

Woodland Hills Church
Care Ministries

CHRISTIAN COUNSELING REFERRALS

*A Reference for finding and selecting professional Christian counseling services
in the community.*



WOODLAND HILLS CHURCH REFERRAL LIST

The following is a list of professional Christian counselors in the community who have been approved by the WHC Care Ministries after completing our screening process. Individuals who are seeking a counselor are encouraged to contact two or three possible counselors and follow the guidelines below to find the best match.

GUIDELINES FOR CHOOSING A COUNSELOR

Check with your insurance provider to find out if they cover counseling/mental health services and then get the details of your coverage. Make sure to ask whether they allow you to go to "out-of-network" providers. The listing on the following pages indicates which counselors take insurance and which ones do not.

Choose 2-3 possible providers from the list to speak to, asking them to give you the following information:

- Their education/training background and licensure status. There are three types of mental health licensure in Minnesota: Licensed Psychologist (LP), Licensed Marriage and Family Therapist (LMFT), and Licensed Independent Clinical Social Worker (LICSW). Minnesota does allow people to practice counseling without a license. However, insurance will only cover if the therapist is licensed. Licensure and education do not guarantee effectiveness or quality of services, but may be good indicators of experience level.
- What their areas of specialization are, and have them tell you if they have experience or training in dealing with your specific issue or concern.
- Their relationship with Christ, and how they integrate their faith in their counseling practice.
- Ask about their fees, whether they take insurance and if so, which plans, and whether they have a sliding-fee scale. Ask them about their payment policy, for example, whether they bill monthly or require payment at each session, etc.
- Discuss with them the length and frequency of counseling sessions, as well as the expected duration of treatment, how they handle cancellations or emergency appointments, etc.

After interviewing possible counselors, think and pray over the decision and make the best choice you can based on the information you gathered and your "gut feeling" about who is the best fit for your needs. Remember, you are "hiring" the counselor, and if after the first session or two you are not comfortable with the counselor, it is a good idea to try another option. Keep in mind, though, that counseling is a very difficult and stressful process, and that a certain amount of discomfort and anxiety are a normal part of counseling. Try to discern whether the problem is related to the counselor, or to the issues being covered.

WHEN AND HOW TO END COUNSELING

Ending counseling is ultimately the decision of the client. Some issues may need a longer term of therapy while others can be dealt with effectively in a few sessions. Discuss your progress regularly with your counselor and agree together on when to end. It is important that you neither end prematurely, before gaining the full benefit of counseling, nor continue on needlessly, becoming dependent on your counselor.

If you need additional guidance or have any questions about professional counseling, call Rob Kistler, Care Pastor, at 651-287-3001.

Christian Counseling Referrals

ALLEN COUNSELING ASSOCIATES, LLC; CRAIG ALLEN, LMFT AND KAY ALLEN, MA

3025 Harbor Lane, Ste 221, Plymouth, MN 55447

[Link](#)

763-404-8600

www.allencounseling.net

"A counseling/therapy team with a passion for strengthening marriages, couples, families, and individuals. A unique service of our practice is to provide co-therapy/counseling with couples and families. We also provide individual counseling."

ANEW THERAPY SERVICES, JAN WEBER LICSW

10800 Lyndale Ave. S. Bloomington, MN 55420

[Link](#)

952-380-8515

www.goodtherapy.org/jan-weber-therapist.php

Missionaries and families, EMDR, children and adolescents, marriage, ADD, Trauma, veterans, disabled/chronic illness, spiritual abuse

ARDEN WOODS PSHCHOLOGICAL SERVICES, CHARLES RICHMOND, LMFT

900 Long Lake Rd. Suite 320 New Brighton, MN 55112

651-482-9361

info@ardenwoodspych.com

Couples, Pre-marital (Including Prepare/Enrich), Marriage, Individuals, Families and Adolescents. Anxiety, depression, life transitions, adoption and parenting issues.

RACHEL AWES

1678 Selby Ave., St. Paul, MN 55104

[Link](#)

612-701-4296

rawes@visi.com

www.allididwaslisten.blogspot.com

Self esteem, depression, anxiety, stress reduction, relationship issues, women's issues, grief and loss, teen girls.

BACHMANN AND ASSOCIATES

8669 Eagle Point Boulevard, Lake Elmo, MN 55042

[Link](#)

651-379-0444

www.bachmanncounseling.com

Bachmann and Associates believes in providing all clients with quality Christian counseling in a sensitive, loving environment, and in treating all clients with the utmost professionalism, dignity and care.

DIANE BEERS, LMFT

1967 Garden Lane, White Bear Lake, MN 55110

[Link](#)

651-442-3785

Marriage and family issues, children, adolescents, crisis pregnancy, depression, anxiety, stress reduction, PTSD

BERSCHIED COUNSELING AND CONSULTING, TOM BERSCHIED, LMFT, MA, ORDAINED MINISTER

700 Twelve Oaks Center Dr., Wayzata, MN 55391

[Link](#)

763-227-3431

www.berscheidcounseling.com

"Biblical truths and core Christian values are highly integrated into a prayerful and Spirit led counseling experience."

CHRISTIAN HEART COUNSELING

Four Locations:

275 3rd Street S, Suite 303, Stillwater, MN 55082

651-439-2059

13911 Ridgedale Dr., Suite 460, Minnetonka, MN 55305

[Link](#)

952-546-4044

401 2nd Street, Suite 203, Hudson, WI 54016

715-690-1000

1340 81st Avenue, Fridley, MN 55432

952-546-4044

www.christianmarriagecenter.com

Marriage (including when only one spouse is open to counseling), post-affair recovery, anxiety, OCD, anger, depression, Grief, Sexual addictions. Adults and children.

CHRISTIAN RECOVERY COUNSELING

8441 Wayzata Blvd, #120, Minneapolis, MN 55426

[Link](#)

763-566-0088

www.christianrecoverycenter.org

Offering freedom, hope and truth to those affected by abuse. Our mission is to "help men, women and children find freedom from the life experience of emotional, sexual and physical abuse."

AMANDA CORNELIUS, MA, LPC; CORNELIUS COUNSELING, LLC

1405 Silver Lake Road NW, New Brighton, MN 55112 [Link](#)

651-895-3624

www.corneliuscounseling.com

Specialize in working with the adult and adolescent population. Areas of focus are women's issues, people in leadership positions, anxiety, depression, relationship difficulties, or general phase of life problems.

CORNERSTONE PSYCHOLOGICAL SERVICES

3820 Cleveland Ave. N. #400 Arden Hills, MN 55112 [Link](#)

651-389-4400

<http://cornerstn.com>

"Cornerstone Psychological Services is dedicated to helping people develop and achieve the life skills necessary to effectively master the basic components of living."

DYNAMICS OF GROWTH

1331 County Rd D, Vadnais Heights, MN 55109 [Link](#)

651-777-3112

www.dynamicsofgrowth.com

We offer self to self and self to others training materials to our clients that teach individuals to cooperate with God's human design and how to apply God's word to the transformation process.

CONNIE DUMMER, MA, LP, LMFT RPT-S; FAMILY ATTACHMENT COUNSELING CENTER

Deephaven, MN [Link](#)

952-475-2818

www.familyattachment.com

Connie is trained in EMDR and works with adults, families, and children.

She is registered at the supervisor level in both Marriage and Family and Play Therapy.

THAD EARLY, HEALING HEART COUNSELING,

12450 Wayzata Blvd. #201, Minnetonka, MN 55305 [Link](#)

612-251-3737

<http://headheart.org>

Specialties include Marriage and Family (especially issues of power and control), Anger, Domestic Violence and Abuse

FAMILY INNOVATIONS, INC

Eden Prairie, Maplewood, Anoka, MN; Hudson WI [Link](#)

651-748-5019

<http://familyinnovations.com>

"Bringing hope to a hurting world through the power and love of God." Family Innovations offers professional counseling services for children, adolescents, adults, couples and families. Outpatient clinics in four convenient locations, home-based counseling available across the eight county metro region. Services are available for all people, regardless of religious belief, gender or ethnicity. Most insurances are accepted.

BILL FRITSCHÉ

2 Locations:

1313 5th St. S.E., Minneapolis, MN 55414

612-819-7485

2233 Hamline Ave, Suite 520, Roseville, MN 55113

Specialties include ADHD, grief, aspergers/autism, depression, adolescence, anger, marriage and family, sexual addictions.

JENNIFER GORI, OAKWOOD COUNSELING SERVICES

6053 Hudson Rd Ste 192 Woodbury, MN 55125 [Link](#)

651-398-2143

www.oakwoodcounseling.com

Committed to providing hope throughout all the seasons of life by assisting individuals, couples and families in indentifying strengths, competencies and resources. Family therapy, women's issues, divorce and pre-marital, stepfamilies, Bicultural couples, spiritual journeys and mindfulness.

HERB GRANT, MA, LMFT

2717 E. 42nd St., Suite B, Minneapolis

612-247-2338

Specialties include Couples, anger management, abuse issues, domestic abuse, premarital counseling, parenting, and family counseling. In network for Health Partners, Medica and BCBS.

LISA HARRELL COUNSELING SERVICE

1331 County Road D, Vadnais Heights, MN 55109 [Link](#)

651-587-3542

<http://lisaharrellcounseling.com>

Specialties include abuse recovery, anxiety, depression, grief and loss, family of origin issues, homosexuality, relationships and intimacy, singleness, vocation

DR. VAUGHAN JEFFERSON, PSYD, MDIV, LP

1030 County Road E West, Ste. 260, Shoreview, MN 55126

651-483-1333

vrjefferson@comcast.net

Specialties include: Anxiety, Depression, Relationship Issues, Divorce, Diagnostic assessment, Blended families

MOLLY KEISER, SOULFORMATION, LLC

287 E. 6th St., STE 210, St. Paul, MN 55101

612-235-6025

Young people (elementary to college age) and families, diverse ethnic and socio-economic backgrounds, parenting.

TOM KING, GROW IT FORWARD

3820 Cleveland Ave. N. #400 Arden Hills, MN 55112

[Link](#)

612-389-4412

www.Growitforward.com

Specialties include: Executive marriage coaching, business, work and transition issues, depression and anxiety.

ROB KISTLER, RESTORING HOPE COUNSELING

1740 Van Dyke St., St. Paul, MN 55109

[Link](#)

612-978-3030

info@restoringhopecounseling.com

www.restoringhopecounseling.com

Individual and couple therapy for adults. Areas of therapeutic interest include: Couple/marriage/relationship healing, Premarital preparation, individual and couple healing for pornography. Help for individuals and couples dealing with challenges with within their relationship, including affairs, sexual issues, and ways of communicating.

WILLIAM R. KREUSSER, PSYD., L.P.,

American and African Counseling, Consulting Services

6053 Hudson Rd., Ste 192, Woodbury, MN 55125

612-220-2146 or 651-235-3475

Specialties include depression, anxiety, marriage, family, group therapy, multi-cultural issues

LISA M. LAWSON

2 Locations:

521 Tanglewood Drive, Shoreview, MN

1901 West County Road E-2, Arden Hills

651-343-0222

Specialties include children and teen girls, child abuse, sexual abuse, women's issues, crisis pregnancy, mediation, child custody

CURTIS LEVANG, LEVANG & ASSOCIATES

1000 Shelard Pkwy, Suite 260, St. Louis Park, MN 55426-4918

[Link](#)

952-541-4799

www.levangandassociates.com

Specialties include Marriage/family, sexual addiction, depression/anxiety, ADHD, substance abuse, sexual abuse, PTSD

LIFE COUNSELING, LLC, BRAD BYCHINSKI, LAMFT

1650 East cliff Road, Burnsville, MN

[Link](#)

612-390-5070

www.lifecounselingmn.com

Specialties include Autism/Aspergers, ADD, Family conflict, Grief, Couples Counseling, and Sexual Addictions, including male teens and young adults.

LIVING INFLUENCE, LLC

DAWN FLEMING, MA, LMFT; NANCY L. CARLSON, MA, LMFT

6542 Regency Lane, Suite 202, Eden Prairie, MN 55344

[Link](#)

952-903-9202

www.livinginfluence.com/index.php

We believe in the value of a whole person. Our goal is to offer hope and healing by helping people identify patterns and beliefs that prevent them from being whole, and by treating the emotional, relational and spiritual aspects of a person's life.

LUTHERAN COUNSELING CENTER

1523 E. Hwy 13, Burnsville, MN 55337 (services also offered

In Minneapolis and the east metro.)

[Link](#)

952-894-4828 ext. 114

www.lutherancounseling.org

Lutheran Counseling Center (LCC) is a ministry of Christian, Minnesota State licensed, caring counseling professionals, working with individuals, couples, families and congregations for over 17 years. We do not limit our clients to the Lutheran denomination, but see anyone who wants to come to our clinic.

ANN MARKOVICH, MA, LAMFT, LLC, MARRIAGE AND FAMILY COUNSELING SERVICES

1740 Van Dyke Street, Maplewood, MN 55109 651-373-9308
Specialties include marriage and family systems, Addictions, Infidelities, Gender issues, Sexual concerns, Crisis, Anxiety, Teens and Adolescents.

MINNESOTA RENEWAL CENTER

3499 Lexington Ave. N. Ste. 100, St. Paul, MN 55126 [Link](#) 651-486-4828
<http://www.minnesotarenewal.org>
The team at MRC provides therapy for individuals, couples, families, adolescents, children and groups; as well as counseling care for missionaries, pastors, churches and organizational consulting.

NORTHLAND COUNSELING SERVICES;

7945 Stone Creek Dr., Suite 140, Chanhassen, MN 55317 [Link](#) 952-974-3999
www.northlandcounseling.us/

We are a caring and responsive clinic providing counseling and psychotherapy for children, adolescents, and adults on an outpatient basis, using individual, couples, and family therapy approaches.

NYSTROM & ASSOCIATES—4 LOCATIONS

www.nystromcounseling.com [Link](#)

New Brighton Location

1900 Silver Lake Road, New Brighton, MN 55112 651-628-9566

Apple Valley Location

7300 W. 147th St., Suite 204, Apple Valley, MN 55124 952-997-3020

Eden Prairie Location

11010 Prairie Lakes Dr., Eden Prairie, MN 55344 952-746-2522

Ostego Location

9075 Quaday Ave. NE, Ste. 102, Otsego, MN 55330 763-746-9492

Nystrom & Associates, Ltd. (NAL) is a group of professional Christian counselors from the fields of psychology, clinical social work, marriage and family therapy, nursing, and psychiatry who are committed to helping persons experiencing personal, emotional, marriage, family, and psychological problems.

ROBIN MAHAN, FAMILY COUNSELING

3564 Rolling View Drive, White Bear Lake, MN 55110 [Link](#) 651-587-9977
robinmahan@msn.com

I provide therapy for couples, individuals, and families struggling to make sense of their lives. I also have a special place in my heart for military families and am a part of the Minnesota National Guard Reintegration Project. Expertise areas include relationships, parenting, domestic abuse, depression, and addictive behaviors, including gambling.

PARECLETE PSYCHOLOGICAL SERVICES, LLC; MARCUS KILIAN, M.DIV., PSYD, LP

1030 Cty Rd E, STE 260, Shoreview, MN 55126 [Link](#) 651-528-8705
mdkilian@comcast.net

<http://paracletepsychologicalservices.com/>

Our mission is to promote emotional and spiritual health in our clients by providing competent Christian mental health services. Clinic Specialties: Sexual Addiction/ Compulsivity, Christian Counseling/ Spiritual Issues, Depression, Grief, Anxiety, Trauma, Relational Difficulties, Multicultural Issues

JAMES M. POWELL

7362 University Ave. Ste 101, Fridley, MN 55432 [Link](#) 763-503-3981
www.dbtassociates.com/contactus.php

Specialties include depression, anxiety, families and high school age, borderline personality disorder (Dialectical Behavioral Therapy)

JANN FREDRICKSON RAMUS

2 Locations:

303 21st St. #209 Newport, MN 55055 651-208-6458

15500 Wayzata Blvd. #748E, Wayzata, MN 55391 651-208-6458

Specialties include trauma/abuse, marriage/family, teens/youth, grief, pain management, sexual assault, domestic abuse, (victim/perpetrator),

DARRELL ROHLING, MA, LP LICSW

LIFE DYNAMICS COUNSELING SERVICES

872 Moonlight Drive, Woodbury, MN 55125
djrohling@aol.com

[Link](#)

651-731-8315

Specialties include marriage/family, depression/anxiety, trauma, abuse, anger, addictions, grief, homosexuality, sexual dysfunctions

SAUL SELBY, SET FREE RECOVERY SERVICES

2277 W. Hwy 36, Suite 304, Roseville, MN 55113

[Link](#)

651-253-6818

www.setfreerecovery.com

Mental Health and Addiction Treatment counseling at Twin City locations, Educational seminars for professionals, the general public, church groups and recovering individuals, recovery coaching

SHANNON STAIGER, MA, LICSW

Call for Location:

St. Paul, MN 55416

651-642-5073

Individuals, Marriage and couples, Family of origin issues, depression, anxiety, abuse recovery, grief and loss, spirituality, life transitions and retirement age.

JANET K. SCHLEGEL, SOUL WORK COUNSELING

11108 Zealand Ave. N., Ste. 104 Champlin, MN 55316

[Link](#)

763-748-0842

www.soulworktherapy.com

Marriage, Sexual Abuse recovery, Anger management, Anxiety, Depression, Mediation for parenting time issues, EMDR

WENDY WAIWAIOLE, DEREK MINISTRIES, THE HOPE INSTITUTE,

287 East 6th St. Ste. 210, St. Paul, MN 55101

612-235-6025

Specialties include depression, anxiety, transitions

GERRI WARNE, WELLSRING LIFE RESOURCES

18635 34th Ave. N., Plymouth, MN 55447

[Link](#)

763-449-9009

www.wellrefreshed.com

Temperament Counseling. 20 years of experience in helping individuals and groups move toward wholeness in Jesus Christ and passionate about helping people grow, heal, and be released into their God-given potential.

WILLIE LOVE-WINTER

Call for location

[Link](#)

651-459-0443

www.yelp.com/biz/willie-love-winter-licsw-lmft-woodbury

Individual, Couple, and Family Therapy for Adults, Adolescents and Children. Group Therapy dealing with Sexual Addiction, Codependency, Sexual, Physical, and Emotional Abuse. Depression, Anxiety, PTSD, DID, OCD, ODD, ADHD, and Adjustment Issues dealing with Divorce, Grief, Stress, and Couple Communication

Christian Coaching Referrals

JOURNEY PARTNER COACHING

ANN MONIKOWSKI, M.S., CERTIFIED LIFE COACH

WWW.JOURNEYPARTNERCOACHING.COM, ANN@JOURNEYPARTNERCOACHING.COM

Twin Cities Metro

[Link](#)

952-432-2005

Coaching areas: Spiritual life: Activating a life of intimacy, prayer and service, discovery of life focus.

Personal life: Vocational/Life transitions, personal change, life status issues (single/married)

Spiritual Direction Referrals

LISA HARRELL, PLANTED BESIDE

SPIRITUAL DIRECTION

1331 County Road D

Vadnais Heights, MN 55109

[Link](#)

651-587-3542

www.plantedbeside.org

Focus:

A spiritual director walks alongside others in their faith journey, helping them prayerfully notice God's presence and discern His invitations.

SPIRITUAL SOLUTIONS OF WHITE BEAR LAKE

ROBERT W. ODEGAARD, MA, LADC, SPIRITUAL DIRECTOR

SPIRITUAL DIRECTION, CHEMICAL DEPENDENCY COUNSELING

White Bear Lake, MN

[Link](#)

612-599-4157

www.spiritualsolutionsofwhitebearlake.com

Focus:

Spiritual direction for those who have a longing to go deeper in their spiritual formation and journey.



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Care Ministry
1740 Van Dyke Street
St. Paul, MN 55109
651-487-0001*