



## **River Valley Church Counselor Referral List**

The following is a list of professional Christian counselors in our community that have been approved by River Valley Church. We have screened all of these centers and are willing to list them here. We want to remind you that an effective counseling relationship is dependent on how well you connect with your counselor. We encourage you to contact two or three potential counselors and use the guidelines below to help find the best possible match.

Before contacting any counselor we encourage you to check with your insurance provider to find out if they cover counseling or mental health services. Be sure to get the details of your plan coverage. Ask if they allow you to go to “out of network” providers.

### **Guidelines for Choosing a Counselor**

Here are some recommended questions to ask when looking for a Christian counselor.

- What is your education/training?
- What is your licensure status? (There are three types of mental health licensure in MN: (LP) Licensed Psychologist, (LMFT) Licensed Marriage and Family Therapist, and (LICSW) Licensed Independent Clinical Social Worker.

Minnesota allows people to counsel without a license. Insurance will not cover services if the counselor is not licensed. Licensure and education are not a guarantee of how effective your sessions will be, but are a good indicator of the experience that each counselor has.)

- What are your areas of specialty?
- Without providing specifics, can you describe what type of experience and training you have for my specific problem?
- What is your relationship with Christ? How do you use that in your practice?

- ❑ What are your fees? Do you take my insurance? Do you offer a sliding-scale for payment? What are your billing practices? Monthly? At the time of service?
- ❑ How long will my sessions be?
- ❑ How often will I need to be seen?
- ❑ How long do you anticipate that I will need your services?
- ❑ What happens if I am in need of an emergency appointment?
- ❑ What happens if I need to cancel an appointment?

After going through the interview process, think and pray about your decision. Make the best decision you can based on the information that you obtained. You want to be sure to find the counselor that best fits your needs. You are “hiring” this counselor. If, after the first session or two, you are not comfortable with your choice, it may be a good idea to look into a different option. Counseling can be a very difficult and stressful process. It is possible to experience a certain amount of anxiety and discomfort. Try to determine whether your problem is related to the counselor, or the issue with which you are working to heal.

### **When and How to End Counseling**

Ultimately, when to end counseling is your decision. There are some issues that require a longer term of treatment while others may be effectively dealt with in just several sessions. Be sure to discuss your progress with your counselor on a regular basis and agree together about the timing of concluding your sessions.

If you need any further guidance or have questions about professional counseling, please email [care@rivervalley.org](mailto:care@rivervalley.org) or call River Valley Church at 952-997-2222.

## Christian Counselors

### **AFTON**

#### **House of Hope-Christian Therapy Center**

651-795-9777

[Link](#)

Shana Link, MA, PC  
3411 St. Croix Trail S  
Afton, MN 55011

[shana.houseofhope3@gmail.com](mailto:shana.houseofhope3@gmail.com)

Treats adults, youth, and children. Anxiety, depression, spirituality, play therapy, shame, pre-marital/newlyweds, boundaries, eating disorders/disordered eating, sexuality, personal growth, life transformations, mind-body wellbeing, emotional dysregulation, grief/loss, goals, college transitions, life calling/career issues, social anxiety/phobias.

### **BLOOMINGTON**

#### **Transforming Resources**

952-884-5803

[Link](#)

10800 Lyndale Ave. S. Suite#191  
Bloomington, MN 55420

*Solution-focused with a Christ centered and process-sensitive emphasis.*

#### **Kip Wahlquist**

ext. 11

[kip@transformingresources.org](mailto:kip@transformingresources.org)

Marriage/family/parenting; depression and anxiety, spiritual/faith journey issues, pre-marriage preparation, men's issues, divorce recovery.

#### **Ruth Benjamin**

ext. 12

[ruth@transformingresources.org](mailto:ruth@transformingresources.org)

Abuse and trauma recovery, anxiety, addiction, marriage and family dynamics

### **BURNSVILLE**

#### **Cashman Center**

952-224-8990 (office)

[Link](#)

Schylar Benson-Studer  
2100 County Road 42 W  
Burnsville, MN 55337

651-235-4453 (direct)

[schylerbenson@gmail.com](mailto:schylerbenson@gmail.com)

Specialize in play therapy for children; individual therapy for children, adolescents, and adults; Child/Adolescent Social Skills Groups.

#### **Christian Heart Counseling**

651-439-2059

[Link](#)

12940 Harriet Ave S Suite 215  
Burnsville, MN 55337

[info@christianheartcounseling.com](mailto:info@christianheartcounseling.com)

Specializing in children, teens, anxiety, depression, marriage, and family.

#### **Counseling Care**

952-892-8495

[Link](#)

1500 McAndrews Road West Suite 201  
Burnsville, MN 55337

#### **Ronda A LaPointe**

[rondaann24@gmail.com](mailto:rondaann24@gmail.com)

Licensed Independent Clinical Social Worker

**Laura Houlton, LMFT**      [www.counselingcare.us](http://www.counselingcare.us)

Specializing in couples, relationship and boundary issues, trauma, women recovering from abuse, Post-Partum issues, anxiety, depression, spirituality issues.

**Life Counseling LLC**

952-314-2530

[Link](#)

Brad Bychinski

[info@lifecounselingmn.com](mailto:info@lifecounselingmn.com)

Couples, families, individuals/children and adolescents, marriage counseling, reconciliation, infidelity, ADD/ADHD, anxiety, communication and conflict resolution, depression, learning disabilities, life transitions, parenting and sexual addiction.

Specializing in couples, relationship and boundary issues, trauma, women recovering from abuse, Post-Partum issues, anxiety, depression, spirituality issues.

**The Therapy Shop**

952-835-5088

[Link](#)

Karolyn Mengershausen, LFMT  
760 Southcross Dr W, Suite 103  
Burnsville, MN 55306

[Karolyn@lakevilletherapy.com](mailto:Karolyn@lakevilletherapy.com)

Trauma, recovery, depression, anxiety, marital, adolescent and family.

**Water's Edge Counseling and Healing Center**

952-898-5020

[Link](#)

14551 Judicial Road Suite 100  
Burnsville, MN 55306

Specializes in eating disorders, depression, anxiety and trauma for adults and adolescents.

### **CHANHASSEN**

**Northland Counseling Services/Chanhassen**

952-974-3999

[Link](#)

Cynthia Gill  
7945 Stone Creek Drive #140  
Chanhassen, MN 55317  
[Cynthiagill1972@yahoo.com](mailto:Cynthiagill1972@yahoo.com)

We treat anxiety, depression, trauma, relationship issues, children (ages 6 and above), adolescents, marriages, abuse. Also, special training in adoption issues and specialize in trauma work through EMDR (EMDRIA certified)

### **CHASKA**

**Northland Counseling Services/Chaska**

952-974-3999

[Link](#)

Cynthia Gill  
111 Hundertmark Rd, #450  
Chaska, MN 55318  
[Cynthiagill1972@yahoo.com](mailto:Cynthiagill1972@yahoo.com)

We treat anxiety, depression, trauma, relationship issues, children (ages 6 and above), adolescents, marriages, abuse. Also, special training in adoption issues and specialize in trauma work through EMDR (EMDRIA certified)

**Melissa Doucette MA LMFT**

111 Hundertmark Rd, #450  
Chaska, MN 55318

[Melissa.doucette@northlandcounseling.us](mailto:Melissa.doucette@northlandcounseling.us)

Trauma/anxiety/depression women's issues/ adults and adolescents/marriage and family. Certified EMDR. Intimate partner abuse/sexual abuse.

**Lisa Stevenson, MS LPCC**

763-888-0045

510 Chestnut St.  
Chaska, MN 55318

[l Stevenson@stellaheights.net](mailto:l Stevenson@stellaheights.net)

I specialize in depression, anxiety, abuse, eating disorders, and trauma.

**DEEPHAVEN**

**Family Attachment and Counseling Center**

952-475-2818

[Link](#)

18322C Minnetonka Blvd  
Deephaven, MN 55391

[todd@familyattachment.com](mailto:todd@familyattachment.com)

We provide therapy for children, adults, and families. We specialize in attachment, early life trauma, Post Traumatic Stress Disorder for adults and children, adoption issues, relationship problems, etc. We provide a Christian DBT group for adult females.

**EAGAN**

**Life Compass**

651-442-0928

3345 Lexington Avenue South  
Eagan, MN 55121

[jo@lifecompassmn.com](mailto:jo@lifecompassmn.com)

Work with couples, individuals, and families. As a Marriage & Family Therapist my specialty is in skilled relationship counseling. Specialize in revitalizing/restoring relationships: Stress and crisis management, parenting, co-parenting, communication skills, life transition/change, medical issues, depression, anxiety, spiritual counseling

**Life Solutions PSC**

Tim Ruden PHD  
4640 Nicols Road  
Suite 200  
Eagan, MN 55122

651-882-5161

[Link](#)

[www.MyLifeSolutions.com](http://www.MyLifeSolutions.com)

Relationship issues, Anxiety, Depression, Post Traumatic Stress Disorder, Personality Disorders

**Eden Prairie**

Stacy Johnson MFT  
7525 Mitchell Road #100  
Eden Prairie, MN 55344

952-224-2282

[Link](#)

[sjohnson@familyinnovations.com](mailto:sjohnson@familyinnovations.com)

TF-CBT (Trauma Focused Cognitive Behavior Therapy. TBRI (Trust Based relational intervention from Texas Christian University)

**Transforming Resources**

250 Prairie Center Dr Ste.#350  
Eden Prairie, MN 55344

952-345-1910

[Link](#)

**Kip Wahlquist**

ext 11

kip@transformingresources.org

Marriage/family/parenting; depression and anxiety, spiritual/faith journey issues, pre-marriage preparation, men's issues, divorce recovery.

**Ruth Benjamin**

ext 12

[ruth@transformingresources.org](mailto:ruth@transformingresources.org)

Abuse and trauma recovery, anxiety, addiction, marriage and family dynamics.

**West Metro Christian Counseling****Scott Steinbarger, LAMFT**

952-797-2215

[Link](#)

15832 Venture Lane

Eden Prairie, MN 55344

[scott@westmetrocounseling.com](mailto:scott@westmetrocounseling.com)

Anxiety/Depression, Bipolar Disorder, Divorce Recovery, Family of Origin, Grief & Loss, Identity Challenges, Life Stage Transition, Marriage, Men's Counseling, Mental Health Symptoms/Diagnosis, Spiritual Struggles, Stress Management, Sexual Concerns, Trauma and Abuse, Work and Career

**Sarah Haller 15832**

Venture Lane Eden

Prairie, MN 55344

[sarah@westmetrocounseling.com](mailto:sarah@westmetrocounseling.com)

612-516-5831

[Link](#)

Adolescent therapy, parenting adolescents, premarital counseling (certified in Prepare and Enrich), couples counseling, teenaged parenting, single parenting, gender roles, individual counseling, anxiety, depression, sexuality, identity, grief and loss, trauma and abuse, balancing life, and communication with those in authority.

**EDINA****Beverly J Johnson MALP PLLC**

952-926-3412

[Link](#)

5001 Edina Industrial BLVD #232

Edina, MN 55439

[Beverlyjohnsontherapy.com](http://Beverlyjohnsontherapy.com)

Specializes in trauma, PTSD, relationships, abuse, depression, anxiety, peak performance spiritual.

**Sandra Thorne MS LP**

952-288-5903 / 952-886-7275

7760 France Ave. S.

Edina, MN. 55435

[Sandrathorne.lp@gmail.com](mailto:Sandrathorne.lp@gmail.com)

Specializes in marriage counseling, relationship issues, family conflicts, disorders of mood – depression, anxiety, grief, compulsions; assertiveness training, boundary issues, anger management, recovery from losses, divorce, emotional abuse, recovery from family-of-origin patterns, co-dependency, childhood neglect, ADHD assessments, adoption evaluations.

**FARIBAULT****Strong Foundations Counseling**

507-491-4848

[Link](#)

421 Central Avenue N Suite 400

Faribault, MN 55021

[sfcounseling@hotmail.com](mailto:sfcounseling@hotmail.com)

I work with individual adults and children, as well as couples and families. I specialize in helping individuals better regulate their emotions, thinking and behaviors in order to help them function more effectively at home, at work, at school and in the community. I work from a Christian perspective and I believe God can heal and restore emotional pain and broken relationships.

## **GOLDEN VALLEY**

### **Christian Recovery Counseling**

763-566-0088

8411 Wayzata Blvd #160

Golden Valley, MN. 55426

- **Janet Martin:** [jmartin@christianrecoverycenter.org](mailto:jmartin@christianrecoverycenter.org). Child/Adolescent therapy, complex trauma, sexual issues, sex offense, reunification.
- **Terri Flansburg:** [t.flansburg@christianrecoverycenter.org](mailto:t.flansburg@christianrecoverycenter.org). Adolescents & young adults, depression, anxiety, family of origin concerns, body image, adoption related issues, grief & loss.
- **Adam Gatcke:** [crc@christianrecoverycenter.org](mailto:crc@christianrecoverycenter.org). Christian counseling, anxiety, depression, past abuse/trauma, DID, sexual addictions, marital/relationship problems, anger problems, life transitions, family counseling.
- **Danielle Koehler:** [dkoehler@christianrecoverycenter.org](mailto:dkoehler@christianrecoverycenter.org). Individuals, couples, families, anxiety, depression, trauma, sexual addiction, pre-marriage certified in Prepare & Enrich.

## **LAKEVILLE**

### **Life Development Resources**

952-898-1133

[Link](#)

10591 165th St. W.

Lakeville, MN 55044

[www.Lifedrs.com](http://www.Lifedrs.com)

We specialize in all types of counseling.

## **MINNEAPOLIS**

### **Hope Road Counseling LLC**

612-703-6267

4749 Chicago Ave. S.

Minneapolis, MN. 55407

[trisha@hoperoadmn.com](mailto:trisha@hoperoadmn.com)

Couples in conflict, recovering from infidelity, stuck in communications patterns that are negative, on the brink of divorce.

### **Suburban North Psychological Services P. A.**

612-819-7485

2021 East Hennepin Ave, Suite 411

Minneapolis, MN 55413

William Fitsche PHD

[billfritsche3@gmail.com](mailto:billfritsche3@gmail.com)

I work in a general counseling practice with adults and adolescents including couples and families. I also do psychological testing evaluations. Have done a lot of work with depression, anger, anxiety, ADD/ADHD, high functioning autistic spectrum disorders (Asperger's), sexual impulse control problems (sexual addictions)

### **Laurie Wevers, LLC**

651-433-6276

4749 Chicago Ave S, Suite 3F

Minneapolis, MN 55407

[laurie@lauriewevers.com](mailto:laurie@lauriewevers.com)

Trauma, sexual abuse, spirituality and wrestling with God, religious abuse. I am trained in a gentle trauma therapy called EDMR.

## **MINNETONKA**

**Berscheid Counseling and Consulting Services** 763-227-3431 [Link](#)

700 Twelve Oaks Center Drive, Suite 264

Wayzata, MN 55375

[tom@berscheidcounseling.com](mailto:tom@berscheidcounseling.com)

PTSD – Adult survivors of childhood trauma (sexual abuse, violence, neglect & abandonment, dysfunctional family systems). Addictions – Master Addictions Counselor (NAFC) specialize in areas of alcohol addiction/sexual addiction/work addiction, Marriage reconciliation and divorce prevention, men's and women's identity and self-worth issues.

## **NEW BRIGHTON**

**Britt Cain Counseling** 651-263-9971 [Link](#)

1405 Silver Lake Rd NW

New Brighton, MN 55112

[britt@brittcaincounseling.com](mailto:britt@brittcaincounseling.com)

Women clients-depression, parenting issues, relationships, communication struggles, body image, self worth, grief.

**Cornelius Cornelius, LLC (DBA Wellspring Group)** 651-895-3624 [Link](#)

1405 Silver Lake Road

New Brighton, MN 55112

[Amanda@corneliuscounseling.com](mailto:Amanda@corneliuscounseling.com)

Specialize in women's issues, identity development, anxiety, relationships, shame resiliency, and career development.

## **PRIOR LAKE**

**Life Counseling LLC** 952-314-2530 [Link](#)

4769 Dakota ST SE, Suite 4

Prior Lake, MN 55372

Brad Bychinski

[info@lifecounseling.com](mailto:info@lifecounseling.com)

Couples, families, individuals/children and adolescents, marriage counseling, reconciliation, infidelity, ADD/ADHD, anxiety, communication and conflict resolution, depression, learning disabilities, life transitions, parenting and sexual addiction.

## **ST. PAUL**

**Shannon Staiger** 651-642-5073

1492 Goodrich Ave

St. Paul, MN 55105

[shannonLstaiger@aol.com](mailto:shannonLstaiger@aol.com)

Marriage and couples counseling (including premarriage counseling), individual-all areas of abuse, depression, anxiety, family of origin issues, codependency, trauma, life transitions, spirituality issues.

## **WAYZATA**

**Berscheid Counseling & Consulting Services** 763-227-3431 [Link](#)

700 Twelve Oaks Center Drive, Suite 264

Wayzata, MN 55375

[tom@berscheidcounseling.com](mailto:tom@berscheidcounseling.com)

PTSD – Adult survivors of childhood trauma (sexual abuse, violence, neglect & abandonment,



dysfunctional family systems). Addictions – Master Addictions Counselor (NAFC) specialize in areas of alcohol addiction/sexual addiction/work addiction, Marriage reconciliation and divorce prevention, men's and women's identity and self-worth issues.

**Resilient Life Therapy, PLLC**

1001 Twelve Oaks Center Drive  
Suite 1030D  
Wayzata, MN 55391

[resilientlifetherapy@gmail.com](mailto:resilientlifetherapy@gmail.com)

Jess Doughty, MA, LPC

Includes (but not limited to) panic-disorder, PTSD, sleep disturbance, adult attachment problems, anxiety, depression, feeling stuck, resistance, etc. My focus is to resolve problems (symptoms, behaviors, urges, etc.) by resolving it/them at the root (typical trauma(s) and/or repetitive adversities).

**WOODBURY**

**Life Development Resources**

1687 Woodlane Drive  
Woodbury, MN 55125

651-393-7169

[Link](#)

We specialize in all type of counseling

**Nystrom & Associates, LTD**

Woodbury Office Plaza  
1811 Weir Drive, Suite 270  
Woodbury, MN 55125

651-714-9646

[Link](#)

**Julie Munoz, MSW, LICSW**

Anxiety, Depression, Sexual trauma and abuse, addiction within families, PTSD, adjustment issues, relational difficulties, communication struggles, parenting concerns, grief and loss.

**Additional Resources**

**American Addiction Center**

Betsy Gottsacker  
612-590-7444

[egottsacker@contactaac.com](mailto:egottsacker@contactaac.com)

If you or a loved one is struggling with Substance Abuse and seeking guidance in treatment options, call Betsy directly to get connected with resources for detox, residential treatment, intensive outpatient and intervention support. 24 hour help line 612-590-7444

**Brighter Days Grief Center**

<https://www.brighterdaysgriefcenter.org/about-us/>

Brighter Days Grief Center is a newly established nonprofit organization serving individuals anticipating or enduring the death of a beloved family member. Their free programs are designed to address the financial, academic, and psycho social aspects of grief. By partnering with other grief related organizations, they provide compassionate and tailored resources and programs that are specific to each family member. Additionally, they work tirelessly to bring awareness to schools,

communities, and organizations to make sure families receive compassionate and appropriate support in all settings.