

# ARCHSTL MENTAL HEALTH PROVIDER NETWORK



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.

*If you are unable to find a provider who suits your needs, we encourage you to also reach out to your insurance company or your primary care provider for additional referrals and resources.*

## DISCLAIMER

Services offered by those listed as part of the Catholic Therapist Network pertain to the individual provider. Their inclusion requires current licensing and professional liability insurance in the state of Missouri upon acceptance into the Network as well as a clearance interview by diocesan clergy. The Archdiocese makes no representations or warranties as to the therapists' skills, credentials, abilities, suitability, licensure (professional or otherwise), continuing licensure, compliance or continued compliance with licensure or other laws or regulations. It is an individual's choice as to the therapist selected for care; the Archdiocese is not liable for any damages related to services provided by, or any interactions with, therapists in the Network.

## 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](mailto:Matthew.weusthoff@christiancounselingconnection.com)

**Phone:** (636) 442-2612

**Website:** [www.christiancounselingconnection.com/82-counselor-profile/98-counselor-profile-matt-weusthof](http://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](mailto:katelyn@eyvstl.com)

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

**Website:** [www.psychologytoday.com/us/therapists/katelyn-wesselmann-weldon-spring-mo/1152749](http://www.psychologytoday.com/us/therapists/katelyn-wesselmann-weldon-spring-mo/1152749)

**Private Pay Only**

To join the ArchSTL Catholic Therapist Network, contact [communications@archstl.org](mailto:communications@archstl.org)

**[ARCHSTL.ORG/MENTAL-HEALTH-SUPPORT](http://ARCHSTL.ORG/MENTAL-HEALTH-SUPPORT)**

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ARCHDIOCESE  
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**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

## *South County (St. Louis County)*

**Name:** Jessie Markowski, MSW, LCSW

**Address:** 16 North Gore Avenue, Suite 202, Webster Groves, MO 63119

**Email:** [Contact@CornerstoneTherapyStl.com](mailto:Contact@CornerstoneTherapyStl.com)

**Phone:** (314) 596-2049

**Website:** [www.cornerstonetherapystl.com/jessie-markowski-therapist](http://www.cornerstonetherapystl.com/jessie-markowski-therapist)

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

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

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

**Populations:** Children, Adolescents, College-Aged, Adults

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

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

**Email:** via [saintlouis counseling.org/contact](http://saintlouis counseling.org/contact)

**Phone:** (314) 544-3800

**Website:** [www.saintlouis counseling.org](http://www.saintlouis counseling.org)

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**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.

**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](http://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)

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## West County (St. Louis County)

**Name:** Suzanne Coffey, MA, LPC

**Address:** 14226 Ladue Road, Chesterfield, MO 63017

**Email:** via website contact form, [suzannecoffey10@gmail.com](mailto:suzannecoffey10@gmail.com)

**Phone:** (314) 283-1321

**Website:** [www.suzannecoffey.com](http://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

**Name:** Rosemary Barnes Pratt, ATR-BC, LPC

**Address:** 14304 Manchester Rd, Suite 6  
Manchester, MO 63011

**Email:** [rosemary@arttherapyforhealing.com](mailto:rosemary@arttherapyforhealing.com)

**Phone:** (314) 403-2074

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

**Accepted Insurance:** Private Pay Only

**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, Adolescents, Children

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

## FRANKLIN COUNTY

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

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

**Email:** [deborah@garnetcounselingandtherapy.com](mailto:deborah@garnetcounselingandtherapy.com)

**Phone:** (636) 231-5310

**Website:** [www.garnetcounselingandtherapy.com](http://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