

Christian Counseling Referrals

Wooddale Church's Referral Practice

It is Wooddale Church's practice to provide help for mind, body and soul whenever possible. We are committed to helping people find wholeness and healing. Though the pastoral staff is not able to meet all the needs of the congregation we seek to provide resources that are able to offer the necessary care.

It is our hope that the following lists will assist you in finding the appropriate counselor/therapist or organization that has the ability to help in your area of need. Based on our experience and feedback we feel that these resources have the ability to assist people in their areas of expertise. Not all of the organizations are distinctly Christian but all work in harmony with our Christian values.

Prior to being listed, the counselors and other providers on the lists have completed a referral questionnaire that includes identifying education, licensing, approaches to counseling, church affiliation, personal commitment to Jesus Christ and positions on many areas of concern to us. Despite this screening process, please know that we cannot guarantee the current qualifications of the listed individuals and entities. While we are confident that they understand us and are in essential agreement with us as a church, we do not assume liability for or endorse the actions of any person or organization on the lists.

Because every person is different, not all of the resources will fit individuals equally well. You should make contact directly with the provider or organization of your choice and confirm their qualifications and fit for you. You may even want to interview several people before making your decision with whom to connect. The "Suggested Guidelines for Selecting a Counselor" section below will give you some ideas about the questions to ask. Choose the questions that are most important to you. We do not have information on which counselors accept insurance, what insurance they accept or on pricing.

May God bless you by leading you to the provider who will best be able to help you in your spiritual and emotional journey. If you have further concerns or comments please contact the Wooddale Church Pastoral Care Department at 952-944-6300.

Suggested Guidelines for Selecting a Counselor

1. Pray! Pray for the Lord's leading and the Holy Spirit to grant discernment and sensitivity in the selection process.
2. Choose two or three different counselors from the list.
3. Interview each counselor via telephone. Keep your interview less than five minutes. Have a set of questions ready to ask regarding their ability to help you.

Questions you might ask:

- Do you have specialized training in my area of need? (It is helpful, then, to briefly outline the problem areas and inquire as to treatment approach.)
 - What type of license do you hold? (i.e.: Ph.D., MFCC, LCSW etc.)
 - How long have you been in your present practice?
 - Do you have a personal relationship with Christ?
 - How do you integrate Christianity into your practice?
 - Are you active (more verbal or "directive") or analytical (the client with passive guidance, comes to his/her own solution)?
 - Do you have someone in your professional life that you get feedback from and are accountable to?
 - Can you meet with me weekly? (When beginning counseling you usually need to meet once a week if you are to see noticeable improvement).
 - Will you, as a therapist, evaluate my progress with me? How often?
 - What do you charge? How do you bill for services? Do you accept insurance? (Some of our therapists work on a sliding scale.)
 - Are you willing to work in conjunction with my pastor?
 - Evaluate each therapist. Besides evaluating the professional information consider "personality" chemistry. Is there a comfort level and open communications?
4. Evaluate each therapist. Besides evaluating the professional information consider "personality" chemistry. Is there a comfort level and open communications?

Remember, a counselor cannot make all your problems disappear. What they can do is offer you objectivity, guidance, clarity and hope!

Christian Counseling Offices

One or more counselors in each of these clinics have completed the “Wooddale Church Counseling Referral Questionnaire” and are known to us. We have not evaluated all of the counselors in these groups. Some offices have multiple locations but only one is included in this list.

Deep Haven Counseling Center

4300 Baker Road
Minnetonka, MN 55343
952-300-0556
www.deephavencc.org

Ervin Counseling and Family Life Ministries, PA

7400 Metro Blvd, Suite 220
Edina, MN 55439
952-345-4510
www.ervincounselingmn.com

Faithful and True Counseling

15798 Venture Lane Suite 301
Eden Prairie, MN 55344
952-746-3880
www.faithfulandtrue.com

Family Attachment and Counseling Center

18322 C Minnetonka Blvd
Deephaven, MN 55391
952-475-2818
www.familyattachment.com

Family Innovations

7525 Mitchell Rd.
Eden Prairie, MN 55344
952-224-2282
www.familyinnovations.com

Hanson Associates, LLC

7200 Hemlock Lane North Suite 108
Maple Grove, MN 55369
763-533-5339
www.hansonassoc.net

Hardy & Stephens Counseling Associates

11070 183rd Circle NW, Suite C

Elk River, MN 55330

763-633-5111

www.hardystephens.com**Levang and Associates**

8441 Wayzata Blvd #102

Golden Valley, MN 5542

952-541-4799

<http://www.levangandassociates.com>**Life Development Resources, PA**

7580 160th St West

Lakeville, MN 55044

952-898-1133

www.lifedrs.com**Midwest Center for Trauma and Emotional Healing**

16204 Hwy 7

Minnetonka, MN 55345

952-934-255

<http://www.mwtraumacenter.com>**Minnesota Psychological Resources**

12805 Hwy 55, Suite 211

Plymouth, MN 55441

763-550-9005

www.mnpr.com**Minnesota Renewal Center**

3499 Lexington Avenue N Suite 100

St. Paul, MN 55126

651-486-4828

www.minnesotarenewal.org**Mulliken Counseling Center, Inc**

5275 Edina Industrial Blvd. Suite 124

Edina, Minnesota 55439

952-835-7130

www.toddmulliken.com/mcc.php

New Path Mental Health Services

8441 Wayzata Blvd Suite 120
Minneapolis, MN 55426
763-566-0088
<http://www.newpathmhs.com>

Northland Counseling Services

Chaska Office: 952-368-0450
Chanhassen Office: 952-974-3999
Maple Grove Office: 763-898-3838
www.northlandcounseling.us

North Woods Christian Counseling

3596 Linden Avenue
White Bear Lake, MN 55110
651-243-2484
www.northwoodschristiancounseling.com

Nystrom and Associates, Ltd

651-628-9566
15 Metro Offices
www.nystromcounseling.com

Pathways Psychological Services, PA

7575 Golden Valley Road Suite 230
Golden Valley, MN 55427
763-525-8590
www.pathwayspsych.com

Soulwork Counseling

11108 Zealand Av N
Champlin, MN 55316
763-746-0842
www.soulworktherapy.com

Spirit of Hope Counseling Center, LLC

13911 Ridgedale Drive, Suite 320
Minnetonka, MN 55305
952-546-5565
www.spiritofhopecc.com

Transforming Resources

10800 Lyndale Avenue S Suite 191
Bloomington, MN 55420
952-884-5803
www.transformingresources.org

Willow Branch Counseling Services, Inc1870 50th Street E Suite 3

Inver Grove Heights, MN 55077

651-230-6140

www.willowbranchcounseling.com**Christian Counselors in Private Practice****Rachel Awes**

1684 Selby Avenue

St. Paul, MN 55104

612-701-4296

Kelly Beggin

6542 Regency Lane Suite 204

Eden Prairie, MN 55344

612-387-7133

Daphne DeMaris

Radiant Health Resources

4725 Excelsior Blvd., Suite 400

St. Louis Park, MN 55416

586-202-0474

info@daphnedemaris.com**Kristine Doten**

4 Counsel

11292 86th Ave N., Suite 106

Maple Grove, MN 55369

952-300-5908

kristine.doten@4counsel.org**Donna Erickson**

Clinical Pastoral Counselor

Focus on codependency

Minnetonka, MN

612-616-2732

donnaqayle308@gmail.com

Kimberly Esau

19230 Evans St. NW #202A
Elk River, MN 55330
763-525-8590 ext. 250

Kerry Fox, MD

11010 Prairie Lakes Dr., Suite 115
Eden Prairie, MN 55344
952-943-0836

Doug Frey

7525 Mitchell Road, Suite 217
Eden Prairie, MN 55344
952-920-2789
www.christiancounselingwithdrfrey.com

Beverly Johnson

5275 Edina Industrial Blvd. #124
Edina, MN 55439
952-926-3412
www.beverlyjohnsontherapy.com

Richard Kofsky

9701 Sandra Lane
Minnetonka, MN 55305
952-935-7864

Trisha McKeever

Hope Road Counseling LLC
7400 Metro Blvd. #220
Edina, MN 55439
612-979-1167
www.hoperoadmn.com

Tom Mills

Christian Counseling for Men
600 Twelve Oaks Center Drive, Ste 642D
Minneapolis, MN 55391
612-226-3600
www.christiancounselingformen.com

Mark Olson

14550 Excelsior Blvd
Suite #202
Minnetonka, MN 55345-5870
952-936-9982
www.markolsontherapy.com

Jenita Pace

Three Rivers Counseling, LLC.
7800 Metro Parkway
Bloomington, MN 55425
612-361-9325
jenitapace@gmail.com

Jody Schreiber

Schreiber Counseling
6542 Regency Lane
Eden Prairie, Minnesota 55344
(952) 314-9061

Linda Solie

5775 Wayzata Blvd Suite 700
St. Louis Park, MN 55416
952-525-2210
www.drsolie.com

Additional Resources

Most of these organizations claim to hold to Christian principles and values. Those that make no claim to being a Christian organization are sympathetic to our values and respect the spiritual beliefs of the individual.

Cornerstone Advocacy Services

1000 East 80th St
Bloomington, MN 55420
952-884-0376
Crisis Line is 952-884-0330
www.cornerstonemn.org

A great resource for dealing with abuse for men, women, and children.

TreeHouse

5757 Wayzata Blvd.
Minneapolis, MN 55146
952-238-1010

www.treehouseyouth.org

Expertise in youth and families, includes help for parents

Faithful and True Ministries

15798 Venture Lane Suite 301
Eden Prairie, MN 55344
952-746-3880

faithfulandtrue.com

Treatment of sexual addiction for men, support for their spouses, and guidance for couples who have experienced relational betrayal.

Minnesota Renewal Center

3499 Lexington Avenue N Suite 100
St. Paul, MN 55126
651-486-4828

www.minnesotarenewal.org

Works with missionaries, pastors, military members and low-income professionals

Minnesota Teen Challenge

3201 1st Avenue S
Minneapolis, MN 55408
612-373-3366

www.mntc.org

Residential and out patient treatment for chemical dependency

Minnesota Valley Life Skills

150 Engler Blvd.
Chaska, MN 55318
612-481-8554

mnvalleylifeskills.org

Anger management

New Life Family Services

1515 E 66th Street
Richfield, MN 55423
612-866-7643

www.newlifefamilyservices.org

Post-abortion recovery, pregnancy center, adoption services.

Outpost Ministries

763-592-4700

www.outpostministries.org

For those who struggle with same-sex attractions, homosexuality, pornography or other sexual addictions

Stepping Ahead Recovery

Brenda Greig

480 W 78th St., Suite 111

Chanhassen, MN 55317

612-567-8817

www.steppingahead.com**Support Groups**

Wooddale Church provides support groups for a number of issues including divorce, broken relationships, grief, job transition, mental illness, single moms, widows and disabilities. Many community groups use our facility for Alanon, Alanon for Parents, Alcoholics Anonymous, Debtors Anonymous, Eating Disorders Anonymous, Gamanon and Gamblers Anonymous.

These groups are Christian groups that we sponsor and community groups that use our building. Schedules of the groups vary and some are offered for multiple weeks while others are on-going. A list of groups and information can be found at <http://wooddale.org/care-support/>

Celebrate Recovery – for anyone with hurts, habits or hang-ups

Meets every Tuesday at Wooddale's Eden Prairie Campus

5:45 – 6:20 Optional meal

6:30 – 7:30 Large Group Meeting

7:40 – 8:45 Issue/gender specific small groups

Collaborative Divorce and Mediation Lawyers**Judith H. Johnson**120 S. 6th Street, Suite 1515

Minneapolis, MN

Office: 612-339-7566

Cell: 612-860-5939

www.collaborativedivorceminnesota.com

Kemi S. Rampi

3300 Edinborough Way, Suite 550
Edina, MN 55435
612-269-2794
<http://www.rampilaw.com>

Lynette M. Bledsaw

3300 Edinborough Way, Suite 550
Edina, MN 55435
952-975-9962

Cindy Perusse

Family Law Attorney
612-564-2075
<https://perussenixon.com/>

Erin Kassebaum

Resolution Divorce Services
7801 East Bush Lake Road, Suite 130
Bloomington, MN 55439
<http://www.resolutiondivorceservices.com>

Moxie, Inc.

9800 Shelard Parkway, Suite 340
Plymouth, MN 55441
763-444-2240
<http://www.moxieinc.com>

Daisy Camp

www.daisycamp.org
952-405-2060
Various classes for women