

CHRISTIAN 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 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.

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 we recommend asking as you look 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:
 1. Licensed Psychologist (LP)
 2. Licensed Marriage and Family Therapist (LMFT)
 3. Licensed Independent Clinical Social Worker (LICSW)
 4. 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 canceling 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 a 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)

ANOKA

Genuine Therapy Center

630 East Main St
Anoka, MN 55303

Sarah Haller, MA, LMFT
763-712-1903 (Office)
www.genuinetherapycenter.com/sarah-haller
sarah@genuinetherapycenter.com

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

APPLE VALLEY

MJ Counseling, LLC

14800 Galaxie Ave, Suite 201
Apple Valley, MN 55124

MaryJo Melander, MSW, LICSW
651-505-5349 (Call or Text)
www.mjcounseling.net
maryjo@counselingsecure.com

Specializes in working with adolescent and adult women. Trained in EMDR, DBT, perinatal mental health and advanced grief training. Specializing in anxiety, depression, postpartum depression and anxiety, trauma, childhood sexual abuse, complex grief (including loss of a child), coping with chronic pain or an illness, caregiving for a loved one.

BURNSVILLE

Cashman Center

2970 Judicial Road, Suite 100
Burnsville, MN 55337
952-224-8990 (Office)
www.minnesotarecovery.org/resource/cashman-center/

Christian Heart Counseling

1500 McAndrews Road West, Suite 245
Burnsville, MN 55337
651-439-2059
www.christianheartcounseling.com/counselors-burnsville-minnesota/

Counseling Care

150 E Travelers Trl, Suite G
Burnsville, MN 55337
952-892-8495
www.counselingcare.us

Life Counseling, LLC

11986 Portland Avenue
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).

David Livingston, MA, LMFT

Specializes in working with individuals, couples, and families with concerns surrounding anxiety, depression, infidelity, marriage counseling, communication, trust issues, men's and women's issues, neurofeedback, pornography and sexual addiction

Sarah Mamberger

Specializes in working with children, adolescents, adults, couples, and families navigating challenges related to anxiety, depression, grief and loss, communication and conflict issues, stress, Asperger's, and relational concerns. Draws from both personal experience and a foundation in Christ to offer a compassionate, solution-focused approach. Passionate about helping others discover healing, clarity, and meaningful connection in the midst of life's challenges.

Julia Zanto, MA, LPC

Specialties: Women's health concerns (perinatal mental health, PMDD), trauma (childhood trauma, abusive relationships), anxiety, depression, spiritual concerns. Ages: Adolescents-Adults. I support believers navigating all challenges that this life can hold, however I have a special love for serving women throughout the lifespan in navigating their anxiety, stress, and emotional difficulties while incorporating an understanding of how the unique intricacies of our female bodies can impact this.

The Therapy Shop

760 Southcross Drive West, Suite 103
Burnsville, MN 55306
952-808-1400
www.therapyshopmn.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.

CHANHASSEN/CHASKA

Lighthouse Counseling

600 W. 78th St, Suite 210
Chanhassen, MN 55317
651-964-0235
<https://lighthousecounselingtc.com/staff>

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).

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

Living Water Christian Counseling

3440 Federal Drive, Suite 155

Eagan, MN 55122

651-373-2880

<http://livingwatermn.com>

Threads of Hope Counseling

3410 Federal Dr., Suite 101

Eagan, MN 55121

651-560-0050

www.tohcounseling.com/meet-our-eagan-office/

help@tohcounseling.com

Jenny Beall, MA, LPCC

Specializes in marriage & family issues, parenting challenges and working with kids & teens, trauma, sexual addictions, co-occurring disorders (mental health and substance abuse), anxiety, depression, Christian integration

EDEN PRAIRIE

Living Influence

250 Prairie Center Drive, Suite #350

Eden Prairie, MN 55344

612-987-9107

livinginfluence.org

Dawn Ramaker, MA, LMFT

Specializes in teens, parenting, couples/marriage, young women, women facing emotional abuse/narcissism, inner healing prayer, spiritual formation

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, codependency, 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, codependency, childhood neglect, ADHD assessments, adoption evaluations.

ELKO NEW MARKET

New Perspectives Counseling

730 Main Street,

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, codependency, identity issues, confidence, life direction, trauma, pre-marital.

FARIBAULT

Strong Foundations Counseling

416 Heritage Place,

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.

Ingrid Sanchez, MA LMFT

Therapy in Spanish, Biblical counseling, depression, mood disorders, anxiety and stress disorders, trauma and abuse (childhood), immigration and acculturation issues, women issues, life transitions, loss and grief, family issues, forgiveness, self-esteem, EMDR trained and Parent Child Interaction Therapy.

Elisha Swoverland, LPCC

Depression, anxiety, couples, family therapy, eating disorders/body image, drugs/alcohol addictions, sexual addictions, gender-related identity issues, PTSD, OCD, grief and loss, self harm, parenthood, infertility, job stress, multicultural issues, psychotic disorders, mood disorders, coping with chronic pain and other health conditions.

PhaseZero Recovery Services

1405 Lilac Drive N Suite 218,
Golden Valley, MN 55422

612-208-2098

www.phasezerorecovery.com

Austin Hatch, MA in Addiction Studies, LADC, LPCC

austinhatch@phasezerorecovery.com

Specialize in counseling men (especially young men) with addiction (substance abuse, pornography, sex, gambling) and other compulsive behaviors. Upholds biblical perspectives of manhood, helping men refine their masculinity through ownership, honesty, and commitment to truth.

GREENFIELD

Stable Living, LLC

5265 Woodland Trail,
Greenfield, MN 55357
952-240-1621

LAKEVILLE

Life Development Resources

7580 160th Street West
Lakeville, MN 55044

952-898-1133

www.lifedrs.com

Morgann Gould, MA, LPCC

mgould@watersedgechc.com

Specializes in working with adults (18+) who are struggling with symptoms related to trauma, anxiety, depression, grief, codependency, abuse, mood disorders, and personality disorders. Trained in Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and SOZO."

MAPLE GROVE

Hope Road Counseling, LLC

7084 East Fish Lake Rd,
Maple Grove, MN 55311

Trisha McKeever, MA, LMFT

612-979-1167

www.hoperoadmtn.com

trisha@hoperoadmtn.com

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

NEW BRIGHTON

Britt Cain, Private Practitioner, MS, LPCC

1403 Silver Lake Road
New Brighton, MN 55112

651-263-9971

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
651-895-3624
www.corneliuscounseling.com

Amanda Cornelius, LPCC

amanda@corneliuscounseling.com

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

NEW HOPE

Inspired Bravery Counseling, LLC

4640 Del Drive N,
New Hope, MN 55428
612-238-3508
josieridpath@inspiredbraverycounseling.com

Josie Ridpath, LICSW

Specializes in teens, adults, and/or postpartum moms. Anxiety, grief, trauma, depression, substance use, relationship difficulties, and other mental health needs to develop coping skills, regulate emotions, navigate life transitions and apply healthy parenting skills and more.

OSSEO

Karis Health and Wellness

500 3rd Street SE,
Osseo, MN 55369
763-259-8086
karissajrooney@gmail.com

Karissa Klaers, LMFT

Specializes in trauma, emotional abuse, couples conflict, anxiety, depression, pre-marital, ADHD and spiritual development. She is also trained in the Immanuel Approach which is a Christian trauma approach to healing trauma wounds.

PLYMOUTH

Hope Renewed Counseling

13210 45th Avenue North

Plymouth, MN 55442

612-616-0224

Melody Richards, LPCC

melody@melodyrichards.com

Marital relationships, grief, trauma, depression, anxiety, anger management

PRIOR LAKE

LifeSource Counseling, LLC

9988 Credit River Blvd.

Prior Lake, MN 55372

651-402-5852

SAVAGE

Hope Counseling MN

4401 142 St,

Savage, MN 55378

952-479-0238

hopecounselingmn@gmail.com

Hopecounselingtwincities.com

Lindsey Hanson, MA, LADC, LPCC

Specializes in couples and relationship/boundary issues, women's issues, recovering from divorce, blended families, single parenting, grief, depression, anxiety, abuse, trauma, postpartum issues, spiritual issues. DBT and EMDR trained and certified. Works with ages 16 and older.

SHAKOPEE

Selah Healing Therapy, LLC

8170 Old Carriage Court

Shakopee, MN 55379

508-955-3790

Lisa Medin, LPCC

lisa@selahhealingtherapy.com

Specializes in helping individuals recover from trauma (especially childhood and developmental trauma), depression, anxiety, relational issues. EMDR

Salome Counseling Services

8170 Old Carriage Court, Suite 200
Shakopee, MN 55379
507-301-7194

Sara Bordeleau, LPCC

sarah@salomecounseling.com

Specializes in trauma, anxiety, grief, relational difficulties. EMDR

ST. PAUL

Life Development Resources

1619 Dayton Ave, Suite 309
St. Paul, MN 55104
952-898-1133
www.lifedrs.com

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.

STILLWATER

The House of Hope

6381 Osgood Ave
Stillwater, MN 55082

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.

WAYZATA

Berscheid Counseling & Consulting

700 Twelve Oaks Center Drive, Suite 264
Wayzata, MN 55391

Thomas Berscheid, MA, LPC, LMFT

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

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

612-240-6597

www.resilientlifetherapy.net

resilientlifetherapy@gmail.com

Jess Doughty, MA, LPC

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

1001 Twelve Oaks Center Drive, Suite 1030F
Wayzata, MN 55391
952-209-7103

Kristin Canan, MSW, LICSW

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

Nystrom & Associates, LTD

1811 Weir Drive, Suite 270
Woodbury, MN 55125
651-243-6087
www.nystromcounseling.com/our-locations/woodbury-clinic
contactus@nystromcounseling.com

IN-HOME MENTAL HEALTH CARE

Ovis LLC

Burnsville MN and surrounding counties
507-320-9018
www.ovismentalhealth.com
ovismentalhealth@gmail.com

Philip McDonald, LPCC

Provides community based, in-home mental health care. Treats families and individuals from childhood through adulthood. Specializes in family conflict, relationship difficulties, anxiety/panic, depression, trauma, suicidal ideation, self-harm, and mental health crisis

OUT OF STATE

Emerge Counseling Ministries

800-621-5207
info@emerge.org
https://emerge.org

Based in Ohio, but offers short-term (3-4 day) counseling services to those who are from out of town, but are seeking accelerated care and would be willing to travel in for these services. Also offer telehealth options.

TELEHEALTH ONLY

A New Thing Counseling

Susan Nelson, MA, LPCC, LMHC in FL

612-554-2555

susiebnelson@gmail.com

Specializes in parenting, infertility, pre/post-partum issues, life transitions, parenting children with medical complexities, parenting children with gender identity issues.

Crosswinds Counseling

Diana DeVries, LPCC

762-441-0072

counseling@crosswinds.care

Applying a Biblical framework to healing from anxiety, depression, and trauma, marital counseling, premarital counseling, finding healing after divorce, parenting, step parenting, healthy relationship skills, healing from self esteem, dependency and life transitions.

Ezer Psychotherapy, PLLC

Hallie Orton, MSW, LICSW

hallieorton@ezerpsychotherapy.com

Specializes in Eating Disorders, Functional Neurologic Disorder, Anxiety, Depression, Trauma, ADHA, school issues, avoidance, and behavior changes/concerns. Supporting patients with acute and chronic medical conditions. Works with children, adolescents and young adults

Healing Canvas Counseling and Consulting

Jen Finstad, LICSW

651-571-0173

jenniferf@healingcanvascounseling.com

Specializes in Aging, Alzheimer's Disease, Caregiving, Anxiety, Depression, Grief & Loss, Trauma, Racial Identity, Self-esteem, Women's Issues, Marital Tension.

Radiant Health Resources

Daphne DeMaris, MA, LPCC

info@daphnedemaris.com

<https://www.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/postpartum issues, pre-marital, marital strengthening and restoration. Offers counseling support for clergy and their families and missionaries.

ADDITIONAL RESOURCES

American Addiction Center

Betsy Gottsacker

612-590-7444

egottssacker@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)

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.