

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.

Not all professionals listed on this list market themselves as "Christian counselors," however, they are all Christians. Due to professional ethics codes, it is unethical for any professional to promote Christianity as a path to healing unless otherwise requested by the client. Therefore, for those that do not overtly promote faith-based services, requesting faith, the Bible, and prayer be included in your treatment will allow an open door for them to include faith in your sessions.

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

Aimee Kemmet | Licensed Clinical Addiction Counselor | Good Road Recovery Center | (701) 751-8260 Ext. 122

Specialties: Addiction; case load is full but will assist in finding addiction resources. Contact for a brief meeting to explore addiction resource options.

Amy Ham | Licensed Professional Clinical Counselor | Aurora Mental Health | (701) 751-1545

Specialties: Children and adolescents.

Anna Weisbeck | Licensed Professional Counselor | Mindful Health Counseling & Wellness | (701) 751-0302

Specialties: Children, adolescents, trauma.

Diana Gefroh | Licensed Professional Clinical Counselor | Anchor Christian Counseling | (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 | Anchor Christian Counseling | (701) 255-3325

Specialties: Depression, premarital/marital/family needs, sexual/mental/emotional abuse, boundaries, grief, anxiety, adult children of alcoholics, domestic violence, addictions.

Jennifer Gatzke | Licensed Professional Clinical Counselor | Beacon Counseling Services | (701) 214-5530

Specialties: Adolescent/Adult therapy for behavioral health concerns: addiction, anger management, anxiety, bereavement, codependency, depression, grief/loss, life transitions, mood disorders, relational problems, self-esteem, suicidal ideation, stress reduction, trauma, + more.

Julie Mitzel | Licensed Professional Clinical Counselor | Crosspoint Clinic | Virtual only | (701) 204-6353

Specialties: family, marriage, relationships, parenting, addictions.

Patty Teagle | Licensed Professional Clinical Counselor | NuVation Health Services | (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 | Crosspoint Clinic | (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.

To provide feedback regarding any of the professionals recommended in this document, please email alisha@goevangel.org.