



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 four types of mental healthcare licensure in MN:
 - Licensed Psychologist (LP)
 - Licensed Marriage and Family Therapist (LMFT)
 - Licensed Independent Clinical Social Worker (LICSW)
 - Licensed Professional Clinical Counselor (LPCC)
 - There is also a fifth type of license, specifically related to counseling individuals who struggle with substance misuse and abuse: Licensed Alcohol and Drug Counselor (LADC). If you would like to work with someone regarding these particular concerns, it is best to find a counselor who has both LADC and LP, LMFT, LICSW or LPCC credentials.
 - You may also see a Licensed Professional Counselor (LPC); these professionals have obtained a degree and performed 2000 supervised practice hours, but are still accruing further supervised practice hours before they can earn LPCC licensure (requires 4000 supervised practice hours). Be aware that insurance will not reimburse services from an LPC. For more information, visit <https://mn.gov/boards/behavioral-health/>

- 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/

Christian Heart Counseling

12940 Harriet Ave S, Suite 215

Burnsville, MN 55337

651-439-2059

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

Rachel Felch, MA, LPCC, RPT

www.christianheartcounseling.com/rachel-felch-counseling/

651-439-2059, ext. 720

rachel@christianheartcounseling.com

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

Lisa Stevenson, MS, LPCC

l Stevenson@stellheights.net

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

CHANHASSEN/CHASKA

Lighthouse Counseling – Chanhassen Location

600 W. 78th Street Suite 250

Chanhassen, MN 55317

651-964-0235

www.lighthousecounselingtc.com

Cynthia Gill, MA, LMFT

Cgill@lighthousecounselingtc.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.drsojitprasad.com>

Tim Ruden, PhD, LPCC

tim@mylifesolutions.com

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

Living Water Christian Counseling

3344 Sherman Court, Suite 105

Eagan, MN 55121

651-373-2880

<http://livingwatermn.com/pastoral-counselors/>

Karissa Neff, MSW, LCSW

651-263-2738

karissa.lwcc@gmail.com

Specializes in working with teens and adults experiencing trauma, anxiety, depression, and spiritual struggles. Uses numerous therapy modalities, including Narrative, Cognitive Behavioral Therapy, and Interpersonal therapy. Karissa is also currently being trained by Elijah House to become a prayer counselor.

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).

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 with 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/abuse, 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

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.

Radiant Health Resources

5100 Eden Ave, Suite 318

Edina, MN, 55436

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

Daphne DeMaris, MA, LPCC

info@daphnedemaris.com

Specializes in Christ-focused healing from abuse/trauma, PTSD, depression, anxiety. Experienced helping individuals navigating emotional/spiritual difficulties surrounding OCD, chronic illness, infertility/post-partum issues, pre-marital/marital strengthening and restoration. Offers counseling support for clergy and their families and missionaries.

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

Life Compass (two locations)

www.lifecompassmn.com

Pottery Place
2000 Old West Main St., Suite 337
Red Wing, MN, 55066

Stockholm Healthcare
W12070 State Hwy 35
Stockholm, WI, 54769

Jolene Kirchner, LMFT, RN

jo@lifecompassmn.com

651-442-0928

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.

Strong Foundations Counseling

122 Central Avenue
Faribault, MN 55021
507-491-4848

www.strongfoundationscounseling.com

sfcounseling@hotmail.com

Specialize in helping individuals (adults and children), couples, and families 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.

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.

Integrate Counseling

1145 Grand Avenue, Suite #203

St. Paul, MN 55105

651-308-0809

integratecounseling@gmail.com

Suzanne Brown, LICSW

Specializes in working with individuals challenged by trauma, mood symptoms, integrative health, spiritual and relational concerns, infertility.

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).

Refuge Healing and Consulting

Kristin Canan, MSW, LICSW

1001 Twelve Oaks Center Drive, Suite 1030F

Wayzata, MN 55391

952-209-7103

<https://www.psychologytoday.com/us/therapists/kristin-canan-wayzata-mn/718710>

kristin@refugehc.com

Specializes in trauma recovery, especially for adult professionals in human service and helping fields like emergency response, therapy, ministry, medicine, social work. Also has extensive experience with individuals struggling with suicidal ideation and eating disorders. Utilizes EMDR and Sensorimotor practices.

WOODBURY

Life Development Resources

1687 Woodlane Drive, Suite 103

Woodbury, MN 55125

651-393-7169

www.lifedrs.com

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.

Telehealth

Hope Counseling Twin Cities

952-479-0238

lindsey@hopecounselingtwinities.com

Lindsey Hansen, LPCC, LADC

Specializes in divorce recovery, miscarriage, anxiety, depression, PTSD, trauma, EMDR, relationship issues, addictions

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. resources for detox, residential treatment, intensive outpatient and intervention support.

Focus Fix (People Hope)

www.peoplehope.org/focusfix

The Focus Fix is a free personal growth program created specifically for those battling all kinds of chronic illnesses to live purposeful, intentional lives, even as they navigate their unique struggles, symptoms, and challenges. This is a go-at-your-own-pace monthly program, complete with emails, tools, and downloadable resources, which has been used and loved by both teens and adults. The Focus Fix currently helps more than a thousand chronic illnesses warriors grow in their faith, rediscover purposeful living, and take practical steps toward their God-given potential.