ARCHSTL **MENTAL HEALTH** PROVIDER NETWORK

ARCHDIOCESE OF ST. LOUIS

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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).

Name: Tony Phillips

Specialty / Focus areas: Adults and adolescents ages 13 and up; individuals and families; trauma-related work and parenting skills.
Approach: Affect Phobia Theory; certified TF-CBT provider; CBT; ACT; ERP.

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

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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: 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: 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.

Name: Rosemary Barnes Pratt, ATR-BC, LPC

Address: 15480 Clayton Rd. Suite 103 (Mailing)/Suite 303 (Office) Ballwin, MO 63011
Email: rosemary@shilohcounselingllc.com
Phone: (314) 246-0481

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Website: https://www.shilohcounselingllc.com/contact
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.
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@cccastl.com
Phone: (314)991-0100 x704
Website: https://cccastl.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/
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.

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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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