her motivation was for entering the mental health field, Lauren says "After helping to resolve conflicts between residents as a Resident Assistant in college, I knew I wanted to focus on relationship therapy. I've always had a passion for helping people better communicate with one another to improve relationships."

Lauren is wonderful at giving back to our profession and staying connected while also understanding the importance of balance and self-care. She incorporates travel, the beach and spending time with her boyfriend Matt and their two cats, Zelda (4) and Rory (3) in order to take care of herself. Lauren and Matt enjoy trying local restaurants, going for walks, and spending time with friends and family. They also enjoy traveling, going to the beach, and watching Game of Thrones every Sunday.