

Shari A. Stranges, MEd, LPC, NCC, MAC is a counselor in Canonsburg, PA, offering in-person and telehealth/video sessions for adults who struggle with mental health (such as depression, anxiety, adjustment issues), and/or substance use disorders. Her background includes inpatient, outpatient, care coordination, primary care, and private practice settings. Shari utilizes evidence-based therapy modalities (such as cognitive-behavioral therapy, acceptance and commitment therapy, motivational interviewing, solution-focused brief therapy), along with a Christian/biblical perspective if requested. She is happy to serve clients with a lot of faith, a little faith, seeking faith, or none at all. Her style is warm and accepting, with a little humor mixed in; and her focus is on building a trusting relationship, thinking out loud together, adjusting perspectives, and building practical skills in order to make healthy lifestyle changes, as well as celebrating victories along the way.



Shari Stranges
412.377.7056