



River Valley Church Counselor Referral List

The following is a list of recommended professional Christian counselors in our community who have been interviewed by the Care Pastors about the ways in which their Biblically-founded perspectives and growing personal relationships with the Lord interweave with their professional expertise and therapeutic methods. While we support the work that each of these counselors are doing to bring health, internal peace, and restoration to our communities, we would like to remind you that an effective counseling relationship is dependent upon your level of trust and ease of communication with your counselor. In order to smoothly develop a safe space for healthy vulnerability in counseling sessions, we encourage you to contact two or three potential counselors and use the guidelines below to guide your search for the best match.

Before contacting any counselor, we also advise you to check with your insurance provider to find out if they cover counseling or other mental healthcare. Be sure to obtain the full details of what types of services are covered. Ask about which centers are in your company's network, and whether your coverage changes at all if you see an out-of-network provider.

Guidelines for Choosing a Counselor

Here are some questions that we recommend asking as you are looking for a counselor:

- *Where and how have you been educated and professionally trained in mental healthcare?*
- *What is your licensure status?*
 - There are three types of mental healthcare licensure in MN: Licensed Psychologist (LP), Licensed Marriage and Family Therapist (LMFT), and Licensed Independent Clinical Social Worker (LICSW)
 - Minnesota allows people to counsel without a license; however, insurance will not cover services if the counselor is not licensed. Licensure and education are not an absolute guarantee of how effective your sessions will be, but are a significant indicator of the range and depth of experience that a counselor has acquired.
- *What are your areas of specialty, or that you are personally most passionate about?*
- *Without disclosing specifics of clients' personal information, can you describe how you might apply your experience and training to my particular concerns?*
- *Can you describe your relationship with the Lord, and how it impacts 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, or at the time of service?*
- *How long will my sessions be? How frequently do you anticipate that I will need to be seen, and for how many weeks or months?*
- *What should I do if I am in need of an emergency appointment? What is the protocol for cancelling an appointment?*

After working through the interview process, take adequate time to prayerfully and thoughtfully consider your decision based upon the information you obtained. If, after the first session or two, you are not growing more comfortable sharing and receiving guidance from your counselor, or do not feel that their expertise is fitting your needs, it may be a good idea to seek out other mental healthcare providers. Counseling can be a challenging process that requires expending considerable mental, emotional, physical, and spiritual effort. It is not unusual to experience heightened levels of stress, fatigue, anxiety, and internal pain as the root issues and wounds behind your concerns are uncovered and healed. Try to determine whether your discomfort is related to a personal disconnect with your counselor's style of communication and/or therapeutic methods, or if it is a necessary side effect of the work you are doing in the healing process.

When and How to End Counseling

Ultimately, you have the authority to determine when you will end a season of regular counseling or decrease the frequency of your sessions. Some issues may require a longer term of therapeutic support, while others may be effectively worked through in just a few sessions. Drawing from their range of experience with similar cases and their trained ability to assess your progress and level of wellness, your counselor will likely have beneficial perspective as to whether you are ready to decrease your frequency of sessions or conclude the counseling process. However, you are responsible to share with your counselor how you are feeling, thinking, and other signs that may indicate your improvement.

If you need any further guidance about receiving professional counseling, please email care@rivervalley.org or call River Valley Church at 952-997-2222.

Recommended Christian Counselors (By Region)

AFTON

The House of Hope

3411 St. Croix Trail S

Afton, MN 55011

www.houseofhope3.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.

ANOKA

Genuine Therapy Center

630 East Main St

Anoka, MN 55303

763-712-1903 (office)

Sarah Haller, MA, LMFT

www.genuinetherapycenter.com/sarah-haller

sarah@genuinetherapycenter.com

Specializes in work with elementary age children, adolescents, young adults, focusing on assertiveness, pre-marital, teenaged pregnancy, single parenting, transitions, identity, balancing school/work with life, communication with authority figures.

BURNSVILLE

Cashman Center

2970 Judicial Road, Suite 100

Burnsville, MN 55337

952-224-8990 (office)

www.cashmancentermn.com/cashman-center-burnsville/

Schylar Benson-Studer, MA, LMFT

651-235-4453 (direct)

schylerbenson@gmail.com

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

Christian Heart Counseling

12940 Harriet Ave S, Suite 215

Burnsville, MN 55337

651-439-2059

www.christianheartcounseling.com/counselors-burnsville-minnesota/

Counseling Care

1500 McAndrews Road West, Suite 201

Burnsville, MN 55337

952-892-8495

www.counselingcare.us/our-team/burnsville-clinic-counselors

Julie Temmel-Friesen, MA, LMFT

Specializes in marital relationships, individual and family issues, women's issues, blended families, single parenting, grief, depression, anxiety and adolescents. Works with ages 8 and older.

Laura Houlton, MA, LMFT

Specializes in depression/anxiety, couples and relationship/boundary issues, abuse, trauma, women recovering from abuse, post-partum issues, spiritual issues, cross-cultural issues. Works with ages 16+

Life Counseling, LLC

1664 Cliff Road East

Burnsville, MN 55337

952-314-2530

info@lifecounselingmn.com

www.lifecounselingmn.com

Brad Bychinski, MA, LMFT, BCN

Specializes in couples, families, individuals, children and adolescents, marriage counseling, communication and conflict resolution, reconciliation, trust issues, infidelity, ADD/ADHD, PTSD, OCD, learning disabilities, anxiety, transitions, parenting, sexual addiction, neurofeedback (Certified Brain Health Coach, Certified in Neurofeedback).

The Therapy Shop

760 Southcross Drive West, Suite 103

Burnsville, MN 55306

952-808-1400

www.lakevilletherapy.com

Karolyn Mengershausen, LMFT

karolyn@lakevilletherapy.com

Specializes in trauma/sexual trauma, eating disorders and body image issues, depression, anxiety, marital, adolescent and family issues, EMDR advanced training.

Water's Edge Counseling and Healing Center

14551 Judicial Road Suite 100

Burnsville, MN 55306

952-898-5020

www.watersedgechc.com

We fully recommend all the therapists associated with Water's Edge.

Lisa Stevenson, MS, LPCC

l Stevenson@stellaheights.net

Specializes in eating disorders, depression, anxiety, oppositional behaviors, sensorimotor psychotherapy for trauma, for adults and adolescents.

CHANHASSEN/CHASKA

NorthStar Regional Mental Health Counseling – Chanhassen Location

7945 Stone Creek Drive #140

Chanhassen, MN 55317

952-974-3999

northstarregional.com/locations/chanhassen/chanhassen-therapists-suite-140/

Cynthia Gill, MA, LMFT

cynthiagill1972@yahoo.com

Treats anxiety, depression, trauma, relationship issues, children (ages 6+), adolescents, marriages, divorce/separation, abuse, blended families, bipolar disorder, childhood behavioral disturbances, co-dependence, grief, mood disorders, OCD, panic disorder, parenting issues, PTSD, premarital counseling. Special training in adoption/foster care issues. Trauma recovery through EMDR (EMDRIA certified).

NorthStar Regional Mental Health Counseling – Chaska

Two Twelve Medical Center

111 Hundertmark Rd, #450

Chaska, MN 55318

952-368-0450

northstarregional.com/locations/chaska-two-twelve-medical-center/

Melissa Doucette, MA, LMFT

melissa.doucette@northlandcounseling.us

Works for healing from trauma, anxiety, depression, women's issues, marriage and family, intimate partner abuse, sexual abuse, parent-child issues, adolescent adjustment issues, eating disorders. Certified in EMDR.

DEEPHAVEN

Family Attachment Counseling Center

18322-C Minnetonka Blvd

Deephaven, MN 55391

952-475-2818

www.familyattachment.com

Todd Nichols, PhD, LP

todd@familyattachment.com

Specializes 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. Work with adults, families, and children.

EAGAN

Life Solutions PSC

4640 Slater Road, Suite 120

Eagan, MN 55122

651-882-5161

<http://mylifesolutions.dr Sujitprasad.com>

Tim Ruden, PhD, LPCC

tim@mylifesolutions.com

Specializes in relationship issues, anxiety, depression, PTSD, personality disorders.

EDEN PRAIRIE

Family Innovations

7525 Mitchell Road

Eden Prairie, MN 55344

612-924-3807 (office)

www.familyinnovations.com/profile/stacy-johnson

Stacy Johnson, MA, LMFT

952-224-2282

sjohnson@familyinnovations.com

Specializes in work with individuals, couples, families affected by mental health issues related to adoption, divorce, blended family, attachment issues, men's issues, marital distress, infidelity recovery, spiritual relationship growth, conflict resolution, anxiety/depression. He has special training in TF-CBT (Trauma Focused Cognitive Behavior Therapy) and TBRI (Trust Based Relational Intervention, from Texas Christian University).

Nystrom Counseling

11010 Prairie Lakes Dr, Suite 350

Eden Prairie, MN 55344

1-844-374-8893 (office)

contactus@nystromcounseling.com

www.nystromcounseling.com/our-providers/scott-steinbarger/

Scott Steinbarger, MA, LMFT

952-797-2215

Specializes in helping individuals, couples, and families in the following areas: anxiety/depression, bipolar disorder, divorce recovery, family of origin issues, 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 concerns.

EDINA

Beverly Johnson, Private Practitioner, MA, LP

5275 Edina Industrial Blvd, #124

Edina, MN 55439

952-926-3412

<https://www.beverlyjohnsontherapy.com/>

bjjohnson3@comcast.net

Beverly is a licensed psychologist with expertise in recovery from PTSD, trauma, domestic violence, depression/anxiety, eating disorders, self-esteem issues, co-dependency, and other family and interpersonal relational concerns. She is trained in EMDR for healing from sexual, relational, physical abuse, and traumatic incidents.

Sandra Thorne, Private Practitioner, MS, LP

7760 France Ave S

Edina, MN 55435

952-288-5903 / 952-886-7275

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

122 Central Avenue

Faribault, MN 55021

507-491-4848

www.strongfoundationscounseling.com

sfcounseling@hotmail.com

We fully recommend all the therapists associated with Strong Foundations Counseling (see the website for more bios). Therapists work with individual adults and children, as well as couples and families. 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.

New Perspectives Counseling

Elko New Market, MN 55054

651-388-4359

www.newperspectivescounselingmn.com

Terese Kessler-Bailey, MA

terese.newperspectives@gmail.com

Specializes in relationship issues, couples, parent-child, anxiety, depression, negative self-talk, boundaries, co-dependency, identity issues, confidence, life direction, trauma, pre-marital.

GOLDEN VALLEY

NewPath Mental Health Services

8401 Wayzata Blvd, Suite 340
Golden Valley, MN 55426
763-566-0088
www.newpathmhs.com

Janet Martin, MA, LPCC

Specializes in child/adolescent therapy, complex trauma, sexual issues, sex offense, reunification.

Terri Flansburg, MSW, LICSW

Specializes in working with adolescents & young adults, depression, anxiety, family of origin concerns, body image, adoption related issues, grief & loss.

LAKEVILLE

Life Development Resources

7580 160th Street West
Lakeville, MN 55044
952-898-1133
www.lifedrs.com

MINNEAPOLIS

Hope Road Counseling, LLC

Trisha McKeever, MA, LMFT

www.hoperoadmn.com
612-979-1167
trisha@hoperoadmn.com

Specializes in working with couples in conflict, recovering from infidelity, stuck in communication patterns that are negative, on the brink of divorce.

William Fritsche, Private Practitioner, PHD, LP, LMFT

2021 E. Hennepin Ave, Suite 411
Minneapolis, MN, 55413
www.christiancounselors.network/customers/public_profile?p=233
612-819-7485
billfritsche3@gmail.com

Works with adults and adolescents, including couples and families, specializing in depression, anger, anxiety, ADD/ADHD, high functioning autistic spectrum disorders (Asperger's), sexual impulse control problems (sexual addictions), and psychological testing evaluations.

MINNETONKA

Berscheid Counseling & Consulting

Thomas Berscheid, MA, LPC, LMFT

700 Twelve Oaks Center Drive, Suite 264

Wayzata, MN 55391

763-227-3431

www.berscheidcounseling.com

tom@berscheidcounseling.com

Specializes in working with adult survivors of childhood trauma (sexual abuse, violence, neglect & abandonment, dysfunctional family systems) healing from PTSD. Also works with individuals in areas of alcohol addiction/sexual addiction/work addiction, men's and women's identity and self-worth issues. Works with couples in marriage reconciliation and divorce prevention.

NEW BRIGHTON

Britt Cain, Private Practitioner, MS, LPCC

1403 Silver Lake Road

New Brighton, MN 55112

651-263-9971

<https://yourmacc.com/directory/listing/britt-cain-counseling-llc>

britt@brittcaincounseling.com

Specializes in working with women clients struggling with depression, parenting issues, relationships, communication struggles, body image, self-worth, grief.

Cornelius Counseling, LLC

1403 Silver Lake Road NW, Suite #2

New Brighton, MN 55112

www.corneliuscounseling.com

651-895-3624

Amanda Cornelius, LPCC

amanda@corneliuscounseling.com

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

PRIOR LAKE

LifeSource Counseling, LLC

9988 Credit River Blvd.

Prior Lake, MN 55372

651-402-5852

Heather Wochnick, LPCC

hwochnick@yahoo.com

Specializes in helping individuals and couples in recovery from anxiety, depression, sexual abuse/assault, marriage/relationship struggles, divorce.

ST. PAUL

Shannon Staiger, Private Practitioner, MS, LPC

1492 Goodrich Ave

St. Paul, MN 55105

651-642-5073

shannonstaiger@aol.com

Specializes in marriage and couples counseling (including premarital counseling), individual counseling in all areas of abuse, depression, anxiety, family of origin issues, codependency, trauma, life transitions, spirituality issues.

WAYZATA

Berscheid Counseling & Consulting

Thomas Berscheid, MA, LPC, LMFT

700 Twelve Oaks Center Drive, Suite 264

Wayzata, MN 55391

763-227-3431

www.berscheidcounseling.com

tom@berscheidcounseling.com

Specializes in working with adult survivors of childhood trauma (sexual abuse, violence, neglect & abandonment, dysfunctional family systems) healing from PTSD. As a Master Addictions Counselor (NAFC), specializes in areas of alcohol addiction/sexual addiction/work addiction. Also experienced in counseling couples with marriage reconciliation and divorce prevention, and individuals with men's and women's identity and self-worth issues.

Resilient Life Therapy, PLCC

Jess Doughty, MA, LPC

1001 Twelve Oaks Center Drive, Suite 1030D

Wayzata, MN 55391

612-240-6597

www.resilientlifetherapy.net

resilientlifetherapy@gmail.com

Specialties include, but are not limited to, panic-disorder, PTSD, sleep disturbance, adult attachment problems, anxiety, depression, feeling stuck, resistance. Her focus is to resolve a problem (symptom, behavior, urge, etc.) by resolving it at the root (typical trauma(s) and/or repetitive adversities).

WOODBURY

Life Development Resources

1687 Woodlane Drive, Suite 103

Woodbury, MN 55125

651-393-7169

www.lifedrs.com

We fully recommend all the therapists associated with Life Development Resources (see the website for more bios).

Nystrom & Associates, LTD

1811 Weir Drive, Suite 270

Woodbury, MN 55125

651-243-6087

www.nystromcounseling.com/our-locations/woodbury-clinic

contactus@nystromcounseling.com

Julie Munoz, MSW, LICSW

hwochnick@yahoo.com

Specializes in helping individuals and couples in recovery from 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 are struggling or have a loved one who 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.

Brighter Days Grief Center

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 psychosocial 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.