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  
www.allencounseling.net  
“Christian 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  
www.goodtherapy.org/jan-webber-therapist.php  
Missionaries and families, EMDR, children and adolescents, marriage, ADD, Trauma, veterans, disabled/chronic illness, spiritual abuse

**ARDEN WOODS PSYCHOLOGICAL SERVICES, CHARLES RICHMOND, LMFT**
900 Long Lake Rd. Suite 320 New Brighton, MN 55112  
info@ardenwoodspsych.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  
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  
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  
651-442-3785  
Marriage and family issues, children, adolescents, crisis pregnancy, depression, anxiety, stress reduction, PTSD

**BERSCHEID COUNSELING AND CONSULTING, TOM BERSCHEID, LMFT, MA, ORDAINED MINISTER**
700 Twelve Oaks Center Dr., Wayzata, MN 55391  
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  
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  
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  
www.corneliuscounseling.com  
651-895-3624  
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  
http://cornerstn.com  
651-389-4400  
“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  
www.dynamicsofgrowth.com  
651-777-3112  
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  
www.familyattachment.com  
952-475-2818  
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  
http://headheart.org  
612-251-3737  
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  
http://familyinnovations.com  
651-748-5019  
“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 FRITSCHE  
2 Locations:  
1313 5th St. S.E., Minneapolis, MN 55414  
2233 Hamline Ave, Suite 520, Roseville, MN 55113  
612-819-7485  
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  
www.oakwoodcounseling.com  
651-398-2143  
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  
http://lisaharrellcounseling.com  
651-587-3542  
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
vjefferson@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.

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
8441 Wayzata Blvd., Golden Valley, MN 55426 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 BRYCHINSKI, 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  
www.northlandcounseling.us/  
952-974-3999
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.

NORTH WOODS CHRISTIAN COUNSELING, LLC, MARK ODLAND, LMFT
752 Stillwater Rd., Suite D, Mahtomedi, MN 55115  
651-243-2484
Mark is qualified to treat a wide range of issues, but specializes in Marriage counseling, EMDR, trauma (including PTSD), depression, anxiety, and sexual addiction. He is passionate about serving in this unique calling, and would feel privileged to walk with you on the road towards hope, healing, and transformation in your life.

NYSTROM & ASSOCIATES—4 LOCATIONS
www.nystromcounseling.com
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 Quadyave. 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  
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  
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  
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  
651-731-8315
djrohling@aol.com
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  
www.setfreeerecovery.com  
651-253-6818

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  
www.soulworktherapy.com  
763-748-0842

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

GERRI WARNER, WELLSPRING LIFE RESOURCES
18635 34th Ave. N., Plymouth, MN 55447  
www.wellrefreshed.com  
763-449-9009

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  
www.yelp.com/biz/willie-love-winter-licsw-lmft-woodbury  
651-459-0443

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  
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  
www.plantedbeside.org  
651-587-3542

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  
www.spiritualsolutionsofwhitebearlake.com  
612-599-4157

Focus:  
Spiritual direction for those who have a longing to go deeper in their spiritual formation and journey.
Woodland Hills Church
Care Ministry
1740 Van Dyke Street
St. Paul, MN 55109
651-487-0001