



THE LUTHERAN CHURCH—MISSOURI SYNOD

Minnesota South District

...joyfully serving together in making disciples of Jesus Christ

Christian Counseling Services

In response to the love of Jesus Christ for all people, this agency provides Christian human care for individuals, families, and congregations in accordance with God's Word.

Concordia Plan Services – Employee Assistance Program (EAP)

Included in your Concordia Plan, you may receive six free counseling sessions per event through the Cigna Employee Assistance Program. Sessions should be scheduled through the CPS website link below.

Regardless of whether you are a CPS member or enrolled in the CHP, everyone has access to mental health resources as members of the LCMS community.

<https://www.concordiaplans.org/members/my-wellness-benefits/mental-health>.

Helpful questions to ask when choosing a counselor

When appropriate, and applicable, advice of your local pastor should be sought. Finding the right counselor can be an overwhelming task. This is the person you are inviting into your life, and you will be sharing your hurt, pain, frustration, shame, mistakes, hopes and joys. You want to feel both comfortable with your counselor and confident in their ability to help you.

The following questions are provided to help you in the process of finding a counselor who might be a good fit for you. Pick a few questions from the list to get started.

Questions about the counselor

- What license, certification, or training qualifies you as a counselor?
- What counseling issues do you feel you are best trained to handle?
- What is your experience in working with ___ (your issue) ____?
- What are your religious beliefs, and how are they practiced?

Questions about the therapy process

- What do you think is the goal of therapy?
- Can you tell me a bit about your approach to therapy?
(How does this counselor approach problems and help the client towards healing?)
- What methods do you employ?
- What's the number of sessions you think we'll need?

updated 11.9.2020

- What's expected from me?
(For instance, are there homework assignments?)

Questions about their accessibility

- Where is your office located?
- What days and times do you see people for therapy?

Questions about cost

- How much do you charge for therapy sessions?
- Do you accept insurance payments? Are you a provider on my network?
- Do you offer a sliding scale or discounts? If so, what are the requirements?

Consider asking yourself these questions during and after your first session:

- Did you feel comfortable with the counselor?
- Did you feel heard by the counselor?
- Does this seem like a safe place to express your thoughts, concerns and feelings?
- Did the counselor seem like a real person or were they playing a role?
- Was the counselor passive or active in the session? What do you like better?
- Are you comfortable with the counselor's worldview and beliefs?
- Did you feel better or worse after the session?

As you're listening to the counselor's responses, consider if you're comfortable with what they say. Also, don't hesitate to ask any other questions you need to in order to figure out if this counselor is right for you.

Counselors (listed alphabetically by last name)

Shiromi Beach, MA, LPCC

Cabot Psychological Services

7301 Ohms Lane

Edina, MN 55439

shiromi@cabotpsychologicalservices.com

psychologytoday.com/us/therapists/shiromi-n-beach-edina-mn/483082

952-831-2000 x114

Specialties: Theology BA from Concordia University, St. Paul and LCMS member. Individual Therapy and Marriage & Family therapy; Personality Disorders; Trauma (Acute & Chronic); grief and loss; church worker and spirituality related issues; Bi-polar, depression, anxiety, adult/child/adolescent anxiety and depression; parenting issues; and other emotional-related difficulties.

Michael Branchaud, MA, LPC

Seek The Truth Counseling

2489 Rice Street

St. Paul, MN 55113

seekttc@aol.com

www.seekthetruthcounseling.com

763-221-8834

Specialties: ADHD, Anger, Depression, Eating Disorders, Borderline Personality, Grief, Homosexuality, Phobias and anxiety, PTSD, Personality disorders, Sexual addictions, Spiritual abuse, Spousal abuse, Stress reduction, Substance abuse, Suicide, Men's issues, Couple counseling

Suzanne Brown, MSW, LICSW

Integrate Counseling pllc

1145 Grand Avenue, Suite 203

St. Paul, MN 55105

integratecounseling@gmail.com

651-308-0809

Specialties: Abusive relationships, Adults, Anxiety, Depression, Coping skills, Crisis management, Grief/loss, Infertility, Integrative health strategies, Relational conflicts, Self-esteem/shame, Stress minimization, Spiritual and faith issues, Substance abuse, Trauma and PTSD

David P. Cotner, PHD

Freedom Christian Counseling, LLC

8537 Maplebrook Parkway N

Brooklyn Park, MN 55445

david@freedomchristiancounseling.com

763-645-5314

Specialties: All types of abuse, demonization issues and dissociation (DID)

Gerald Dahl, MSW

Dahl & Associates

7575 Golden Valley Road

Golden Valley, MN 55427

jerryd@stmi.biz

763-542-1199

Specialties: Anger, Blended families, Crisis counseling, Depression, borderline personality, Grief, Marriage and family, Phobias and anxiety, Personality disorders, Spousal abuse, Stress reduction, Suicide

Amanda Gerdts, MS, LMFT, CCTP, NCC

Footnotes: Family Counseling Services

304 Monroe Avenue

North Mankato, MN 56003

amanda.gerdt@gmail.com

507-351-8799

Specialties: Christian Counseling, PTSD, Sexual Abuse, Marriage and Family, Counseling for Pastors and Business Professionals, Depression and Anxiety

Other Areas of Service: ADHD, Adolescence, Anger, Crisis Counseling, Grief, Pain Management, Panic Attacks, Phobias, Postpartum Depression, Sexual Addictions, Sexual Dysfunctions, Spiritual Abuse, Stress Reduction, Substance Abuse, Suicide, Women's Issues, Premarital Counseling and Classes, Prepare and Enrich Trainer/Facilitator

**nonprofit giving option available*

Joanne Harste, MA, LMFT, LLC

13750 Crosstown Drive NW, Suite 106

Andover, MN 55304

2nd Site (Fridays) - 261 Broadway Street E, Monticello, MN 55362

joharste@msn.com

651-353-5453

Specialties: Adolescence, Anger, Blended families, Chronic illness, Crisis counseling, Crisis pregnancy, Depression, Borderline personality, Grief, marriage and family, Phobias and anxiety, PTSD, Personality disorders, Spiritual abuse, Stress reduction, Substance abuse, Youth

Hazelden Betty Ford Foundation

Alcohol and Drug Rehabilitation Center

hazeldenbettyford.org/

866-757-2281

William Hicks, MA Marriage Family Therapist

Clear Passage Counseling

7671 Central Avenue N, Suite 202

Fridley, MN 55432

billhicks@clearpassagecounseling.com

clearpassagecounseling.com

763-786-8067

Specialties: ADHD, Adolescence, Anger, Blended families, Chronic illness, Crisis counseling, Depression, Eating disorders, Borderline personality, Grief, Homosexuality, Marriage and family, Pain management, Phobias and anxiety, PTSD, Sexual abuse, Sexual addictions, Sexual assault, Sexual dysfunctions, Spiritual abuse, Spousal abuse, Stress reduction, Substance abuse, Suicide, Youth

Joshua T. Mears, PsyD, LP

CEO and Clinical Director, The Soul's Apothecary

[10567 165th St. W. Lakeville Mn 55044](http://10567%20165th%20St.%20W.%20Lakeville%20Mn%2055044)

jmears@mearsapothecary.com

mearsapothecary.com

651-829-1018

The focus of our services includes individual therapy, marriage and family counseling, and psychological assessments. We are dedicated to provide quality client-centered and faith-informed Christian counseling services to our clients that will help them grow in their emotional and spiritual wellness.

Minnesota Renewal Center

3499 Lexington Avenue N, Suite 100
St. Paul, MN 55126
651-486-4828
<http://www.minnesotarenewal.org/>

Margaret P. Moore, LMFT, RN

Experiencing Moore, LLC
Good Shepherd Church
2700 7th Avenue NE
Owatonna, MN 55060
margaretmoore2@charter.net
507-363-9063

Specialties: Depression, Phobias, Anxiety disorders, Anger, Chronic illness, Grief, PTSD (trauma, including war), Borderline personality disorders, Spiritual abuse, Sexual addictions and dysfunctions, Stress, Substance abuse, Adjustment Disorders

Gregory W. Nelson, MS, LP

Mankato Clinic
1400 Madison Avenue, Suite 352
Mankato, MN 56001
gregn@mankato-clinic.com
507-387-3195

Specialties: Adolescence, Depression, Grief, marriage and family, Phobias and anxiety, PTSD, Stress reduction, Substance abuse

Jon Newcomb, MA, LMFT

Restorations for Life Counseling Ministries
5820 74th Avenue N
Brooklyn Park, MN 55443 jnewcomb2000@gmail.com
763-503-3747

Specialties: Anger, Blended families, Crisis counseling, Depression, Grief, Marriage and family, PTSD, Sexual abuse, Sexual addictions, Spiritual abuse, Spousal abuse, Stress reduction, Suicide

Gerald Schwanke, MS, M.Div (LCMS pastor), LMFT

PrairieCare Medical Group
111 Hundertmark Road, Suite 205
Chaska, MN 55318
gschwanke@prairie-care.com

952-903-1383

Scheduling: 952-903-1289

Specialties: Marriage and Family issues; attachment and adoption issues; trauma related issues; grief and loss; church worker and spirituality related issues; child and adolescent issues such as depression, anxiety, defiant, and ADHD; adult anxiety and depression; abuse related issues; parenting issues; and other emotional related difficulties.

Shannon Staiger, MA, LICSW, Licensed Psychotherapist

Macalester Groveland Neighborhood in St. Paul

shannonstaiger@aol.com

651-642-5073

Specialties: Blended families, Chronic illness, Crisis counseling, Depression, Geriatric, Grief, Marriage and family, Phobias and anxiety, PTSD, Sexual abuse, Sexual assault, Sexual dysfunctions, Spiritual abuse, Spousal abuse, Stress reduction, Suicide, Women's issues, Family of origin issues, Verbal/emotional abuse, Life transitions, Death and dying/end of life work

Kate Walsh Soucheray, Ed.D., M.A.T., M.A., LMFT

Christian Heart Counseling

275 3rd Street S, Suite 303

Stillwater, MN 55082

kate@christianheartcounseling.com

www.christianheartcounseling.com

651-208-9829

Specialties: ADHD, Adolescence, Anger, Blended families, Children, Childabuse, Depression, Eating disorders, Grief, Marriage and family, Youth, Women's issues, Teen suicide, School issues for elementary, middle and high school, Organizational issues and training for children, teens, and adults, Anxiety and Post-Traumatic Growth

Suzanne Stoltenberg, MSW, Psychotherapy

4813 Larkspur Lane

Edina, MN 55435

sgslcc@gmail.com

952-926-2757

Accepts most insurances including Medicare, Medicaid, and Cigna EAP for church workers.

Specialties: ADHD, Adolescence, Anger, Blended families, Children over 14, Crisis counseling, Crisis pregnancy, Depression, Geriatric, Grief, Marriage and family, Pain management, Phobias and anxiety, Stress reduction, Suicide, Youth, Women's issues

Christine Unruh, MS, LPC, LPC-IT

WLCFS-Christian Family Solutions

2720 Superior Drive NW, Suite 103

Rochester, MN 55901

CUnruh@wlcfs.org

christianfamilysolutions.org/

800-438-1772 x1769

Specialties: LCMS member; trauma-informed practices with a family-systems approach, backed by the belief that God has uniquely made each person and continues to love His creation

Daniel Vance, MS, LPCC

Vernon Center Professional Counseling LLC

Office Address:

201 East Street S, #14

Vernon Center, MN 56090

Mailing Address:

P.O. Box 154

Vernon Center, MN 56090

danieljvance@gmail.com

507-549-3636

Specialties: Primarily serious and persistent mental illness (bipolar disorder, severe depression, schizophrenia, borderline personality disorder, and PTSD) for clients in assisted living and nursing home facilities in southern MN. Therapist sees clients on-site.