



INSTITUTE FOR ONGOING CLERGY FORMATION

The Saint Paul Seminary

Counselor/Therapist Referral List

This list is intended to identify individuals who could be helpful to clergy seeking confidential and anonymous help with personal matters, including but not limited to addiction, depression, alcoholism, and anxiety. The counselors on this list are either Catholic or have been referred to us by a Catholic Counselor or priest, so have familiarity with working in an integrative manner with their clients' Christian faith. These individuals would also be a resource for parishioners you are counseling who have needs that go beyond pastoral and spiritual counsel. The list is not meant to be exclusive nor exhaustive. If you have suggestions or additions to this list, please contact the Institute for Ongoing Clergy Formation: (651) 210-9651.

Metro Area:

Benjamin Baker, MA, LMFT

Martin Center for Integration

3204 East 43rd Street

Minneapolis, MN 55406

(651) 237-2022

benjaminbaker@martincenterforintegration.com

<https://martincenterforintegration.com/counseling/ben>

Specialties: Families in crisis, men struggling with anger and relationships, people who have experienced trauma, and emerging adults. Trained in EMDR, DBT, DBT-C, PREPARE/ENRICH.

John Braun, MA, LAMFT

Martin Center for Integration

3204 East 43rd Street

Minneapolis, MN 55406

(651) 300-2150

johnbraun@martincenterforintegration.com

Specialties: men struggling with anger, couples, families with difficult relationship dynamics, people with trauma, individuals with anxiety and depression, struggles regarding sexuality, and emerging adults.

Jonah Carlstrom, MA

Novare Counseling Center

871 Jefferson Ave.

St. Paul, MN 55102

(612) 424-9983

jonah@novarecounseling.com

[Novare Counseling Center](#)

Specialties: Trauma, sexual addiction, depression, spiritual integration, anxiety disorders, addiction, relationships, grief and loss, eating disorders, abuse.

Anne Kunesh-Carney, MA, LMFT

Midwest Center for Personal & Family Development
2550 University Avenue West, Suite 435-S
St. Paul, MN 55114
(651) 647-1900

info@midwestcenter4u.com

<https://mentalhealthinc.com/locationprovider/>

Specialties: ADHD, spectrum disorder, addiction recovery, parenting (especially special needs children), premarital counseling.

Tele-Therapy Only

Savannah Courteau, Intern

Novare Counseling Center
871 Jefferson Ave.
St. Paul, MN 55102
(612) 424-9983
savannah@novarecounseling.com

[Novare Counseling Center](#)

Specialties: Grief and loss, depression, anxiety disorders, self-esteem, marital issues, eating disorders, relationships.

Nathan Czaia, MA, LPCC

Martin Center for Integration
3204 East 43rd Street
Minneapolis, MN 55406
(651) 983-4352

nathanczaia@martincenterforintegration.com

<https://martincenterforintegration.com/counseling/nathan>

Specialties: Adults of all ages dealing with various mental struggles, couples, children 12 and up, men struggling with anger and relationship issues. Trained in CBT.

Addy Diaz, MS, MHP

Martin Center for Integration
3204 East 43rd Street
Minneapolis, MN 55406
(612) 547-6443

addydiaz@martincenterforintegration.com

Specialties: adolescents, young adults, families; utilizes Internal Family Systems. Is EMDR trained.

Mary Jo Faustgen, MA, LMFT

Midwest Center for Personal & Family Development

2550 University Ave. W.,
Suite 435-S,
St. Paul, MN 55114
651-647-1900

<https://mentalhealthinc.com/>
<https://mentalhealthinc.com/locationprovider/>

Specialties: Anxiety and stress management, grief and loss, chronic/terminal illness: group and individual, pain management: group and individual, Christian therapy.

Tele-Therapy Only

Carmen Franzmeier, MA, LMFT

Martin Center for Integration
3204 East 43rd Street
Minneapolis, MN 55406
(651) 300-2150

carmen@martincenterforintegration.com
<https://martincenterforintegration.com/counseling/carmen>

Specialties: Eating disorders, body-image, depression, anxiety, works with all ages including couples and families. Works with clients ages 13 and older, as well as couples and families.

Maggie Hartzheim, MA, LMFT

Martin Center for Integration
3204 East 43rd Street
Minneapolis, MN 55406
(651) 300-2150

maggiehartzheim@martincenterforintegration.com
<https://martincenterforintegration.com/counseling/maggie>

Specialties: Parent-child relationships, attachment difficulties, children with trauma and behavioral problems, post-partum, parental mental health, co-parenting issues, manifestations of depression and anxiety such as negative self-talk, excessive worrying, low self-worth, shame, works with (0-5+), as well as older children, adults and family groups.

Amy Johnson, MS

Novare Counseling Center
871 Jefferson Ave.
St. Paul, MN 55102
(612) 424-9983

amy@novarecounseling.com
[Novare Counseling Center](#)

Specialties: Anxiety disorders, depression, self-esteem and body issues, relationships, adjustment and transition concerns.

Megan Lawrence, MS, LMFT

Martin Center for Integration
3204 East 43rd Street
Minneapolis, MN 55406

(651) 300-9036

meganlawrence@martincenterforintegration.com

<https://martincenterforintegration.com/counseling/megan>

Specialties: Life transitions, grief and loss, self-worth, body image, relationship dynamics, recovery work, eating disorder recovery. Trained in EMDR.

Joseph Lundsten, MA, LPCC

Axios Integrative Therapy

1140 S. Robert Street

St. Paul, MN 55118

(612) 208-7239

joseph@axios-therapy.com

<https://www.axios-therapy.com/>

Specialties: Works with adults and couples with varying concerns including: grief & loss, depression, anxiety, PTSD & trauma, addiction & substance use, sexual addiction & integrity, faith & spirituality, chronic health issues, OCD & scrupulosity, relational & family issues.

Krista Masek, MA, LPCC

The Saint Paul Seminary

2260 Summit Ave.

St. Paul, MN 55105

(651) 962-5781

krista.masek@stthomas.edu

Specialties: anxiety, depression, attachment trauma, grief and loss, sexuality, boundaries, forgiveness, and complex family dynamics. Also helps with areas individuals may need growth in self-awareness.

Krista works only with priests, seminarians and religious

Kenna Millea, MA, LMFT

Martin Center for Integration

3204 East 43rd Street

Minneapolis, MN 55406

(651) 560-0450

kennamillea@martincenterforintegration.com

<https://martincenterforintegration.com/counseling/kenna>

Specialties: Works with adults, couples and families. She utilizes Internal Family Systems as well as Dialectical Behavioral Therapy strategies to support clients addressing anxiety, low self-esteem and strained relationships, EMDR Trained.

Therese McCann Fischer, MA, LP

Associated Clinic of Psychology

4027 County Road 25

Minneapolis, MN 55416

(651) 222-5200 (can text for an appointment)

acp-mn.com

Specialties: Individual therapy, behavioral analysis, diagnostic assessment, family consultation, education.

Erin Murphy, MS, LPC

Novare Counseling Center

871 Jefferson Ave.

St. Paul, MN 55102

(612) 424-9983

erin@novarecounseling.com

[Novare Counseling Center](#)

Specialties: Anxiety disorders, OCD/scrupulosity, grief and loss, trauma, EMDR.

Dr. Daniel McClure, Psy.D

Novare Counseling Center

871 Jefferson Ave.

St. Paul, MN 55102

(612) 424-9983 Ext. 4

drmccclure@novarecounseling.com

[Novare Counseling Center](#)

Specialties: Healing underlying causes of anxiety, depression and scrupulosity, healing maladaptive relational patterns, sexual integration, healing from psychological trauma, couples therapy.

Katie McClure, MS, LPCC

Hold Fast Counseling

1140 South Robert Street

West St. Paul, MN 55118

651-243-0181

katie@holdfastcounseling.org

<https://www.holdfastcounseling.org/about>

*Specialties: **Works only with women**-depression, anxiety, adjustment concerns, relational challenges, trauma, grief and loss, and disordered eating behaviors and body image concerns, post-abortive grief counseling and perinatal mental health concerns (miscarriage, infertility, postpartum depression.)*

Christopher Miller, MS, PsyD

Allina Health Mental Health Clinic

280 Smith Ave N

Doctors Professional Building, Suite 450

St. Paul, MN 55102

651-241-5959

<https://account.allinahealth.org/providers/19652#seeMeFor>

Specialties: Maturation challenges and life transitions, psychology of men, positive psychology (strengths/virtues-based approach), Cognitive Behavior Therapy, interpersonal therapy, depression, anxiety, Obsessive-Compulsive Disorder.

Catherine Mollner, MA, LP, SEP

Mollner Mental Health
370 Selby Avenue, #319
St. Paul, MN 55102
(651) 286-8507
catherine@mollnermentalhealth.com
www.mollnermentalhealth.com

Specialties: Trauma, attachment, anxiety, depression, marital therapy.
Telehealth Available

Teresa Petruccelli, MA

Novare Counseling Center
871 Jefferson Ave.
St. Paul, MN 55102
(612) 424-9983
teresa@novarecounseling.com
[Novare Counseling Center](#)

Specialties: Depression, anxiety disorders, grief and loss, relationships, couples therapy, trauma, sexual betrayal, adjustment and transition concerns.

Paul Ruff, MA, LP

Assistant Director of Human Formation
The Saint Paul Seminary
2260 Summit Avenue
St. Paul, MN 55105
(651) 690-1414
Ruff0016@stthomas.edu
<https://saintpaulseminary.org>

*Specialties: **Open on an as-available basis to see priests and permanent deacons for brief counseling.** Integrates faith as a guide for growth, situational adjustment, conflict management, depression, anxiety, relationship issues and trauma, experiential, emotion and attachment-based stance to assist in deep and integrated changes.*

Dan Stokman, MA, LPCC

Novare Counseling Center
871 Jefferson Ave.
St. Paul, MN 55102
(612) 424-9983 X21
dan@novarecounseling.com
[Novare Counseling Center](#)

Specialties: Marital therapy, pornography addiction/sexual integrity issues, anxiety disorders including OCD, trauma, depression, healing shame.

Brant Thomsen, MA, MSW, LICSW

311 Ramsey Street
Suite 306

St. Paul MN 55102

651-925-6313

brant@strengthandhealing.com

<http://www.strengthandhealing.com>

Specialties: Trauma Specialist - EMDRIA Certified Therapist and approved consultant - specialized support for medical professionals.

Intensive Approach

Works alongside traditional therapy providing intensive EMDR. So a person can stay with their therapist, but Brant provides highly focused EMDR therapy from a Catholic perspective to focus on something specific. This can help 'unlock' anything blocking progress in the traditional therapy - or to simply upgrade the progress being made in the traditional therapy.

Traditional Approach

Also provides a traditional approach (meeting weekly or bi-weekly) but highly specialized in trauma, autism, and integration of the person's spiritual experience into the therapy. Rates are \$175.00 session, \$125.00 clergy/seminarian (this reflects a 50% discount for clergy)

Lauren Wier, MSW, LICSW

Martin Center for Integration

3204 East 43rd Street

Minneapolis, MN 55406

(651) 300-2150

laurenwier@martincenterforintegration.com

<https://martincenterforintegration.com/counseling/lauren>

Specialties: Perinatal mood and anxiety disorders, anxiety, depression, trauma, childhood emotional neglect, Infertility and recurrent miscarriages, adoption related concerns, relationship difficulties, special needs parenting, highly sensitive persons, and those struggling to find meaning and purpose.

Christian Wolfe, LPCC, LADC, CSAT-Candidate

Owner, Psychotherapist

Caritas in Veritate Counseling

1595 Selby Ave., #105

St. Paul, MN 55104

(651) 321-1030

cwolfe@carivercounseling.com

Specialties: EMDR-trained, IFS-informed, Certified Sex Addiction Therapist-candidate with Catholic integrative lens. Works with adults, adolescents, clergy, and religious. Focus areas: Relationship challenges, depression, anxiety including OCD, scrupulosity, and panic disorders; trauma and chronic stress; unwanted sexual issues including compulsive sexual behavior/pornography use; substance-related and process addictions like gaming and social media. He also serves individuals in vocational discernment: priesthood, religious vocation, marriage, family, singleness, and career. He also serves as adjunct counselor and adjunct instructor in human formation at the Saint Paul Seminary, Institute for Diaconal Formation, and Institute for Ongoing Clergy Formation.

North Metro Area:

Allison Benz, MA, LMFT

Trinity Therapeutic Services
9000 Quantrelle Ave NE Suites 102 & 103
Otsego, MN 55330
(612) 217-4241

allison@trinitytherapeuticservices.com

<https://www.trinitytherapeuticservices.com>

Specialties: EMDR, DBT, depression/anxiety, trauma/post-traumatic stress, perinatal mood and anxiety disorders, infertility, pregnancy loss/infant loss, birth trauma, ADHD, personality disorders, relationship issues, parenting issues and couple and family communication challenges/development.

Telehealth Available

Alice Congdon, LPCC

Nystrom and Associates
11660 Round Lake Blvd. NW
Coon Rapids, MN 55433
(763) 767-3350

[Alice Congdon - Nystrom & Associates \(nystromcounseling.com\)](http://nystromcounseling.com)

Specialties: Individual, family & couples/marital counseling, children ages 7+, depression, anxiety, bipolar, OCD, PTSD, ADHD/ADD, eating disorders, autism spectrum, adjustment disorders/life transitions, substance abuse & addictions, childhood disorders & personality disorders.

Note: If registration says closed to new clients, make a special request.

Anthony Damiani

The Center for Hope and Healing
11070 183rd Circle NW, Suite C
Elk River, MN 55330
(763) 633-5111

info@thecenter4hopeandhealing.com

<https://thecenter4hopeandhealing.com>

Specialties: Adolescent males, adult males, anxiety, stress, depression, issues with sexuality, pornography, anger, marriage difficulties, trauma, abuse, substance use, and issues with faith.

Telehealth Available

Vince Deming, MA, LPCC

Christian Heart Counseling
7362 University Ave., NE Suite 307
Fridley, MN 55432
952-479-0649

vinced@christianheartcounseling.com

<https://christianheartcounseling.com/vince-deming>

Specialties: Depression/melancholy, anxiety/panic, spiritual issues/development, insomnia, addictions, pornography issues, grief and loss, men's issues, anger, trauma.

Jaclyn Kennedy, MA, LMFT

St. Vincent de Paul Catholic Church 9100 93rd Ave N
Brooklyn Park, MN 55445
763-710-6133

JaclynKennedyTherapy@gmail.com

<https://www.catholictherapists.com/jaclyn-kennedy-ma>

Specialties: Individuals, married couples, adolescents, families, depressive disorders, anxiety disorders, betrayal trauma, trained in EFT.

Michelle Lenertz

The Center for Hope and Healing
11070 183rd Circle NW, Suite C
Elk River, MN 55330
(763) 633-5111

info@thecenter4hopeandhealing.com

<https://thecenter4hopeandhealing.com>

Specialties: Anxiety, depression, trauma, attachment concerns, low self-esteem, relational distress, ADHD, and life transitions, adolescents 14 years and up.

Telehealth Available

Joseph Lundsten, MA, LPCC

Axios Integrative Therapy
129 29th Ave. N.E.
Minneapolis, MN 5418
(612) 208-7239

<https://www.axios-therapy.com/>

Specialties: Works with adults and couples with varying concerns including: grief & loss, depression, anxiety, PTSD & trauma, addiction & substance use, sexual addiction & Integrity, faith & spirituality, chronic health issues, OCD & scrupulosity, relational & family issues.

Katherine Maguire, LPCC

The Center for Hope and Healing
11070 183rd Circle NW, Suite C
Elk River, MN 55330
(763) 633-5111

info@thecenter4hopeandhealing.com

<https://thecenter4hopeandhealing.com>

Specialties: Children and adolescents ages 6-17, young adults ages 18-30, anxiety/OCD, depression, adjustment issues, relationships, self-esteem, integration of faith in therapy, Cognitive Behavioral Therapy (CBT), eye movement desensitization and reprocessing (EMDR). disorders.

Telehealth Available

Ann Melde-Rahe, MS, LPCC

Trinity Therapeutic Services
9000 Quantrelle Ave NE Suites 102 & 103
Otsego, MN 55330
(612) 217-2611

ann@trinitytherapeuticservices.com

<http://trinitytherapeuticservices.com>

Specialties: Individuals, families, and couples, children ages 10+, complex trauma therapy, anxiety, depression, relational and marriage challenges, personality disorders, dissociative disorders, OCD, ADD/ADHD, chemical dependency, parenting difficulties, self-esteem and self-harm.

Telehealth Available

Joe Pribyl, MA, LMFT

Minnesota Renewal Center
3499 Lexington Ave N, #100
Arden Hills, MN 55126
(651) 398-5847

jpribyl@minnesotarenewal.org

<http://www.minnesotarenewal.org>

Specialties: Anxiety (including OCD/scrupulosity), depression, marital/relational issues, life transitions, marriage preparation, post-abortion healing, trained in therapeutic approaches including emotionally focused therapy and accelerated resolution therapy. Works with individuals (adolescence and older), couples, and families.

Steven Sawyer, MSSW, LICSW

Sawyer Solutions, LLC
4505 White Bear Parkway
White Bear Lake, MN 55110
(612) 590-3190

ssawyer@sawyersolutions.org

sawyersolutions.org

Annual review/risk assessments for St. John's Abbey and has experience working with Christian Brothers order and diocesan priests, Full psycho-sexual evaluation and contracts out for Playesismograph, sexual history polygraph, risk assessment tools based on actuarial-ABLE screen self-report tool, founding board member and past executive director of Project Pathfinder, Inc. (Agency specializing in the treatment of children, adolescents and adults with sexual behavior problems.)

Kurt Wical, PhD, LMFT

MN Couple Therapy Center
1611 County Rd B, Suite 204
Roseville, MN 55113
(651) 340-4597

kwical@mncoupletherapycenter.com

<https://www.mncoupletherapy.com/locations-1/roseville>

Specialties: Certified emotionally focused therapist, supervisor, and trainer. Works with a wide range of mental issues, but specialty is marriage counseling/couple therapy.

South Metro Area

Elizabeth Gokowski, MS, LPCC

Water's Edge Counseling and Healing Center, LLC

14551 Judicial Road, Suite 100

Burnsville, MN 55306

Phone: 952-898-5020 ext. 131

<https://www.watersedgehc.com/>

Specialties: Adults who are struggling with eating disorders, depression, anxiety and/or trauma symptoms in individual, outpatient and adult populations.

Tele-Therapy Only

John Rigsby, MS, LPCC

Water's Edge Counseling and Healing Center

14551 Judicial Road, Suite 100

Burnsville, MN 55306

<https://www.watersedgehc.com/>

Specialties: Works with adults dealing with depression, anxiety and trauma.

Steve Ruff, MA, LMFT

6607 18th Ave. S.

Richfield, MN 55423

(612) 798-7373 x33

steveruff529@aol.com

psychologytoday.com

Specialties: Psychologist for over 28 years, works with children, adolescents and adults, depression, grief, anxiety, ADHD, life transitions, parenting, trauma, autism, relationship difficulties, incorporates faith into therapy as desired by clients, specialized training in OCD, provides play therapy to children.

Faithful and True

15798 Venture Lane

Eden Prairie, MN 55344

(952) 746-3880

info@faithfulandtrue.com

faithfulandtrue.com

Specialties: Christian counseling for men struggling with sexual addiction/sexual purity.

East Metro Area

Sarah McCauley, MA, LMFT

Next Chapter Family Counseling

8530 Eagle Point Blvd.
Lake Elmo, MN 55042
(651) 235-5374

<https://www.ncfcmn.com>

Specialties: Grief, chronic health, couples, family conflict.

West Metro Area

John Birkland, MA, LMFT, Psychotherapist

Health Partners Clinic St. Louis Park West End

1665 Utica Ave. S., Suite 100

Saint Louis Park, MN 55416-3476

952-541-2566

<https://www.healthpartners.com/care/find/doctor/96126/>

Specialties: Acute and chronic trauma with a specialty focus on attachment. Also, he is quite comfortable conducting/discussing therapeutic content with patients within the context of Catholic Christianity.

Tala Ciatti, M.Ed., LPCC, NCC

Clinical and Developmental Services LLC

7770 Dell Road, Suite 120

Chanhassen, MN 55317

(952) 955-4714

TCiatti@ClinicalAndDevelopmentalServices.com

<http://www.clinicalanddevelopmentalservices.com>

Specialties: Adults and adolescents; anxiety, depression, transition, loss, trauma. Trained in CBT and TF-CBT, parts work (IFS) and somatic awareness.

Telehealth and In Person Available

Justin Duda, LPC

Lifestance Health

5353 Wayzata Blvd., Suite 200

Saint Louis Park, MN 55416

651-231-2782

Contact through website:

<https://lifestance.com/provider/justin-duda/>

Specialties: Anxiety, childhood behavior issues, couple's issues, depression, medical conditions/health psychology, men's issues, midlife transitions, pain management, PTSD/trauma, school avoidance.

Telehealth Available

Denise Lacher, MA, LP

Family Counseling and Attachment Center

102 N Chestnut Street

Chaska, MN 55318

(952) 475-2818 ext. 1014

denise@familyattachment.com

www.familyattachment.com

Specialties: Trauma, attachment, adoption, anxiety, depression, trained in EMDR, trained in TF-CBT.

Telehealth Available

Victoria Molko, MA, LPC

VM Counseling

7400 Metro Blvd., #220

Edina, MN 55439

(509) 713-6016

Contact through website, phone, or email

victoria@vmcounselingmn.com

www.vmcounselingmn.com

Specialties: Anxiety, depression, perfectionism, relationships, religious and existential concerns, young adults.

Anthony Todd Nichols, PhD, LP

Family Counseling and Attachment Center

102 N Chestnut Street

Chaska, MN 55318

(952) 234-4632

todd@familyattachment.com

www.familyattachment.com

Specialties: Trauma, attachment, adoption, anxiety, depression, physical and sexual trauma, males with sexual and other addictions, trained in EMDR, trained in TF-CBT.

Melissa Nichols, MA, LMFT

Family Counseling and Attachment Center

102 N Chestnut Street

Chaska, MN 55318

952-475-2818

melissa@familyattachment.com

www.familyattachment.com

Specialties: Autism specialty and trained in polyvagal theory and offers safe and sound protocol and Focus System, neurodevelopmental movement and a certified practitioner

Both of these interventions work on internal regulation using movement. They are particularly helpful for children with ADHD symptoms, trauma, and ASD.

Jake Voelker, MA, LMFT

Parkdale Therapy Group

1000 Shelard Parkway, Suite 520

Saint Louis Park, MN 55426

(952) 224-0399 ext. 108

j@jakevoelker.com

www.jakevoelker.com

<https://www.parkdaletherapy.org>

Specialties: Anxiety, depression, trauma, pornography addiction, trained in EMDR.

Virtual Therapists

Bradley Barker, LPCC

Licensed Professional Counselor in Arizona

Clinical Counselor in Minnesota

1176 E. Warner Road, Suite 203

Gilbert, AZ 85296

brad@barkersolutions.net

<https://barkersolutions.net>

Specialties: Specializes in helping Catholics address concerns with relationships, anxiety, stress, trauma, obsessions or compulsions.

Telehealth Only in Minnesota

Catholic Therapist Referrals

Catholic Therapists.com

catholictherapists.com

Catholic Therapists is an on-line resource for information and search function for finding Catholic Therapists nationwide. There is a vetting process for the therapists that are registered on this site.