

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.

Anderson & McClelland Associates

1660 Highway 100 South
Minneapolis, MN 55416
763-541-1973

Arden Woods Psychological Services

Arden Woods Office Building
900 Long Lake Road Suite 320
New Brighton, MN 55112
651-482-9361
www.ardenwoodpsych.com

Christian Recovery Counseling

8441 Wayzata Blvd Suite 120
Minneapolis, MN 55426
763-566-0088
www.christianrecoverycenter.org

Counseling Care

1500 McAndrews Rd W Suite 201
Burnsville, MN 55337
952-892-8495
<http://counselingcare.us/>

Deep Haven Counseling Center

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

Defining Moments Counseling

Nancy Carlson
4960 Highway 12, Suite 1
Maple Plain, MN 55359
612-723-3311

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

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

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, Inc

1870 50th Street E Suite 3
Inver Grove Heights, MN 55077
651-230-6140
www.willowbranchcounseling.com

Christian Counselors in Private Practice**Sharon Anderson & Meredith Neumann**

Midwest Center for Trauma and Emotional Healing
16204 Hwy 7
Minnetonka, MN 55345
952-934-255
<http://www.mwtraumacenter.com>

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

Cleo Boll

215 E. Hwy 55, Suite 107
Buffalo, MN 55313
651-969-2630
www.cleoboll.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
donnagayle308@gmail.com

Kimberly Esau

19230 Evans St. NW #202A
Elk River, MN 55330
763-241-8157
www.kimberlyesau.com

Kerry Fox, MD

11000 Prairie Lakes Drive Suite 460
Eden Prairie, MN 55344
952-943-0836

Doug Frey

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

Janet Gibson

Edina Executive Suites, Suite 100
7400 Metro Blvd.
Edina, MN 55439
612-269-7977

Sharon Grostephan

1660 Hwy 100 S., Suite 428
St. Louis Park, MN 55416

612-922-9144

Beverly Johnson

5100 Edina Industrial Blvd. #232

Edina 55439

952-926-3412

www.beverlyjohnsontherapy.com

Richard Kofsky

9701 Sandra Lane

Minnetonka, MN 55305

952-935-7864

Dona Lofland

6830 Canterbury Lane

Eden Prairie, MN 55346

612-720-9445

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

The Carriage House at WaterTower Place

4300 Baker Road

Minnetonka, MN 55343-8600

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.

Christian Recovery Counseling

8401 Wayzata Blvd, Suite 340
Golden Valley, MN 55426
763-566-0088

www.christianrecoverycounseling.org

Services to individuals and families traumatized by emotional, sexual and domestic abuse

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, children and now a safe place for pets that are part of the family

Family Hope Services and Tree House

3315 Fernbrook Lane North
Plymouth, MN
763-557-8670

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

952-746-3882

<http://www.faithfulandtrueministries.com/>

Christ-centered help for sex addicts and their families

Midwest Challenge

3044 Chicago Avenue S

PO Box 7067

Minneapolis, MN

612-825-6871

www.mwcmn.org

Residential recovery program—Christ-centered

Minnesota Renewal Center

3499 Lexington Avenue N Suite 100

St. Paul, MN 55126

651-486-4828

www.minnesotarenewal.org

Works with missionaries, pastors and low-income professionals

Minnesota Teen Challenge3201 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

www.lifeskillsintl.org

Anger management

New Life Family Services1515 E 66th Street

Richfield, MN 55423

612-866-7643

www.newlifefamilyservices.org

For dealing with the effects from a past abortion, separate groups for men and women

Outpost Ministries

763-592-4700

www.outpostministries.org

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

Set Free Recovery Services—Saul Selby

651-253-6818

www.setfreerecovery.com

A Christian 12-step approach to alcohol, drug, and other addictions

Shield of Faith Ministries17800 24th Avenue N

Plymouth, MN 55446

763-473-3845

www.shieldoffaith.org

Expertise in dealing with spiritual abuse, spiritual oppression and possession

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

[Judith H Johnson@hotmail.com](mailto:Judith_H_Johnson@hotmail.com)

Kemi S. Rampi

3300 Edinborough Way, Suite 550

Edina, MN 55435

612-269-2794

www.collaborativesolutionsmn.com

kemirampi@hotmail.com

Lynette M. Bledsaw

3300 Edinborough Way, Suite 550

Edina, MN 55435

952-975-9962

www.lbledsawlaw.com

lbledsaw@lbledsawlaw.com

Cindy Perusse

Perusse Family Law and Mediation
Services

7760 France Ave. S., Suite 1100

Edina, MN 55435

952-841-6372

www.perusselaw.biz

Erin Kassebaum

Resolution Divorce Services

3800 American Blvd W

Suite 1500

Bloomington, MN 55431

<http://www.resolutiondivorceservices.com>

Moxie, Inc.

4050 Olson Memorial Hwy, Suite 205

Golden Valley, MN 55422

763-444-2240

<http://www.moxieinc.com>

Dorman Mediation

4501 Allendale Drive, Suite 2B

White Bear Township, MN 55127

651-294-0182

<http://dormanmediation.com/>

Daisy Camp

www.daisycamp.org

952-405-2060

Various classes for women