

# PSYCHIATRY & PSYCHOTHERAPY

Psychiatry or medication management available

## Apple Valley

### Associated Clinic of Psychology

952-378-1800, [acp-mn.com](http://acp-mn.com), child and adult psychiatry and therapy, in-home therapy, sliding fee for Dakota County clients

## Belle Plaine

### Mayo Clinic, Dr Bipinchandra Krishna

952-873-2276, [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org), child psychiatry

## Bloomington

### Mount Olivet Rolling Acres

952-401-4868, psychiatry and psychotherapy for individuals with developmental disabilities

## Burnsville

### Counseling Care

952-892-8495, [counselingcare.us](http://counselingcare.us), child and adult psychiatry and therapy, Christian counseling

### Water's Edge

952-898-5020, [watersedgehc.com](http://watersedgehc.com), child and adult therapy, eating disorders, trauma, intensive outpatient programs

## Chanhassen

### Choices Psychotherapy

952-544-6806, [choicespsychotherapy.net](http://choicespsychotherapy.net), child and adult psychiatry and psychotherapy, art therapy, behavior modification, biofeedback, EMDR, binge eating disorder group, location also in St Louis Park.

### Edward Tipton, LP, PhD

952-496-9757, [psychotherapyfacetoface.com](http://psychotherapyfacetoface.com), adult psychotherapy, anxiety, OCD, phobias, and hoarding

### Jade Counseling, Sara Nuahn

612-524-9195, [Jadecounseling.net](http://Jadecounseling.net), parent support, teen self-confidence, women's health, perinatal mood disorders

### Jill Magnuson, Psychologist, MA, LP

952-260-0350, all ages, psychotherapy, trauma, ADHD, oppositional defiance disorder, relationship issues

### Karen Deane Johnson, LICSW

952-212-0518, [karendeanjohnson.com](http://karendeanjohnson.com), adolescent and adult psychotherapy, depression, anxiety, eating disorders, grief

### Lighthouse Counseling Services

651-964-0235, [lighthousecounselingtc.com](http://lighthousecounselingtc.com), psychotherapy, all ages, depression, anxiety, trauma, PTSD, Christian counseling.

### Pat Ahrens, MSW, LICSW

952-484-8318, [networktherapy.com/PatAhrens](http://networktherapy.com/PatAhrens), psychotherapy for adolescents and adults, EMDR and DBT

### Stone Creek Psychiatry

952-241-4050, [www.stonecreekpsychiatry.com](http://www.stonecreekpsychiatry.com), child and adult psychiatry

### NorthStar Regional

952-974-3999 [northstarrregional.com](http://northstarrregional.com), intensive outpatient groups for adults, co-occurring chemical health/mental health

### Starfish Services, Julie Stender

612-567-4654, [starfishservices.net](http://starfishservices.net), counseling and life coaching for teenagers, certified accelerated resolution therapist

## Chaska

### A Quiet Mind Counseling, Heather Burke

952-454-2835, [aquietmindcounselingcenter.com](http://aquietmindcounselingcenter.com), all ages, anxiety, depression, ADHD, behavioral challenges, divorce

### Chaska Counseling & Guidance, Lisa Knudson

952-484-3509, [chaskacounselinglisaknudson](http://chaskacounselinglisaknudson), psychotherapy for all ages, evening and weekend appointments available

### Counseling & Therapeutic Support Services

952-405-9369, [counselingandtherapeuticsupportservices.com](http://counselingandtherapeuticsupportservices.com), all ages, individual, couple, and family psychotherapy, EMDR

### David Hoy & Associates

952-361-3360, [davidhoy.com](http://davidhoy.com), children and families, all ages, offer in-home counseling, play therapy, EMDR

### Family Restoration Counseling, Norma Cadena de

Hinderer 651-383-8942, Spanish speaking therapist, teens and adults, provide in-home counseling

### Foy Psychological and Couples Therapy, Diane Foy

651-968-1983 [couplestherapyinc.com/diane-foy-minnesota](http://couplestherapyinc.com/diane-foy-minnesota), all ages, individual, family, and couples psychotherapy

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## **Illumination Therapy Center**

612-239-6017, [www.illuminationtc.com](http://www.illuminationtc.com), adolescent and adult psychotherapy, specialize in sexual behaviors

## **Lorenz Clinic**

952-443-4600, [lorenzclinic.com](http://lorenzclinic.com), psychological testing, therapy for all ages, evening appointments available, accept Medicare

## **Neuro-Integration Therapy, Connie Carlson**

612-616-6113, anxiety, ADHD, neuro-therapy

## **New Perspective Counseling, Karen Brinkman**

612-720-5742, [newperspectivekarenbrinkman.com](http://newperspectivekarenbrinkman.com), psychotherapy for all ages, certified ART and DBT

## **NorthStar Regional**

952-974-3999 [northstarrregional.com](http://northstarrregional.com), intensive outpatient groups for adults, co-occurring chemical health/mental health

## **Prairie Care**

952-826-8424, [www.praire-care.com](http://www.praire-care.com), child and adult psychiatry and psychotherapy, center for integrative medicine, child partial hospitalization program and adult intensive outpatient DBT

## **Resilience Counseling, Mary Dahnert**

952-479-7199, [resiliencecounseling.com](http://resiliencecounseling.com), all ages, depression, anxiety, gambling, evening and weekend appointments available

## **Tom McLarnan, LICSW**

612-260-7409, individual and marital psychotherapy, substance abuse, anger management

## **Cologne**

### **Jonas Center**

952-361-9700, [thejonascenter.com](http://thejonascenter.com), individual, couples, and family psychotherapy, men's support group in Eden Prairie

## **Eagan**

### **MN Mental Health Clinic**

651-454-0114, [mnmentalhealthclinics.com](http://mnmentalhealthclinics.com), psychiatry and psychotherapy, group therapy, sliding fee for Dakota County

## **Eden Prairie**

### **Berger Psychiatric Services**

952-657-5452, [bergerpsychiatricsservicesllc.com](http://bergerpsychiatricsservicesllc.com), adult psychiatry

## **Cashman Center**

952-224-8990, [cashmancentermn.com](http://cashmancentermn.com), child and adult psychiatry and psychotherapy, integrative therapies

## **Eden Therapy Center, Nancy Lowe**

952-529-4999, EMDR certified, dual diagnosis, dissociative disorders, integrative and holistic approach

## **Fairview**

612-672-6999, [www.fairview.org](http://www.fairview.org), all ages, grief and loss, newly diagnosed illness, management of chronic illness, trauma

## **Home Heart Counseling, Douglas Frey**

952-920-2789, [christiancounselingwithdrfrey.com](http://christiancounselingwithdrfrey.com), marital, grief, anger management, addiction, in-home counseling for seniors

## **New Kingdom Healthcare**

952-999-0333, [newkindomhealthcare.com](http://newkindomhealthcare.com), child developmental and behavioral pediatricians

## **Nystrom and Associates**

952-628-9566, [nystromcounseling.com](http://nystromcounseling.com), child and adult psychiatry and therapy, in-home therapy, group, intensive outpatient for substance use, adult day treatment

## **Shady Oak Counseling, Suzanne May**

952-356-6526, [shadyoakcounseling.com](http://shadyoakcounseling.com), depression, anxiety, panic attacks, grief, dual diagnosis, blended family

## **Edina**

### **Mental Health Systems**

952-835-2002, [mhs-dbt.com](http://mhs-dbt.com), individual and group therapy, specialize in DBT groups including CD/MI and DD/MI

### **Prairie Care**

952-826-8424, [www.praire-care.com](http://www.praire-care.com), psychiatry, therapy, child partial hospitalization, adult intensive outpatient, first episode psychosis intensive outpatient, behavior development program

### **Washburn Center for Children**

612-871-1454, [washburn.org](http://washburn.org), specialize with children with behavioral or developmental problems, groups

## **Glencoe**

### **Glencoe Regional Health Services**

320-455-9264, [grhsonline.org/service/mental-health/](http://grhsonline.org/service/mental-health/)  
Free peer-led mental health support group Wednesday evenings

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## **Jonas Center**

952-361-9700, [thejonascenter.com](http://thejonascenter.com), individual, couples, and family psychotherapy

## **Journey Mental Health Services**

320-864-4109, psychotherapy services

## **Keystone Counseling & Consulting**

320-234-0240, [keystonecounselingmn.com](http://keystonecounselingmn.com), ages 12 and up, individual, premarital, marital, and family counseling

## **NorthStar Counseling Center**

320-234-3451 [northstarcc-mn.com](http://northstarcc-mn.com), individual, couples, and family therapy, all ages, office and in-home therapy

## **Redwood Counseling, Anna Ruschmeyer Bowe**

320-297-8617, [redwoodcounselingmn.com](http://redwoodcounselingmn.com), specialize in trauma, EMDR, DBT, offer sliding fee if uninsured

## **Step By Step Behavioral Counseling, Chester Hoernemann**

612-226-1693, anger management, domestic violence, CD

## **Golden Valley**

### **Behavioral Health Services**

651-662-0800, [bhsclinics.com](http://bhsclinics.com), child and adult psychiatry and psychotherapy

### **Headway Emotional Health**

612-861-1675, [headway.org](http://headway.org), adult psychiatry, psychotherapy for all ages, day treatment for teens, adolescent DBT group

### **Jewish Family and Children's Services**

952-546-0616, [jfcmpls.org](http://jfcmpls.org), counseling services, accept Medicare, big brother/big sister program, parent coaching

## **Hutchinson**

### **Aspire Counseling**

320-587-3331, [aspirecounselingmn.com](http://aspirecounselingmn.com), individual and family therapy, all ages, neuro-therapy.

### **Crow River Family Services**

320-774-3355, [crowriverfamilyservices.com](http://crowriverfamilyservices.com), in-home CTSS, social skills training, psychotherapy

## **Hutchinson Mental Health**

320-484-4610, [hutchhealth.com](http://hutchhealth.com), child and adult psychiatry and psychotherapy, sliding fee scale for McLeod County clients

## **Lighthouse Counseling**

855-454-2463, faith based individual, marriage, couples, and family therapy. All ages. Spanish-speaking therapist.

## **NorthStar Counseling Center**

320-234-3451 [northstarcc-mn.com](http://northstarcc-mn.com), individual, couples, and family therapy, all ages, office and in-home therapy

## **Serenity Mental Health Services**

320-455-9888 [serenitymentalhealthservices.com](http://serenitymentalhealthservices.com), all ages, therapy, depression and anxiety DBT group, CTSS, ARMHS,

## **Stepping Stone Therapeutic**

320-587-2326 [steppingstonetherapeutic.com](http://steppingstonetherapeutic.com), behavioral/mental health therapy, occupational therapy, parenting classes

## **Mankato**

### **Mayo Clinic**

507-385-6500, [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org), child and adult psychiatry and psychotherapy therapy

## **Minneapolis**

### **CLUES- Minneapolis**

612-746-3500 [clues.org](http://clues.org), Spanish speaking providers for Latino community, individual, family, and group therapy, ARMHS, CTSS, psychological testing

### **Community University Health Care Center**

612-301-3433 [cuhcc.umn.edu](http://cuhcc.umn.edu), mental health and medical services available in Hmong, Laotian, Somali, Spanish, and Vietnamese, sliding fee scale for Hennepin County

### **HCMC ED- Acute Psychiatric Services**

Walk-in available at HCMC-ED (701 Park Ave). Will fill medications while waiting for psychiatry

### **HCMC Adult Psychiatry**

612-347-2218, [hennepinhealthcare.org](http://hennepinhealthcare.org), adults only, sliding fee scale for Hennepin County clients, psychiatry only

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## NorthPoint Health & Wellness Center

612-543-2566, northpointhealth.org, all ages, psychiatry, therapy, medical, dental, sliding fee scale for Hennepin County clients

## The Family Partnership

612-339-9101, thefamilypartnership.org, sliding fee scale for Hennepin County clients, transgender mental health psychotherapy and advocacy services

## University of MN Psychiatry Department

612-273-9800, psychiatry.umn.edu, child and adult psychiatry

## Walk-In Counseling Center

612-870-0565, walkin.org, no appointment needed, free counseling services on a walk-in first come first serve basis

## Minnetonka

### Blossom Whole Family Therapy

952-545-3300, blossomwholefamilytherapy.com, medication management with children and adolescents, psychotherapy with children, adolescents, families, parent coaching

### FaithWorks Counseling, Sally Beck

952-451-3660, faithworkscounselingllc.com, specializes in faith-based counseling working with couples in crisis and children experiencing trauma due to divorce or abuse

### Midwest Center for Trauma and Emotional Healing

952-934-2555, www.mwtraumacenter.com, specialize in trauma and PTSD

### Relate Counseling Center

952-932-7277, relatemn.org, child and adult psychiatry and psychotherapy, must be referred by Relate therapist to receive psychiatry

### Sonder Behavioral Health & Wellness

952-999-6097, sonderwellness.com, child and adult psychotherapy, medication management and TMS

### St David's Child & Family Development

952-548-8682, stdavidscenter.org, specialize in children with emotional/behavioral concerns. Services include mental health, occupational therapy, speech, psychological testing

### West Metro Psychiatry, Dr Charles Pearson

952-546-1225, child and adult psychiatry

## Minnetrista

### Stable Living

952-240-1621, stableliving.us, in-office and equine-assisted psychotherapy, youth, adults, couples, EMDR

## Mound

### Mound Psychological Services

612-223-7992, moundpsychological.net, psychotherapy all ages, sliding fee scale available, psychological testing, forensic evaluations, also located in St Louis Park

## Plymouth

### Plymouth Psych Group

763-559-1640, plymouthpsychgroup.com, child and adult psychiatry and psychotherapy, Autism groups

## Savage

### River Valley Behavioral Health and Wellness

952-746-7664, rivervalleybywc.com, child and adult medication management, individual psychotherapy and DBT group therapy

## Shakopee

### Allina Medical Clinic

952-428-3535, allinahealth.org, adult psychiatry, child and adult psychotherapy

### Behavioral Health Services

651-662-0800, bhsiclinics.com, adult psychiatry, child and adult psychotherapy

### Scott County Mental Health

952-445-7751, co.scott.mn.us, child and adult psychiatry and psychotherapy, group therapy, sliding fee for Scott County

## St Louis Park

### Associated Clinic of Psychology

952-378-1800, acp-mn.com, child and adult psychiatry and psychotherapy, in-home therapy available

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## Family Connections

952-544-0964, [familyconnections.com](http://familyconnections.com), children and adults, play therapy, animal therapy, therapy with first responders

## Northern Integrated Health

952-548-9340, [northerintegratedhealth.com](http://northerintegratedhealth.com), specialize in adult addiction, psychiatry and psychotherapy

## Park Nicollet Behavioral Health

952-993-3307, [parknicollet.com](http://parknicollet.com), child and adult psychiatry and psychotherapy

## West End Consultation Group

952-856-8260, [westendconsultationgroup.com](http://westendconsultationgroup.com), psychiatry specializing in mood disorders, anxiety, and adult ADHD

## St Paul

### Children's Hospital - Behavioral Health

612-343-2121, [childrensmn.org](http://childrensmn.org), child only

### Family Attachment Counseling

952-475-2818, [familyattachment.com](http://familyattachment.com), specialized services for adopted children and their families

## Victoria

### Grander Living, Renee Carlson and Tracey Vee

952-220-9283, [granderliving.com](http://granderliving.com), play therapy, child-parent relationship therapy, health coaching, impulse-control

### Lorenz Clinic

952-443-4600, [lorenzclinic.com](http://lorenzclinic.com), psychological testing, therapy for all ages, evening appointments available, accept Medicare

### Tranquil Winds Therapy, Tracey Vee

952-807-6534, [tranquilwindstherapy.com](http://tranquilwindstherapy.com), teenagers and adults, LGBTQ friendly, trauma, grief, depression, marriage counseling

### Victoria Mental Health Services, Greg Walsh

952-443-3970, [victoriamentalhealth.com](http://victoriamentalhealth.com), all ages, relationship issues, trauma, provides EMDR

## Waconia

### Being While Becoming

612-649-1202, child, adolescent, and family psychotherapy

## Carver County First Street Center

952-442-4437, child and adult psychiatry and psychotherapy, EMDR, psychological testing, DBT group, anger management, and women's group. Sliding fee scale for Carver County clients

## Clear Spring Counseling, Andrea Benjamin

952-442-5005, psychotherapy services

## Clinical and Developmental Services

952-955-4714, [clinicaldevelopmentalservices.com](http://clinicaldevelopmentalservices.com), neuropsychological testing and evaluation, individual and family therapy for all ages

## Counseling Center for Waconia, Mike Gormley

952-442-5330, psychotherapy services

## Fireside Counseling, Gary Freitas

952-373-1279, [firesidecounseling.net](http://firesidecounseling.net), adolescents and adults, depression, anxiety, anger management, PTSD, mindfulness, parenting support

## Lighthouse Counseling

855-454-2463, faith based individual, marriage, couples, and family therapy. All ages. Spanish-speaking therapist.

## Waconia Counseling Services, Patrick Rodning

612-636-0136, offers in-home psychotherapy

## Wayzata

### Truyu Health and Wellbeing

763-280-3770, [truyumn.com](http://truyumn.com), adult medication management, psychotherapy, yoga psychotherapy group

### Bridging Hope Counseling

763-291-5505, [bridginghopecounseling.com](http://bridginghopecounseling.com), psychotherapy for all ages, offer adolescent and adult DBT group

### Family Attachment Counseling

952-475-2818, [familyattachment.com](http://familyattachment.com), specialized services for adopted children and their families. Office located in Deephaven