



INSTITUTE FOR ONGOING CLERGY FORMATION

The Seminaries of Saint Paul

Counselor/Therapist Referral List

This list is intended to identify individuals who would be helpful to priests seeking confidential and anonymous help with personal matters, including but not limited to addiction, depression, alcoholism, and anxiety. These individuals would also be a resource for parishioners you are counseling who have need 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) 962-5334.

Jeff Berryhill, Ph.D., LP

Arden Woods Psychological Services

900 Long Lake Rd., #320

New Brighton, MN 55112

651-482-9361

jeff@berryhillcounseling.org

- Uses a variety of counseling approaches, including solution-focused and cognitive-behavioral
- Regularly counsels with people in vocational ministry or missions and their family members
- Holds an APA-accredited doctorate in clinical psychology and a masters in theology from Fuller Theological Seminary in California
- Training included integration of theology and psychology and he brings a Christian perspective to his assessment and counseling practice.
- Treats depression, anxiety, ADHD and relationship problems

Chris Burke, Ph.D., LP

Behavioral Health Services, Inc. (BHSI)

3460 Washington Drive, Suite 200

Eagan, MN 55122

(513) 313-0901 cell

(651) 769-6200 office

Southpaw47@gmail.com

cburke@bhsimn.com

- Trauma, alcohol and drug related issues
- Military/family related issues
- Health/medical diagnosis related issues
- Work/career/employment related issues
- Men's issues
- Anxiety and depression
- Acceptance and Commitment Therapy
- Spiritual issues and providing therapy that is respectful of traditional religious belief

Anne Kunesh-Carney, MA, LMFT
Midwest Center for Personal & Family Development
2550 University Avenue West, Suite 435-S
St. Paul, MN 55114
or
234 Wentworth Avenue East
West St. Paul, MN 55118
(651) 647-1900

- ADHD
- Autism Spectrum Disorder
- Addiction Recovery
- Faith-based
- Parenting (especially special needs children)
- Premarital counseling

Catholic Therapists.com

catholictherapists.com

- Offers a referral base of qualified Catholic therapists. They've chosen a profile format so you can read the therapists' own words and get a better feel for what they believe and how they integrate those beliefs into their work.
- Their blog addresses issues regarding therapy, emotional and spiritual life, relationships and marriage and family life. One can join their mailing list to receive a newsletter with information about events, newest members and blog posts

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.

Dr. Mark Laaser, M. Div., Ph.D.

Faithful and True
15798 Ventura Lane
Eden Prairie, MN 55344
(952) 746-3880
info@faithfulandtrue.com

- Founder of Faithful and True
- Assessments for sexual addiction issues
- Christian therapist
- Written 15 books on sexual addiction

Therese McCann, MA, LP
Associated Clinic of Psychology
4027 County Road 25
Minneapolis, MN 55416
(612) 925-6033
acp-mn.com

- Individual therapy
- Behavioral analysis
- Diagnostic assessment
- Family consultation
- Education

Dr. Daniel McClure, Psy.D.*
Novare Counseling Center
557 W. 7th Street
St. Paul, MN 55102
(612) 424-9983 Ext. 4
drmcclure@novarecounseling.com
[Novare Counseling Center](#)

- Healing underlying causes of anxiety, depression and scrupulosity
- Healing maladaptive relational patterns
- Sexual integration
- Healing from psychological trauma
- Couples therapy

*Dr. McClure was a seminarian at SJV and SPS for three years. He has received an education in Catholic Anthropology (undergraduate and graduate level).

Jamie McDonell, LP
241 Cleveland Avenue S.
St. Paul, MN 55105
(651) 699-7051
jymcdonell@yahoo.com

- 22 years of experience as a licensed psychologist
- Has worked with a number of religious/priests
- Deals with a variety of issues: Overwhelmed, Exhausted, Lonely, Depression, Grief, Anxiety and Trauma
- Integrates faith or helps those struggling with faith

Catherine Mollner, MA, LP, SEP & Clinical Director

Midwest Center for Personal & Family Development

2550 University Avenue West, Suite 435-S

St. Paul, MN 55114

(651) 286-8507

(651) 647-1900 (office)

cmollner@midwestcenter4u.com

midwestcenter4u.com

- Extensive training in therapy models that support healing from developmental relational trauma. She incorporates her training in these therapy models to guide others through corrective experiences to alleviate suffering, promote healing and gain more personal and relational satisfaction.
- Enjoys working with adolescents and adults to help deepen a sense of personal value and build self-awareness to live in action rather than reaction, grow in resiliency and achieve greater psychological balance and emotional health.
- Helps couples sort out their relationship issues, which she finds often are rooted in developmental history.
- Facilitator of *The Healing Journey* program; an intense workshop experience designed to help participants gain insight into embroiled patterns, develop relational skills and achieve greater psychological balance.

Joe Pribyl, MA, LMFT Psychotherapist

Arden Woods Psychological Services

900 Long Lake Road, #320

New Brighton, MN 55112

(651) 398-5847

jpribyl@qvtherapy.com

- Psychotherapy for individuals, couples and families
- Depression, anxiety grief, transition, Relationship/Family issues, more
- Pre-Marriage counseling and Marriage Enrichment

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

- Primary work is with seminarians of The Saint Paul Seminary, but is open on an as-available basis to see priests and permanent deacons for brief counseling.
- Works with clients to integrate their faith as a guide for their growth.
- Addresses issues of situational adjustment, conflict management, depression, anxiety, relationship issues and trauma.
- Works from an experiential, emotion and attachment-based stance to assist individuals in making deep and integrated changes.

Steve Ruff, MA, LMFT

6607 18th Ave. S.

Richfield, MN 55423

steveruff529@aol.com

(612) 798-7373 x33

- Has worked in the field of counseling psychology for over 23 years.
- Works with a wide range of ages, including children, adolescents and adults.
- Works with a wide range of issues, including depression, grief, anxiety, ADHD, life transitions, parenting, trauma, autism and relationship difficulties, to name a few. Also incorporates faith into therapy as desired by clients.
- Has specialized training in treating OCD, and in providing play therapy to children.

Steven Sawyer, MSSW, LICSW

Sawyer Solutions, LLC

4505 Parkway Court, Suite 2200

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 Polygraph.
- 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).

Dan Stokman, MA, LPCC

Novare Counseling Center

557 W. 7th Street

St. Paul, MN 55102

(612) 424-9983 X3

dan@novarecounseling.com

[Novare Counseling Center](#)

- Marital therapy
- Pornography addiction/sexual integrity issues
- Anxiety disorders including OCD
- Trauma
- Depression
- Healing shame
- Life Coaching
- Pastoral leadership effectiveness

Graduate degree: Franciscan University of Steubenville

Member of the Catholic Psychotherapy Association

Certified Clinical Sex Addiction Specialist

Certified Life Coach

Licensed Professional Clinical Counselor (LPC)

Jake Voelker, MA, LMFT

Parkdale Therapy Group

1660 South Highway 100, Suite 330

St. Louis Park, MN 55416

(952) 224-0399

j@jakevoelker.com

www.jakevoelker.com

www.parkdaletherapy.org

- Depression and anxiety
- Trauma (big and small traumas, utilizing EMDR)
- Confidence, negative beliefs/self-talk, shame
- Online addictions (i.e. porn, internet, video games)

Terry Zuehlke, Ph.D., LP

7575 Golden Valley Road, Suite 230

Golden Valley, MN 55427

Or

3145 Wellner Dr. NE

Rochester, MN 55906

janan@pathwayspsych.com

(763) 525-8590

- 40+ years of experience as a Christian psychotherapist, focusing on adolescent, adult and couple's issues
- Areas of special focus: Anxiety, depression, OCD, internet pornography, marital infidelity and spiritual conflicts
- Men's Relationship Therapy
- Psychological testing
- Sexual misconduct