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

ANEW THERAPY; JAN WEBER LICSW
1120 East 80th Street, Suite 109, Bloomington, MN 55420  952-380-8515
therapyplaceservicesllc@gmail.com
www.goodtherapy.org/jan-webber-therapist.php

Integrative psychotherapy with individuals, teens, couples and families. I use Attachment EMDR, sensorimotor, meridian tapping, and other somatic oriented work to assist with mood disorders, trauma, relationship issues, family of origin/dysfunctional systems, career, spiritual concerns, grief, cancer and other illnesses. I work much with folks from various cultures, countries and religions. I frequently research client concerns and network with functional physicians, bodyworkers and other professionals to help with your needs. I am focused on compassionate listening.

ARDEN WOODS PSYCHOLOGICAL SERVICES
900 Long Lake Road, Suite 320, New Brighton, MN 55112  651-482-9361
info@ardenwoodspsych.com

Couples, pre-marital (including Prepare/Enrich), marriage, individual, families and adolescents. anxiety, depression, life transitions, adoption and parenting issues.

RACHEL AWES
1684 Selby Avenue, Saint Paul, MN 55104  612-701-4296
rawes@visi.com

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

BERSCHEID COUNSELING AND CONSULTATION, TOM BERSCHEID, LMFT, MA, ORDAINED MINISTER
700 Twelve Oaks Center Drive, Wayzata, MN 55110  763-227-3431
www.berscheidcounseling.org

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

CHRISTIAN HEART COUNSELING
Five Locations:
1751 Tower Drive W, Suite 200, Stillwater, MN 55082  651-439-2059
13911 Ridgegale Drive, Suite 460, Minnetonka, MN 55305  952-546-4044
1539 Grand Avenue, Saint Paul, MN 55105  651-439-2059
7362 University Avenue NE, Suite 307, Fridley, MN, 55432  952-546-4044
12940 Harriet Avenue South, Suite 215, Burnsville, MN 55337  952-546-4044
www.christianheartcounseling.com

Marriage (including when only one spouse is open to counseling), post-affair recovery, anxiety, OCD, anger, depression, grief, sexual addictions, adults, teens and children.

CHRISTIAN RECOVERY COUNSELING
Three Locations:
8441 Wayzata Boulevard, Suite 160, Golden Valley, MN 55426  763-566-9088
514 St. Peter Street, Suite 290, Saint Paul, MN 55102  763-566-9088
8340 Bridge Street, Rockford, MN 55373  763-566-9088
www.christianrecoverycenter.org

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

CORNERSTONE PSYCHOLOGICAL SERVICES
3820 Cleveland Avenue North, Suite 400, Arden Hills, MN 55112  651-389-4400
www.cornerstone.com

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

COUNSELING CARE
Two Locations:
8669 Eagle Point Boulevard, Lake Elmo, MN 55042  651-379-0444
1500 McAndrews Road West, Suite 201, Burnsville, MN 55337  952-892-8495
www.counselingcare.us

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

DYNAMICS OF GROWTH
1331 County Road D, Vadnais Heights, MN 55109  651-777-3112
www.dynamicsofgrowth.com

They offer self to 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.

FAMILY INNOVATIONS, INC
Nine Locations Including:
Alexandria, Anoka, Balsam Lake, Centerville, Chisago City, Eden Prairie, Hudson, Maplewood and Stillwater
Visit website for location and contact information
www.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 and home-based counseling services. Services are for all people regardless of religious belief, gender or ethnicity. Most insurances are accepted.

BILL FRITSCHE, LMFT
2021 East Hennepin Avenue, Suite 411, Minneapolis, MN 55413  612-819-7485
billfritsche3@gmail.com
Specialties include depression, anxiety, marriage and family, sexual addictions.

GORI COUNSELING SERVICES, JEN GORI
6053 Hudson Road, Suite 192, Woodbury, MN 55144  651-398-2143
www.premaritalprep.com
Specializes in premarital counseling.

HERB GRANT, MA, LMFT, PHD
2717 East 42nd Street, Suite B, Minneapolis, MN 55406  612-247-2338
Specialties include couples, anger management, abuse issues, domestic abuse, premarital counseling, parenting and family counseling. In network with most insurance carriers.

HOPE ROAD COUNSELING LLC
4749 Chicago Avenue South, Suite 3F, Minneapolis, MN 55407  612-703-6267
trisha@hoperoadmn.com
Specializes in couple’s therapy and women’s issues.

LISA HARRELL COUNSELING SERVICES; LISA HARRELL, MA, LPCC
521 Tanglewood Drive, Shoreview, MN 55126  651-587-3542
lisa@lisaharrell.com
www.lisaharrell.com
Specialties include abuse recovery (i.e. sexual, spiritual, emotional, psychological), anxiety, depression, grief and loss, family of origin issues, relationships and intimacy, singleness, vocation.

LEVANG AND ASSOCIATES
8441 Wayzata Boulevard, Suite 102, Golden Valley, MN 55426  952-541-4799
www.levangandassociates.com
Specialties include marriage/family, sexual addiction, depression/anxiety, ADHD, substance abuse, sexual abuse, PTSD.

META CLINIC, LLC (MINNESOTA EVIDENCE-BASED THERAPY AND ASSESSMENT CLINIC), LAURA MEYERS, PHD, ABPP, LP
5838 Blackshire Path, Inver Grove Heights, MN 55076  952-240-8650
laura.meyers@themetaclinic.com
www.themetaclinic.com
Specialties include trauma and anxiety disorders, Dialectical Behavior Therapy (DBT), couples therapy, evidence-based therapies (cognitive behavioral, mindfulness-based interventions).

MINNESOTA RENEWAL CENTER
3499 Lexington Avenue North, Suite 100, Saint Paul, MN 55126  651-486-4828
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
Three Locations:
7945 Stone Creek Drive, Suite 140, Chanhassen, MN 55317  952-974-3999
12000 Elm Creek Boulevard, Suite L70, Maple Grove, MN 55369  763-898-3838
111 Hundertmark Road, Suite 450, Chaska, MN 55318  952-368-0450
www.northlandcounseling.us/
They 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.

NORTHWOODS CHRISTIAN COUNSELING, LLC
752 Stillwater Road, Mahtomedi, MN 55115  651-243-2484
www.northwoodschristiancounseling.com
Professional, Christ-centered therapy for children, teens, adults, couples and entire families. Their highly trained therapists will meet you where you are at.

NYSTROM & ASSOCIATES
Ten Locations Including:
New Brighton, Apple Valley, Eden Prairie, Ostego, Woodbury, Brainerd/Baxter, Duluth, Coon Rapids, Maple Grove and Saint Cloud
Visit website for location and contact information
www.nystromcounseling.com
Nystrom & Associates 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.

PARECLETE CARE, LLC; MARCUS KILLIAN, M.DIV, PSYD, LP
3450 Lexington Avenue North, Suite 120, Shoreview, MN 55126  651-528-8705
The mission of Pcarete Care is to promote emotional and spiritual health in our clients by providing competent Christian mental health services. They specialize in sexual addiction/compulsivity, christian counseling/spiritual issues, depression, anxiety, grief, trauma, relational difficulties, multicultural issues and premarital counseling.

**RENEW AND RESTORE COUNSELING CENTER OF MINNESOTA, TRISTA WEBER, LMFT**

1818 Wooddale Drive, Suite 201, Woodbury, MN 55125 612-384-5018
info@renewandrestorecounseling.com
www.renewandrestorecounseling.com

Specialities include Emotionally Focused Couples Therapy, anxiety, depression, life transition, grief, couples conflict, affairs, pre-marital.

**RICHMOND COUNSELING INC.**

4886 HWY 61 N, suite L3, White Bear Lake, MN 55110 612-229-1088

Couples, parenting, premarital (including Prepare Enrich), adolescents and individuals dealing with anxiety, depressed mood, self-esteem, relationships, grief and loss, life transitions, spiritual concerns, adoption and family of origin issues.

**LIFE DYNAMICS COUNSELING SERVICES, DARRELL ROHLING, MA, LP, PSYCHOLOGIST**

872 Moonlight Drive, Woodbury, MN 55125 651-303-5379
djrohling@aol.com

More information found on Facebook page under Darrell Rohling

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

**SHANNON STAIGER, MA, LICSW**

Call for location: Saint Paul, MN 651-642-5073

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

**SOUL WORK COUNSELING**

Six Locations Including:
Champlin, Annandale, Chisago, Minnetonka, Plymouth and New Brighton
Visit website for location and contact information
www.soulworktherapy.com

Specialties include marriage, sexual abuse recovery, anger management, anxiety, depression, mediation for parenting issues, EMDR.

**Christian Coaching Referrals**

**JOURNEY PARTNER COACHING, ANN MONIKOWSKI, MS, CERTIFIED LIFE COACH**

Call for Twin City Locations 952-432-5990
ann@journeypartnercoaching.com
www.journeypartnercoaching.com

Coaching in spiritual life-activating a life of intimacy, prayer and service, discovery of life focus.
Coaching in personal life-vocational life transitions, personal change, life status issues (single/married)

**Spiritual Direction Referrals**

**LISA HARRELL, MA, LPCC**

521 Tanglewood Drive, Shoreview, MN 55126 651-587-3542
lisa@lisaharrell.com
www.lisaharrell.com

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

**WELSPRING LIFE RESOURCES, GERI WARNE**

18635 34th Avenue North, Plymouth, MN 55447 763-449-9009
www.wellspringliferesources.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.