

## Evangel Counselor Recommendation List

The following is a list of local professional counselors that have been approved by Evangel. An effective counseling relationship is often dependent on how well you connect with your counselor. It's beneficial to contact two or three potential counselors and use the guidelines below to help you find the best possible fit.

We encourage you to check with your insurance provider prior to contacting a counselor. It will be valuable to know if your insurance covers counseling or mental health services. Plan to get the details of your coverage.

## Guidelines for choosing a Counselor

Here are some recommended questions to ask when looking for a Christian counselor.

- What is your education/training?
- What is your licensure status?
- My challenge is \_\_\_\_\_. How would you go about treating that?
- Some therapists are more comfortable addressing the immediate challenge, while others want to focus on the deeper issue. Which are you?
- I'm wanting faith-based counseling, how would you facilitate that?
- What is your relationship with Christ? How do you use that in your practice?
- Do you tend to lead the session, or follow my lead?
- What role does our relationship play in our work?
- What are your strengths as a therapist?
- What are your areas of specialty?
- What are your fees? Do you take my insurance? Do you offer a sliding-scale for payment? What are your billing practices? Monthly or at the time of service?
- What happens if I am in need of an emergency appointment?
- What happens if I cancel an appointment?

After asking these questions, think and pray about your decision. Make the best decision you can based on the information you have. You want to be sure to find the best counselor that fits your needs. You are, in a sense, “hiring” this counselor. If after the first session or two, you are not comfortable with your choice, it may be a good idea to look into a different option. Counseling can be a very difficult and stressful process. It is possible to experience a certain amount of anxiety and discomfort. Try to determine whether your anxiety is related to the counselor or the challenge you are working to heal.

## **When and How to End Counseling**

Ultimately, when to end counseling is your decision. There are some challenges that require a longer term of treatment while others may be effectively dealt with in 12 sessions or less. Be sure to discuss your progress with your counselor on a regular basis and agree together about the timing of concluding your sessions.

If you need any further guidance or have questions about professional counseling, please call Evangel at 701-255-0500.

## **Counselors**

**Diana Gefroh** Licensed Professional Clinical Counselor: (701) 255-3325 Specialties: individual/child/family, trauma, anxiety, depression, learning disabilities, behavioral issues, conflict management, abuse, grief, relapse prevention.

**Harley Holden** Licensed Professional Counselor (701) 255-3325 Specialties: depression, premarital/marital/family needs, sexual/mental/emotional abuse, boundaries, grief, anxiety, adult children of alcoholics, domestic violence, addictions.

**Julie Mitzel** Licensed Professional Clinical Counselor (701) 204-6353 Specialties: family, marriage, relationships, parenting, addictions.

**Gregory Molinaro** Licensed Mental Health Counselor (701) 380-5100 Specialties: individual, couples, depression, anxiety, PTSD, trauma, freedom in Christ, addiction, crisis marriage, infidelity reconciliation, separation, anger, grief and loss, life transitions, relationship issues.

**Lisa Goetz** Licensed Professional Counselor (701) 751-8060 Specialties: complex trauma in children, suicide prevention, equine therapy, military children and families.

**Patty Teagle** Licensed Professional Clinical Counselor (701) 258-3780 Specialties: infertility, pregnancy, prenatal, postpartum, anxiety, depression, coping, abuse, divorce, behavioral issues, grief, trauma, self esteem, marital/premarital, relationships.

**Todd Wahl** Doctor of Psychology Psy.D (701) 415-8271 Specialties: Self-esteem, relationship problems, sexuality, depression, anxiety, anger, work-related problems, existential concerns, destructive or maladaptive thought process and behavior patterns, marital distress, abuse history, spirituality, eating disorders, developmental disabilities, purpose in life, increasing the ability to love, experience joy, peace, and hope.