

# 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 healthlicensure 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 ofspecialty?
* Without providing specifics, can you describe what type of experience and training you have for my specificproblem?
* 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 or call River Valley Church at 952-997-2222.

**Christian Counselors**

## AFTON

**House of Hope-Christian Therapy Center** 651-795-9777 [Link](http://www.thehouseofhope3.com/) Shana Link, MA, PC

3411 St. Croix Trail S Afton, MN 55011

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](http://www.transformingresources.org/) 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

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

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

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| **BURNSVILLE** |  |  |
| **Cashman Center** | 952-224-8990 (office) | Link |
| Schyler Benson-Studer | 651-235-4453 (direct) |  |
| 2100 County Road 42 W |  |  |
| Burnsville, MN 55337 |  |  |
| 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](http://christianheartcounseling.com/?gclid=CL2yleLJ1r0CFecWMgoddGcA9w) 12940 Harriet Ave S Suite 215

Burnsville, MN 55337 info@christianheartcounseling.com

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

**Counseling Care** 952-892-8495 [Link](http://counselingcare.us/) 1500 McAndrews Road West Suite 201

Burnsville, MN 55337

**Julie Temmel-Friesen, MA, LMFT** [**Link**](https://counselingcare.us/our-team/burnsville-clinic-counselors/)

Specializing in: Marital relationships, individual and family issues, women’s issues, blended families, single parenting, grief, depression, anxiety and adolescents

**Ronda A LaPointe** rondaann24@gmail.com Licensed Independent Clinical Social Worker

**Laura Houlton, LMFT** [**Link**](https://counselingcare.us/our-team/burnsville-clinic-counselors/)

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](http://lifecounselingmn.com/brad_bychinski/) Brad Bychinski

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](http://www.lakevilletherapy.com/) Karolyn Mengershausen, LFMT

760 Southcross Dr W, Suite 103

Burnsville, MN 55306 Karolyn@lakevilletherapy.com

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

**Water’s Edge Counseling and Healing Center** 952-898-5020[**Link**](http://www.watersedgechc.com/)

14551 Judicial Road Suite 100

Burnsville, MN 55306

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

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| **CHANHASSEN** |  |  |
| **Northland Counseling Services/Chanhassen** | 952-974-3999 | [Link](https://northlandcounseling.us/Chanhassen_Office.html) |
| Cynthia Gill |  |  |
| 7945 Stone Creek Drive #140 |  |  |
| Chanhassen, MN 55317 |  |  |
| 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)

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## CHASKA

**Northland Counseling Services/Chaska** 952-974-3999 [Link](https://www.northlandcounseling.us/Home.html)

## Cynthia Gill

111 Hundertmark Rd, #450

Chaska, MN 55318 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

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 lstevenson@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

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

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, c](http://www.mylifesolutions.com/)o-parenting, communication skills, life transition/change, medical issues, depression, anxiety, spiritual counseling

## Life Solutions PSC

Tim Ruden PHD 651-882-5161 Link 4640 Nicols Road

Suite 200

Eagan, MN 55122 [www.MyLifeSolutions.com](http://www.mylifesolutions.com/)

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

**New Perspectives Counseling**

Terese Kessler-Bailey 612-388-4359

4640 Nicols Road

Eagan, MN 55122

Terese.newperspectives@gmail.com

Specializes in relationships, couples, conflicts between parent and child relations. Also specializes in anxiety, depression, trauma, negative self-talk, boundaries, co-dependency, confidence, and life direction. Spiritual integration is also a strength in her therapy practice

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## Eden Prairie

Stacy Johnson MFT 952-224-2282 [Link](http://familyinnovations.com/eden-prairie-staff/) 7525 Mitchell Road #100

Eden Prairie, MN 55344 sjohnson@familyinnovations.com

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

**Transforming Resources** 952-345-1910 [Link](http://www.transformingresources.org/) 250 Prairie Center Dr Ste. #350

Eden Prairie, MN 55344

**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

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

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| **West Metro Christian Counseling** |  |
| **Scott Steinbarger, LAMFT**15832 Venture Lane | 952-797-2215 | [Link](http://www.westmetrochristiancounseling.com/) |
| Eden Prairie, MN 55344 |  |  |
| 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 612-516-5831 [Link](http://www.westmetrochristiancounseling.com/) 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.

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## EDINA

**Beverly J Johnson MALP PLLC** 952-926-3412 [Link](http://www.beverlyjohnsontherapy.com/) 5001 Edina Industrial BLVD #232

Edina, MN 55439 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

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](http://strongfoundationscounseling.com/) 421 Central Avenue N Suite 400

Faribault, MN 55021 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 brokenrelationships.

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## GOLDEN VALLEY

**Christian Recovery Counseling** 763-566-0088

8411 Wayzata Blvd #160 Golden Valley, MN. 55426

* **Janet Martin**: Jmartin@christianrecoverycenter.org. Child/Adolescent therapy, complex trauma, sexual issues, sex offense, reunification.
* **Terri Flansburg**: 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. Christian counseling, anxiety, depression, past abuse/trauma, DID, sexual addictions, marital/relationship problems, anger problems, life transitions, family counseling.
* **Danielle Koehler**: dkoehler@christianrecoverycenter.org. Individuals, couples, families, anxiety, depression, trauma, sexual addiction, pre-marriage certified in Prepare &Enrich.

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| **LAKEVILLE****Life Development Resources** | 952-898-1133 | [Link](http://www.lifedrs.com/) |
| 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 |  |  |

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

2021East Hennepin Ave, Suite 411 Minneapolis, MN 55413

William Fitsche PHD 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](http://www.lifedrs.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](http://berscheidcounseling.com/) 700 Twelve Oaks Center Drive, Suite 264

Wayzata, MN 55375 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](http://www.brittcaincounseling.com/) 1405 Silver Lake Rd NW

New Brighton, MN 55112 britt@brittcaincounseling.com

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

**Cornelius Cornelius, LLC (DBA WellspringGroup)** 651-895-3624 [Link](http://www.corneliuscounseling.com/) 1405 Silver Lake Road

New Brighton, MN 55112 Amanda@corneliuscounseling.com

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

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| **PRIOR LAKE** |  |  |
| **Life Counseling LLC** | 952-314-2530 | [Link](http://lifecounselingmn.com/brad_bychinski/) |
| 4769 Dakota ST SE, Suite 4 |  |  |
| Prior Lake, MN 55372 |  |  |
| Brad Bychinski |  |  |
| 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

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

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## WAYZATA

**Berscheid Counseling & Consulting Services** 763-227-3431 [Link](http://berscheidcounseling.com/) 700 Twelve Oaks Center Drive, Suite 264

Wayzata, MN 55375 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

resilientlifeterapy@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).

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| **WOODBURY** |  |  |
| **Life Development Resources**1687 Woodlane DriveWoodbury, MN 55125 | 651-393-7169 | [Link](http://lifedrs.com/) |
| We specialize in all type of counseling |  |  |
| **Nystrom & Associates, LTD** | 651-714-9646 | [Link](https://www.nystromcounseling.com/our-locations/minnesota/woodbury-clinic/) |
| Woodbury Office Plaza |  |  |
| 1811 Weir Drive, Suite 270 |  |  |
| Woodbury, MN 55125 |  |  |

## 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

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.