

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 four types of mental health licensure in Minnesota: Licensed Psychologist (LP), Licensed Marriage and Family Therapist (LMFT), Licensed Independent Clinical Social Worker (LICSW), and Licensed Professional Clinical Counselor (LPCC). 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-weber-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

1792 Iglehart Ave. Saint Paul, MN 55104 612-701-4296

RachelAwes@gmail.com

www.rachelawes.com

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

BERSCHIED COUNSELING AND CONSULTATION, TOM BERSCHIED, 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 Ridgedale Drive, Suite 460, Minnetonka, MN 55305 651-439-2059

7616 Currell Blvd #190, Woodbury MN 55125 651-439-2059

1360 Energy Park Drive, Suite 330, Saint Paul, MN 55108 651-439-2059

12940 Harriet Avenue South, Suite 215, Burnsville, MN 55337 651-439-2059

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 763-566-0088

514 St. Peter Street, Suite 290, Saint Paul, MN 55102 763-566-0088

8340 Bridge Street, Rockford, MN 55373 763-566-0088

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.cornerstn.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

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.

Dynamics of Growth, Inc.

2586 7th Ave. East

Suite 303

North St. Paul, MN 55109

For information & appts call 651-777-3112

Sue Larson Ext 12

BILL FRITSCH, 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.

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.

ILLUMINATE COUNSELING, LLC, ADELAIDE MICHLITSCH, MA, LPCC, LADC

2233 Hamline Avenue N, Suite 526 Roseville, MN 55113 651-412-3247
addie@illuminatemn.com
Specializes in addiction recovery, anxiety, depression, codependency recovery, relationship conflict, group therapy, telehealth.

INVIGORATE LIFE COUNSELING, JOSHUA ZERON, LPCC

1154 Grand Avenue, Suite 2, Saint Paul, MN 55105 612-405-3860
josh@lifecounseling.com
Specializes in individual and couples counseling, group therapy and men's identity struggles.

LISA HARRELL COUNSELING SERVICES; LISA HARRELL, MA, LPCC

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

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.

PARACLETE CARE, LLC; MARCUS KILLIAN, M.DIV, PSYD, LP

3450 Lexington Avenue North, Suite 120, Shoreview, MN 55126 651-528-8705
www.paraclatecare.com
The mission of Paraclete 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

Exclusively online
info@renewandrestorecounseling.com
www.renewandrestorecounseling.com
Adult individuals and couples, Emotionally Focused Couples Therapy, anxiety, depression, life transition, grief, couples conflict, affairs, pre-marital.

SOUL WORK COUNSELING

Six Locations Including:

Champlin, Annandale, Chisago, Minnetonka, Plymouth and New Brighton

Visit website for location and contact information

www.soulworktherapy.com

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

TARRIANCE THERAPY

Kathy Johnson

website: www.tarriancetherapy.com

email: kathyj@tarriancetherapy.com

Specialties include working with adults with anxiety, spirituality and spiritual issues including spiritual abuse, trauma, PTSD, depression, adjustment issues, cross-cultural adjustments, missionary and ministry leaders care, TCK (third culture kids – adults who lived cross-culturally growing up).

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)

Jill Jerabek

St. Paul, MN (works over the phone, internet)

612-405-4423

jill@jilljerabek.com

Specializes in personal responsibility, boundary work, communication skills, spiritual growth, relationships, healing emotional wounds. Uses Fearless Living Principles as a foundation to help people learn to walk out their healing in their life.

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.

WELLSPRING LIFE RESOURCES, GERRI 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.



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