

Steffan Piper



Steffan Piper is a Master's student in Clinical Mental Health Counseling at Palo Alto University, where he is completing advanced clinical training in psychoanalytic, somatic and evidence-based approaches. He earned his Bachelor's degree in Psychology with a Clinical Concentration and Honors from California State University, San Bernardino. His academic work has been recognized for research exploring autism, ARFID, child abuse, and the psychological and emotional impact of divorce on adolescent daughters.

Born in Pennsylvania and raised across England and Alaska, Steffan brings a broad and culturally attuned perspective to his work. He is a veteran of the United States Marine Corps and the Persian Gulf War, experiences that shaped his respect for resilience, service, and the complexity of lived experiences. He later worked with the West Los Angeles Veterans Administration as a patient advocate and peer support counselor focusing on combat trauma and elderly care.

In addition to his clinical training, Steffan is an author and screenwriter whose background in storytelling informs his belief that healing begins with being heard. He approaches his work with steadiness, curiosity, and a deep regard for each person's lived experience. Steffan loves to share in the joyous moments that make us who we are, always leans in, to what makes us laugh, and explore what we're hoping to be going forward.

