

ARCHSTL MENTAL HEALTH PROVIDER NETWORK



ARCHDIOCESE
OF ST. LOUIS

These counselors strive to integrate their Catholic Faith into their mental health practices. While attentive to providing excellent, evidence-based care and maintaining their own respective state licensures, the counselors listed strive to meet the needs of their Catholic clients who would like to incorporate their own Catholic Faith into the therapeutic process.

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North County (St. Louis County)

Practice: St. Joseph's House of Healing-

Mission Statement: "St. Joseph's House of Healing provides counseling and healing ministry that draws on best practices in psychology rooted in the Truth of the Gospel. Christ desires to write the broken places of your story into His story of redemption."

Online and In-Person Appointments Available

Email: info@stjhouseofhealing.com

Phone: (636) 787-7350

Website: stjhouseofhealing.com

Address: 1210 Paddock Drive Florissant, MO 63033

Accepted Payment: Out-of-network provider; not on insurance panels. Superbills provided for reimbursement with eligible plans. Private pay and HSA/FSA accepted.

Name: Beth Stoll, MA, LPC

Specialty / Focus areas: Adults desiring healing, aching for change, transitions in life, trauma, anxiety, depression, grief.

Approach: Inner Healing, Person-Centered, Gestalt, Inner-Child.

Populations: Children, Adolescents and Adults.

Name: Jen Feise, CMHC, LPC (MA, Special Education)

Specialty / Focus areas: Helping children and adolescents understand and process emotions; supporting parents and caregivers in family dynamics; educational / school-related emotional issues; individualized emotional growth.

Populations: Children, adolescents/teens; parents & caregivers; school-age clients.

Name: Michael Baer, LPC, CMHC

Specialty / Focus areas: Persons experiencing anxiety/depression, persons desiring greater satisfaction in their relationships, and persons desiring real transformation.

Approach: Interpersonal Process, Cognitive-behavioral, Person-Centered, Gestalt, Existential.

Populations: Adults, adolescents, couples, families.

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Name: Sr. Gianna Casino, LIHM, CMHC

Specialty / Focus areas: Trauma recovery, grief and loss, family dynamics, school-related stress, spiritual integration, and emotional resilience.

Approach: Cognitive Behavioral Therapy (CBT), Emotionally Focused Therapy (EFT), Parts Work, Narrative Therapy, Trauma-Informed, and Person-Centered. Integrates psychological methods with spiritual insights for holistic healing and growth.

Populations: Children, adolescents, adults, families, and those in consecrated or religious life (including sisters, seminarians, priests, and monks).

St. Charles County

Name: Matthew Weusthoff, MA, LPC, NCC

Address: 1000 Edgewater Point Dr., Ste. 401
Lake St. Louis, MO 63367

Email: Matthew.weusthoff@christiancounselingconnection.com

Phone: (636) 442-2612

Website: www.christiancounselingconnection.com/82-counselor-profile/98-counselor-profile-matt-weusthof

Accepted Insurance: Optum, Aetna, BCBS, United Healthcare.

Approach: Practices primarily from a cognitive behavioral approach, trained in trauma-focused CBT.

Populations: Adolescents, Adults, Couples.

Name: Katelyn Wesselmann, PLPC

Address: (In-person and Telehealth)
80-Twenty Co-Working Space
2525 State Hwy K, Ste. 204 O'Fallon, MO 63368

Email: katelyn@eyvstl.com

Phone: (636) 244-0681 or (636) 463-0330

Website: www.psychologytoday.com/us/therapists/katelyn-wesselmann-weldon-spring-mo/1152749

Private Pay Only

Approach: Integrative; includes CBT, mindfulness, motivational interviewing, strengths-based, and trauma-focused CBT.

Specialty/Focus Areas: Anxiety, self-esteem, relationship issues, life transitions.

Populations: Adults, Adolescents.

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South County (St. Louis County)

Name: Jessie Markowski, MSW, LCSW

Address: 7905 Big Bend Blvd. Ste 201, Webster Groves, MO 63119

Email: jessie@abidinglighttherapy.com

Phone: (314)200-5428

Website: www.abidinglighttherapy.com

Accepted Insurance: Aetna, Anthem/Evernorth, Cigna, United Healthcare

Specialty / Focus areas: Anxiety, depression, life transitions, self-esteem, self-harm, grief & loss, trauma, emotional regulation.

Approaches: CBT, ACT, mindfulness, trauma-focused processing, strengths-based, motivational interviewing.

Populations: Children (9+), Adolescents, Adults (Up to 35).

Name: Maria Watkins, MA, ATR-BC, LPC

Address: Saint Louis Counseling – Fenton Office, Cedar Hill Professional Plaza, Fenton, MO 63026

Email: via saintlouiscounseling.org/contact

Phone: (314) 544-3800

Website: www.saintlouiscounseling.org

Accepted Insurance: Most major insurance plans accepted through Saint Louis Counseling, including Aetna, Anthem Blue Cross Blue Shield, Cigna, UnitedHealthcare, and Medicaid (MO HealthNet). Sliding scale and Employee Assistance Program (EAP) options available.

Specialty / Focus Areas: Art therapy, depression and anxiety management, stress reduction, self-expression through creative modalities, trauma recovery, behavioral concerns, and emotional regulation.

Approaches: Art Therapy integrated with Cognitive Behavioral Therapy (CBT), mindfulness, and person-centered counseling techniques. Emphasizes self-awareness, creativity, and resilience as tools for healing.

Populations: Children, adolescents, adults; experienced in working with individuals of all ages, families, and school-aged youth.

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Name: Elena Switzer, MSW, LCSW / LSCSW

Address: 36 Kirkham Industrial Court, Ste. 100C

Webster Groves, MO 63119

Email: switzerph@gmail.com

Phone: (314) 626-3122

Website: www.mycatholicdoctor.com/elena-switzer

Accepted Insurance: Private Pay & ProviDrsCare

Specialty / Focus areas: Anxiety, depression, trauma, ADHD/autism, grief/loss, family and parenting issues, school challenges.

Approaches: Integrative Cognitive Behavioral Therapy (CBT), Solution-Focused Therapy, Play/Art Therapy, Family Systems, Faith-based support upon request.

Populations: Children, Adolescents, Adults, Families (Licensed to see clients in MO, KS, FL, TN).

West County (St. Louis County)

Name: Becky Materniak

Name: Suzanne Coffey, MA, LPC

Address: 14226 Ladue Road, Chesterfield, MO 63017

Email: via website contact form, suzannecoffey10@gmail.com

Phone: (314) 283-1321

Website: www.suzannecoffey.com

Accepted Insurance: Out-of-network provider; not on insurance panels. Superbills provided for reimbursement with eligible plans. Private pay and HSA/FSA accepted.

Specialty / Focus Areas: Anxiety, relationships, life transitions, couples counseling

Approaches: Integrative, client-centered; draws on Cognitive Behavioral Therapy (CBT), mindfulness, and solution-focused techniques.

Populations: Adults, Couples, Families.

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Name: Rosemary Barnes Pratt, ATR-BC, LPC

Address: 142 Enchanted Parkway, Suite 100C
Manchester, MO 63011

Email: rosemary@arttherapyforhealing.com

Phone: (314) 403-2074

Website: <https://www.arttherapyforhealing.com>

Accepted Insurance: Out-of-network provider; not on insurance panels. Superbills provided for reimbursement with eligible plans. Private pay and HSA/FSA accepted.

Approach: Integrates art therapy and talk therapy to explore emotions, relationships, and stress. Uses creative expression as a means of healing and self-understanding, drawing on trauma-informed and person-centered methods.

Populations: Adults and Adolescents.

Specialties: Art therapy, Mood disorders, High sensitivity, Caregiver stress/burnout, Family dynamics, Grief, Self-esteem.

Name: Colleen (Gosser) Gruender, LPC, NCC, M.Ed.

Address: 9666 Olive Blvd, Suite 510, Creve Coeur, MO 63132

Email: cgosser@cccstl.com

Phone: (314)991-0100 x704

Website: <https://cccstl.com/therapists/professionals/colleen-gosser/>

Accepted Insurance: Anthem BCBS, Cigna, Aetna, Carelon Behavioral Health, Ascension (Smart Health), private pay and HSA/FSA also accepted.

Specialty Areas: Anxiety, Depression, ADHD, Grief, Relationship issues.

Approaches: CBT, EFT, Solutions Focused, Person Centered.

Populations: Children age 10 and older, Adolescents, Adults, Families.

Name: Michelle Claudin, LPC, M.Ed.

Address: 260 Clarkson Road, Ellisville, MO 63021

Email: michelle@vlacounseling.com

Phone: 314-691-4054

Website: <https://www.vlacounseling.com/>

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Accepted Insurance: Anthem BCBS, Aetna.

Specialty Areas: Anxiety, Depression, ADHD, Trauma, Parenting Challenges, School Stress, or Major Life Transitions

Approaches: Strength Based, Person Centered and Trauma- Focused Cognitive Behavioral Therapy (TF-CBT).

Populations: Children age 10 and older, Teens, Adults, Families.

FRANKLIN COUNTY

Name: Deborah Zweifel, MSW, LCSW, PMH-C

Address: 45 Saint Andrew's Drive, Union, MO 63084

Email: deborah@garnetcounselingandtherapy.com

Phone: (636) 231-5310

Website: www.garnetcounselingandtherapy.com

Accepted Insurance: Aetna, Blue Cross Blue Shield, UnitedHealthcare, Cigna, and Optum. Also accepts private pay and offers superbills for out-of-network reimbursement.

Specialty / Focus Areas: Perinatal mental health (PMH-C certified), mood and anxiety disorders, depression, grief and loss, postpartum support, life transitions, and relationship issues.

Approaches: Integrative approach combining Cognitive Behavioral Therapy (CBT), Interpersonal Therapy (IPT), mindfulness, and strengths-based techniques. Incorporates trauma-informed and compassionate, faith-sensitive care.

Populations: Adults and couples; extensive experience with women's mental health, especially during pregnancy and postpartum periods.

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