

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

Bachmann and Associates

1500 McAndrews Rd W Suite 201
Burnsville, MN 55337
952-892-8495
www.bachmanncounseling.com

Christian Marriage Center

13911 Ridgedale Drive Suite 460
Minnetonka, MN 55305
952-546-4044
www.christianmarriagecenter.com

Christian Recovery Counseling

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

Ervin Counseling and Family Life Ministries, PA

7200 France Ave S Suite 338
Edina, MN 55435
952-393-7528
www.ervincounseling.blogspot.com

Faithful and True Counseling

15798 Venture Lane Suite 301
Eden Prairie, MN 55344
(952) 746-3882
www.faithfulandtrueministries.com

Family Attachment 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
Elk River, MN 55330
763-633-5111
www.hardystephens.com

Levang and Associates

1000 Shelard Parkway Suite 260
St. Louis Park, MN 55426
952-541-479
www.levangandassociates.com

Life Development Resources, PA

10591 165th St West
Lakeville, MN 55044
952-898-1133
www.lifedrs.com

Living Influence, LLC

6542 Regency Lane Suite 202

Eden Prairie, MN 55344

952-903 9202

www.livinginfluence.com**Minnesota Psychological Resources**

Dupont Office Center

9801 Dupont Ave S Suite 200

Bloomington, MN 55431

952-888-4844

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**Nystrom and Associates, Ltd**

New Brighton Professional Building

1900 Silver Lake Road Suite 110

New Brighton, MN 55112

651-628-9566

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 490

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**WaterTower Place Counseling**

4300 Baker Road

Minnetonka, MN 55343

952-912-9800

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

Cleo Boll

Golden Valley Corporate Center

1710 Douglas Drive Suite 180

Golden Valley, MN 55422

651-969-2630

www.cleoboll.com

Heidi Driscoll

12450 Wayzata Blvd. Suite 227
Minnetonka, MN 55305
(612) 437-5900

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

The Carriage House at WaterTower Place
4300 Baker Road
Minnetonka, MN 55343
612-269-7977

www.janetwgibsonlmfttherapy.com

Sharon Grostephan

5354 Parkdale Drive Suite 300
St. Louis Park, MN 55416
612-922-9144

Beverly Johnson

4005 West 65th Street Suite 210
Edina, MN 55435
952-926-3412

www.beverlyjohnsontherapy.com

Richard Kofsky

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

JoAnn Kraft

The Carriage House at WaterTower Place
4300 Baker Road
Minnetonka, MN 55343-8600
952-912-9800

www.GettingReadyformarriage.com

Dona Lofland

6830 Canterbury Lane
Eden Prairie, MN 55346
612-720-9445

Russell Morfitt

15798 Venture Lane
Eden Prairie, MN 55344
952-261-3049

Todd Mulliken

5275 Edina Industrial Blvd. Suite 124
Edina, Minnesota 55439
952-835-7130
www.toddmulliken.com/mcc.php

Mark Olson

The Carriage House at Water Tower Place
4300 Baker Road
Minnetonka, MN 55343-8600
952-912-9800

Linda Solie

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

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 Center

8441 Wayzata Blvd Suite 120
Minneapolis, MN 55426
763-566-0088

www.christianrecoverycenter.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 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
www.lifeskillsintl.org
 Anger management

New Life Family Services

1515 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 Ministries

17800 24th Avenue N
 Plymouth, MN 55446
 763-473-3845
www.shieldoffaith.org

Expertise in dealing with spiritual abuse, spiritual oppression and possession

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 as well as National Multiple Sclerosis Society.

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.