Counseling and psychotherapy services assist people experiencing a wide range of mental health concerns. Individual, couples, and family therapy services are available. Our clinical staff come from the fields of psychology, clinical social work, marriage and family therapy, nursing, and psychiatry and are licensed professionals and/or have advanced graduate training in a mental health field.

**COUNSELING AND PSYCHOTHERAPY SERVICES DETAILS**

**Who is eligible?**
- Everyone ages 2+
- Those wanting assistance with personal, emotional, marital, relational, family/parenting, or psychological difficulties
- Most health insurance plans, including Medical Assistance and Pre-Paid Medical Assistance plans cover counseling and psychotherapy services

**What can I expect?**
- Our registration staff will work with patients to determine the best fit based on the patient’s concerns, insurance, and provider availability
- Appointments typically last just under one hour, and the frequency of appointments is determined based on the patient’s needs

**Our clinicians’ specialties include (in alphabetical order):**

- Abuse (Sexual, Physical, Verbal)
- Anger Issues
- Anxiety
- Attention Deficit Disorder
- Bipolar Disorder
- Chronic Pain and Medical Issues
- Codependency
- Conflict Resolution Skills
- Depression
- Eating Disorders
- Grief and Loss
- Guilt/Shame
- Life Transitions
- Obsessions/Compulsions
- Personality Disorders
- Pregnancy/Postpartum
- Self-Esteem Issues
- Sexual and Gender Issues
- Stress Management
- Suicidal Thoughts
- Trauma
- Work Issues

If you feel you would benefit from our counseling services, please call the clinic nearest you for more information or to make an appointment:

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Valley</td>
<td>952-997-3020</td>
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<tr>
<td>New Brighton</td>
<td>651-628-9566</td>
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<tr>
<td>Maple Grove</td>
<td>763-274-3120</td>
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<td>Coon Rapids</td>
<td>763-767-3350</td>
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<td>Otsego</td>
<td>763-746-9492</td>
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<td>Duluth</td>
<td>218-722-4379</td>
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<td>St. Cloud</td>
<td>320-253-3512</td>
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<td>Baxter</td>
<td>218-829-9307</td>
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<td>Otsego</td>
<td>763-746-9492</td>
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<tr>
<td>Woodbury</td>
<td>651-714-9646</td>
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<tr>
<td>Bloomington</td>
<td>952-854-5034</td>
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<tr>
<td>Eden Prairie</td>
<td>952-746-2522</td>
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</tbody>
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Commercial Insurances · Medicare MN · Medical Assistance (MA) · Prepaid Medical Assistance Plan (PMAP) · Reduced Private Pay Rates · CCDTF