

Area Mental Health Providers

Associated Psychological Services		
Robert Valesano, LP	Special Needs, DD Assessments, Child / Adolescent / Adult	
Birch Lake Counseling		
Linnea Dietrich, MA, LMFT	Depression, Anxiety, crisis, marital or family conflict, abuse, trauma, parenting, grief and loss, adjustment to significant life changes PTSD.	Systems, family, CBT
Lisa Couture, MSW, LICSW	Filial play therapy, Depression, Anxiety, crisis, marital or family conflict, abuse, trauma, parenting, grief and loss, adjustment to significant life changes PTSD.	CBT
Cedarbrook Counseling		
Jerry Jensen, MA, LP	Relationship Concerns, Parent Relationship, Marriage and Relationship Enrichment, General Mental Health Concerns (depression, anxiety), Parenting, Total Wellness	
Sandy Larson, MA	Provides educational interventions for attention and behavior concerns. Focus for Success incorporates cutting-edge, scientifically proven interventions: neurofeedback, working memory training, contingency management training, psotive intervention education , and nutritional education.	
Center for Personal Counseling & Therapy		
Carol Schwarzkopf, PhD LP	General Practice, Clinical Hypnosis, Depression, Anxiety, Adjustment Disorders, Neurotic, Psychotic and Personality Disorders, Eating Disorders, Mood Disorder, Sleep Disorder.	Cognitive/Behavioral Therapy, Psychodynamic, Hypnosis
CORE Professional Services		
Dan Marquardsen MS, LP	Parenting, Psychological, Sex Offender Assessments	Cognitive Behavioral Therapy
Frank Weber, MS, LP	Coordinates Sex Offender Assessments, Psychosexual Evaluations, Anger Management Evaluations, Psychological Evaluations.	CBT
Glynis Thiesse MS, LP	Depression, Anxiety, Sexual Issues, Behavior Problems	CBT
Jennifer Vaughn MS, LMFT	Sexual Offenses, Marital	
Cornerstone Counseling Center		
Glen Browning	Men's issues: Anger, Addictions/Pornography, Conduct/Behavioral Disorders; Christian Counseling, Individual Expression, Anxiety, Family of Origin Issues, PTSD, Anger Issues, Abuse Issues, Low Self-Esteem, Bipolar and some of the Psychotic Diagnoses.	Trained in Marriage and Family Therapy field. Integrates Christianity in counseling.
Cuyuna Regional Medical Center		
Ken Fogal, MSLP	Anger, Anxiety, Depression, Trauma (PTSD), ADD, Grief, Stress Management, Parenting, Family Issues, Marital and Relationship issues, Self-esteem issues, Abuse, Spiritual issues, Mind-body/energy medicine Techniques.	CBT, Insight oriented, Mindfulness practice
Holistic Psychological Services		

Randall (Randy) Bundy, MSLP	Dual Disabilities, MI & CD Programs, Diagnostic Assessment, Rule 25, Parent Training Education, Relapse Tx, Intensive Outpatient Programming, Nicotine Cessation Program, Psychological Assessment, Treatment for Depression, Anxiety, PTSD, Anger Management Program.	Cognitive Behavior Therapy - Holistic
Independent Counseling Service		
Leonard Wheeler LADC	CU Assessments, Presentations, DWI/Drug Programs, Nicotine Addiction Recovery Programs, Relapse Prevention Programs, Education programs.	AA steps, Cognitive Behavior
Ronald E. Brusven, MN LADC	CU Assessments, Presentations, DWI/Drug Programs, Nicotine Addiction Recovery Programs, Relapse Prevention Programs, Education programs.	AA steps, Cognitive Behavior
Lakeland Psychiatry		
Theresa Steele, RNP	Experienced at working with patients having a variety of mental health issues: Mood Disorders, Schizophrenia, Anxiety, Poor Impulse Control, Chemical Dependency, Developmental Disabilities.	Medication Management, Emphasis exercise, diet, and sleep.
Lakes Area Counseling		
Caroline Bull, Psy. D., L.P.	Diagnostic Assessments to Determine Mental Health Status and give Diagnosis, Depression and Depressive Disorders, Anxiety and Anxiety Disorders, Grief/Loss, End of Life, Bipolar, PTSD, Trauma Recovery, Stress and Anger management.	Cognitive Behavioral Therapy; Hypnosis; Positive Psychology
Lakes Country Counseling		
Amanda Hemsworth, MA, LAMFT	Marriage/Family, Anger Issues, Anxiety, Adjustment Disorders, Adolescent Males, Love & Logic Parenting Principles, Blended Family Issues.	CBT, Structural Family Therapy
Kate Friesner MA, MFT	Kids and Teens - Depression, Anxiety	Attachment, Narrative Therapy, CBT
Kirstina Quast, MSW LGSW	Anxiety, Depression, PTSD, ADHD, Personality Disorders, ODD, Bi-polar, Attachment Concerns, Abuse / Neglect Survivors	Strengths Based, Solution Focused, CBT, Safety Focused Practice
Stephen Vagle M.S., LMFT	Marriage/Family Issues, Depression, Anxiety, Adolescent Males, Love & Logic Parenting Principles, Blended Family Issues.	CBT, Structural Family Therapy "Love and Logic" principles
Terry Stumbo MA, MAMFT	ADHD, PSTD, Marriage, TBI, Grief / Loss	CBT, Experiential Systems
Tim Anderson, MS LAMFT	Illness, Substance Abuse, Infidelity, Divorce, Parenting, Anxiety, Depression, Couples Therapy	CBT, Family Systems, Biosocial / Medical Model
Tracey Malone, MS MFT	Adoption; early childhood development and mental health; parenting; women's issues; couples counseling; also has extensive experience working with infidelity.	CBT, Systems
Lakeside Center, LLC		
Ron Hunt	(Christian or secular counseling) Specializes in Depression and in "spiritual direction", Cancer survivors, counseling for friends/family members with a loved one diagnosed with Cancer, addictions, grief/loss, ADHD, Anxiety disorders, Codependency, pain disorders, eating disorders.	

Lighthouse Counseling

Cathy Liane, MS, LP	Depression, Anxiety, Grief, Life Transitions, Relationship Issues, Conflict Resolution, Mind-Body Self Care	Individual, Couples, Families, and Groups, CBT, Clinical Hypnosis, SF Qigong, Cognitive Therapy
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Mary Kay Verkennes, MA, LP

Mary Kay Verkennes, MA, LP	Depression/Anxiety, Sexual Abuse–Children & Adult Survivors, Women's Issues, Stress Management, Attachment Disorders.	Cognitive Behavioral and Psychodynamic Therapy.
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Minnesota Psychological Resources

Kris Chaffe-Bates, MA	Abuse Victims, Addictions, ADHD Evaluation and Support, Adjustment Disorders, Anger Management, Anxiety, Behavior Disorders in Children and Adolescents, Bi-polar, Borderline Personality, Chemical Dependency Evaluation and Support, Depression, Dreams/Sleep Issues, Eating Disorders, Family Change, Grief/Loss, OCD, Parenting, Pregnancy and Postpartum Support, PTSD, Social Skill Development, Stress Management, Thought Disorders, Women's Issues	CBT
Lauris Prinsen, LADC	Abuse Victims, Addictions, Adjustment Disorders, Anger Management, Anxiety, Bi-polar, Chemical Dependency Evaluation and Support, Depression, Eating Disorders, Family Change, Grief/Loss, OCD, Parenting, PTSD, Stress Management, Women's Issues	CBT, Couples/Relationship Therapy

Northern Pines Mental Health Center, Brainerd

Bob Steele, MA, LP	Individual therapy with adults and children over 6 years old. Couple and family counseling.	CBT, Psychodynamic, Narrative
Claribel Severson, MA	Adults	
Donn C. Beaubien, LGSW	Children/Adolescents (ages 10 and up), Grief Issues	
Gayle Neuerburg, M.S., Inter Ther	Adults and Couples, Families in Process of Adoption	
Jean Kocer, MSW LICSW	Adults	
Julie Christensen, MSW	Children and Adolescents from 12 to 21	
Kimberly Searcy, MSW, LICSW	Depression, Anxiety, Adjustment/Life Transissions, Women's Issues, and Relational Issues.	
Mary Milicent, LICSW	Mental Health Services and Substance Abuse Counseling.	
Patricia W. Scott, MA, LP	Depression	CBT, DBT.
Paul S. Springstead, Psy.D, ABPP, L	Children, Adolescents, Marriage, Family, Adults, Assessments, Anger Issues	Family/Couples Therapy
Rachel LeeAnn Felch, M.A., L.P.C.C	Parenting, Play Therapy, Foster care, Abuse.	Play Therapy
Roxann Storms, MSW LICSW	18 years and older, Specializing in grief and loss, Abuse victims	

Stuart James Popkin, LICSW	Individual Therapy with Adults, Cognitive Therapy to Treat Anxiety and Depression, Grief and Loss of Work, Stress Management, Eating Disorders, and Expertise in Aging and Loss.	
Tammy Kmeckik, MSW, LGSW	Women's Issues, Substance Abuse, and PTSD.	
Northern Pines Mental Health Center, Little Falls/Long Prairie		
Jolene Pundsack, MS, NCC, LPC, L	Only see's female adult clients and children 8 years of age and up.	
Therese Meyer, MA, LMFT	Child and Adolescent Family Therapy	DBT
Tyler Trettel, MS	Individual - female, male, and children over age 5, Family Therapy	
Northern Pines Mental Health Center, Staples		
Audrey Brandt-Loer, MA, LPC	Grief, Miscarriage, Infertility, Adoption, Trauma/Abuse, Mood Disorders (Depression, Bipolar, etc.), Anxiety Disorders, Borderline Personality Disorder, Suicide, Cutting, Abortion.	DBT, CBT, Eclectic
Cris Roman (MFT licensure candid		
Ed Frankowiak, MSW LICSW	Adolescents, Adults, Couples, Domestic Abuse	
Northern Psychiatric Associates		
Phil Tange, MSW, LICSW	Adult Counseling: Anxiety, Depression, PTSD, Grief/Loss, Assertiveness Problems, Anger Issues	CBT
Nystrom & Associates		
Charles Fields, MA, LP		Cognitive Behavior Therapy, Intergrated Dual Disorder Treatment, Behavior Analysis & Modification-Based Therapy, Chemical Abuse and Dependence, Anger/Stress Management, Grief/Loss Issues, Parenting Skills, Compulsive Gambling
Da'Nel Randall, MS, LPCC	Depression, Anxiety, PTSD, Women's Issues	Play Therapy Trained
Darren DeVries, MA, LMFT	Dialectical Behavioral Therapy and Groups for Adolescents and Adults	Depression, Anxiety, PTSD, Partenting, Emotion Regulation, Focus on Spirituality if desired, Individual, Families, Couples
Debra VanCleave, DO		Psychiatric Assessment. Prescribing and Managing Medications, Working Collaboratively with other physicians,

Donna Peterson, Psy.D, LP	Personality Testing ages 5 and up	Therapy for teens and adults, Specialize in Personality Disorders
James Whalen, Ph.D, LP, CRC	Psychological Testing for ADD/ADHD. Personality and Intelligence testing	Cognitive/Behavioral Supportive Therapy
Janet Schuneman, MS, LMFT		Anxiety, Couples, Families, Depression, Womens Abuse
Jody Carlson, CNP		Psychiatric Assessment prescribing and managing medications, working collaboratively with other physicians and mental health professionals
Kristen Lewis M.S. LMFT	Teens, Anxiety and Depression, ODD,ADHD, Children & Families, Marital Counseling	CBT,Systems, Narrative, Solution-focused
Leola Johnson, MN, RN, CNP		Psychiatric Assessment, prescribing and managing medications, working collaboratively with other physicians and mental health professionals
Morgan Juel , Ph.D	Adult Dialectical Behavior Therapy	Individuals, Women's Issues, college Students, PTSD, Child Sexual Abuse, Rape/Sexual Assault, Depression, Anxiety, Grief, Clients recently hospitalized
Nancy Carkhuff LADC, LSW	Chemical dependency, adults with mental health challenges, and people with a criminal background.	
Rebecca Gatton, MS	Dialectical Behavioral Therapy	Family/Marital Therapy, Adolescent Female Issues, Women's Issues, Grief and Loss, Parneting, Sexual Abuse, Eating Disorders
Ruth Schaefer, MA, LP	Personality Disorders, Pain, Grief/Loss, Chemical Dependecny, Addictions.	Cognitive Behavioral Therapy, Christian
Shauna Ezell	Play therapy, Child Abuse and Neglect, Attachment Difficulties, Domestic Violence.	
Steve Gatton, MS, LPCC	Dialectical Behavioral Therapy for Adolescents and Adults	Anxiety, Depression, DBT, Domestic Violence, Addictions, Impulse Control, Trauma both past and recent, Anger Management

Potter's Cottage

Marsha Speed, MS, CS, RN	(Christian or Secular Counseling) ADHD/ADD, ODD, Anger Management, Parenting Issues, Single Parenting, Blended Families, Stress Management, Abuse and Trauma, Women's Issues, Depression/Anxiety, Death and Dying, Grief and Loss, Troubled Marriages, Crisis Counseling.	Holistic, Living Changes, Individual Group and Family Therapy
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Tetreault Psychological Services

George Tetreault, MA, LP, Ed.S.	Anxiety Disorders and Depression, Family Therapy w/Children, Individual Counseling.	Cognitive Behavior Therapy for Anxiety Disorders and Depression.
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The Counseling Center (LSS)

Barbara Parks, M. Ed., LICSW	Depression/Anxiety, Grief/Loss, Victims of Domestic Abuse, PTSD, Adolescent Counseling, Gender Identity, Obesity, Bi-Polar, Mood Disorders.	CBT
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Bob O'Neill, PhD, LP	Primary Focus is ADHD, ADD, ODD, OCD in Children & Adults, Chronic Pain, Learning Disabilities, Behavior Issues.	CBT, Testing, Play Therapy
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Mary Jo Cody, MSW, LICSW	Veterans and their Families, Depression/Anxiety, Grief & Loss, Adolescent Counseling, PTSD, Domestic Abuse Victims, Obesity, Anger Issues, Couples/Marital, Pain Management.	
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True Balance, PLLC

Brooke Sander MA, LMFT	Early Childhood Disorders, Anxiety, Depression, Mood Disorders	CBT, Solution-focused, Psychodynamic, Attachment
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Dr. Leslie Russell-Martin, MS, LMFT	Equine-Assisted Therapy, Autism, Play Therapy, Trauma, Sexual Abuse, Physical Abuse and Neglect, Children & Families, PDD's, Psychological Testing/Assessments, Neuropsych Evals, Anxiety and Depression, OCD, ADD, RAD, Childhood Disorders, PTSD, Parenting Skills, Play Therapy, Social and Relationship Issues, Marriage Counseling, Psych Testing	Equine(horse) Therapy, Play Therapy, Family-Focused, Systems, RET, CBT, Solution-Focused, Narrative.
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Heather Anderson, MS LMFT	Trauma, Sexual Abuse, ADHD, Autism, RAD, Parenting Skills, Physical Abuse and Neglect, Children and Family Issues, ODD, Anxiety and Depression, Teens, Chemical Health, Marital Counseling	CBT, Systems, Narrative, Solution-Focused
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Jennifer Bischoff, M.S. LMFT	Autism, Physical Abuse and Neglect, Parenting Skills, RAD, Conduct Therapy, ADD, Childhood Disorders, Children and Families Relationship Issues	Play therapy, Family-Focused, Systems, CBT, Solution-Focused
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Jodi Nelson, MED, LMFT	Anxiety and Depression, OCD, ADHD, PTSD, Children & Families, Marital Counseling	CBT, Systems, Narrative, Solution-Focused, Relaxation Training
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Kathleen Anderson, M.S. LMFT	CBT, Parenting Skills, Physical Abuse and Neglect, Children and Family Issues, Marital Counseling	CBT, Systems, Narrative, Solution-focused
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Tanya Kubista MS, LAMFT	Childhood Disorders, Speciality in Fetal Alcohol Syndrome, Parenting Skills, Working with Military Families	CBT, Systemic, Transgenerational
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Vicki Serum, MA, LICSW

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Depression/Anxiety, ADHD, Stress Management, Sexual Abuse and Trauma, CD
Recovery, Specializes in Pain Management through Hypnosis.

CBT- Will switch to Behavioral,
Hypnosis, has therapy dog