



resources

FOR LIFE

revised 2022



Counseling

Spiritual Direction

Quiet Places

Pastoral Appointments



an introduction

The seasons of life highlight different needs and desires within our hearts. Sometimes we are in need of healing and restoration, other times we desire to live life differently and want someone to assist us in aligning our desire with God's invitations. At other times we long to go deeper into God and need a companion to help us listen to God or we need to find a restful place to hear God in the silence. In these important seasons, there are resources to help support and encourage us so we can continue in our journey with God, discovering more of who we are and how we are to live whole lives. We have included some of those resources in this booklet to get you started.

Take some time to familiarize yourself with these resources to see what would be most helpful to you in your season of life.

Bless you as you become fully alive in God!

The four sections in this booklet:

- 1. COUNSELING**
- 2. SPIRITUAL DIRECTION**
- 3. QUIET PLACES**
- 4. PASTORAL APPOINTMENTS**



counseling

CHOOSING A COUNSELOR

As you take your healing journey, selecting a counselor is one of the important decisions you'll make. We believe that working through the process of healing from our wounds is not possible without God, the Source of all healing. Without Jesus in the healing process, counseling may help you understand your pain, but will not be able to provide deep healing of the soul. It is important to choose a counselor who shares this belief and can walk with you through your healing.

HOW DO I BEGIN?

Rather than selecting the first counselor you find, we recommend interviewing a few counselors to discern which one may be the best fit. You may develop a list of names through a variety of sources, such as looking through this booklet, by asking friends for names of counselors they have found helpful, or by contacting others you trust.

HOW DO I KNOW IF A COUNSELOR HAS EXPERIENCE WORKING WITH MY PARTICULAR ISSUES?

When you make the first phone contact, describe your specific issues. Ask if he or she has had experience counseling individuals with this area in the past. Competent counselors will welcome your inquiries. It is also recommended that you ask about cost, insurance, and if there is a charge for the initial meeting.

IS COUNSELING REALLY WORTH IT?

The point is, you are worth it. Your healing journey will not be easy. It may be costly both financially and emotionally, but your healing is worth the investment and sacrifice. Counseling can be an invaluable ingredient in the recovery process.

HOW DO I CHOOSE ONE COUNSELOR OVER ANOTHER?

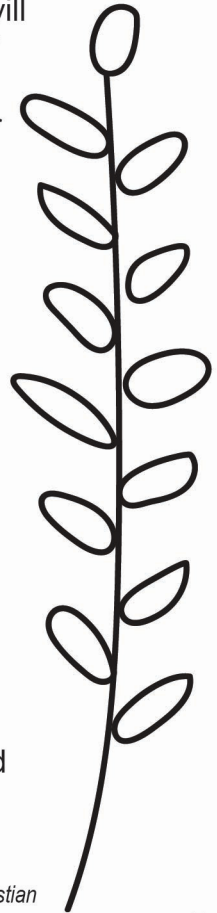
During the initial session, you will have an opportunity to ask questions in more detail. Feel free to ask anything you think is necessary for you to feel comfortable with the counselor. Questions may include: What is your experience in this area? What does the counselor expect in the relationship? Incomplete or confusing answers may indicate this counselor will not be helpful to you. Always ask for clarification if the answer isn't clear to you.

HOW DO I KNOW I CAN TRUST THIS PERSON?

Trust is a difficult issue for most of us in healing. You have the right to feel reasonably comfortable with the counselor you choose. However, a sense of anxiety or discomfort is common when starting a new relationship. Meeting with someone else to talk about painful past experiences will not be easy. Together, you can decide if your sense of discomfort is because of the challenge of therapy or because you are sensing that this particular counselor is not well-suited for you.

IS IT IMPORTANT THAT A COUNSELOR BE LICENSED?

When you first contact a counselor, ask about licensure. A licensed counselor has education and training, and has successfully passed an oral and written examination in their field. However, finding a licensed counselor does not guarantee competence or a fit for you. There are also skilled and competent unlicensed counselors, but we suggest you get solid recommendations before making your decision. Some counselors are considered to be “interns”, which means they are in the process of gaining a clinical license. Interns are legally able to provide counseling under the supervision of a licensed counselor.



HOW TO USE ABBREVIATIONS

We will use abbreviations to help you find a therapist that will meet your particular needs. There are two sets of abbreviations listed under the counselor's name. The first set will relate to "who" they treat, and the second set will relate to their specializations. You can see what those abbreviations stand for below.

MODALITIES ("who" is treated)

A = Adolescent

C = Child

F = Family

G = Group

I = Individual

M = Marital

SPECIALIZATIONS

A = Adult Children of Alcoholics

B = Post Abortion

C = Childhood Abuse

D = Dissociative Disorders

E = Eating Disorders

F = Family Issues

G = Gender Issues

H = Healing Prayer

I = Borderline Personality
Disorder

J = Career Counseling

K = Military families /
Activation / Deployment

L = Grief / Loss Recovery

M = Gambling

N = Spiritual / Religious Abuse

O = Codependency

P = Depression

Q = Dialectical Behavior
Therapy

R = Anger / Resentment

S = Sexual Abuse

T = Step families / Related
Issues

U = Substance Abuse /
Chemical Dependency

V = Divorce Recovery

W = Body Memory Work

X = Sexual Addiction

Y = Anxiety / Panic Disorders
/ Phobias

Z = Post Traumatic Stress
Disorder

NEED ADDITIONAL GUIDANCE?

If you still have questions, or desire to speak with someone about choosing a counselor, you can leave a message with the Open Door Care Ministry at (763) 416-5846 ext 1302. May God give you the courage to make this important step toward healing.

christian counselors

SHARON ANDERSEN, MS, LMFT

AIM.....ACFGHLNOPRSY

Midwest Center for Trauma & Emotional Healing
16204 Hwy 7

Minnetonka, MN 55345

(952) 934-2555

Cell: (651) 303-6563

mwtraumacenter.com

CHRISTIAN RECOVERY COUNSELING

8401 Wayzata Boulevard, Suite 340

Golden Valley, MN 55426

(763) 566-0088

Newpathmhs.com

admin@newpathmhs.com

AMANDA CORNELIUS, MA, LPCC, ACS

AGCIFM.....CEFGJLNOPRSTWXYZ

Wellspring Group

1403 Silver Lake Road Suite 2

New Brighton, MN 55112

(651) 895-3624

corneliuscounseling.com

wellspringgroupmn.com

amanda@corneliuscounseling.com

CORNERSTONE PSYCHOLOGICAL SERVICES

3820 Cleveland Ave N

Arden Hills, MN 55112

cornerstn.com

Sharon@cornerstn.com



SUSIE DILL, MA, MED, LMFT

FGIM..... ABCFGHKLNOPSTVYZ

4840 Hamilton Rd

Minnetonka, MN 55345

(612) 963-8814

susiedill@aol.com

HEIDI DRISCOLL, MA, LMFT

AFGIM.....ACFKLNOPRSTVY

4900 Hwy 169, Suite 300

New Hope, MN 55428

(612) 437-5900

CONNIE DUMMER, MA, LP, LMFT, RPT-S

CFGIM.....ACDFGHKLNOPRSY

Family Attachment and Counseling Center

18322 C Minnetonka Blvd

Deephaven, MN 55391

(952) 475-2818 ext 22

familyattachment.com

connie@familyattachment.com

YING (DEE DEE) ELLIOTT

ACFGIM....ACFHJLOPRTUVYZ

Pathways Psychological Services

7575 Golden Valley Rd, Suite 230

Golden Valley, MN 55427

(763) 525-8590

pathwayspsych.com

BRUCE ERVIN, M.DIV, MA or LISA ERVIN, MA

AFIM.....CFJLNOPRTVY (Bruce)

FIM.....ACEFJLNOPRSTY (Lisa)

Ervin Counseling and Family Life Ministries, P.A.

7400 Metro Blvd, Suite 220

Edina, MN 55439

(952) 345-4510

ervincounselingmn.com

JENA GAREE, MA, LMFT

ACFIM.....CFLOPRSTVYZ

Family Innovations, Inc

2103 B County Rd D

Maplewood, MN 55109

(651) 748-5019

familyinnovations.com

MARY JO GRASKE, MA, LMFT

ACFIM.....AFKLNOPRTVYZ

Pathways Psychological Services

7575 Golden Valley Rd, Suite 230

Golden Valley, MN 55427

(763) 525-8590

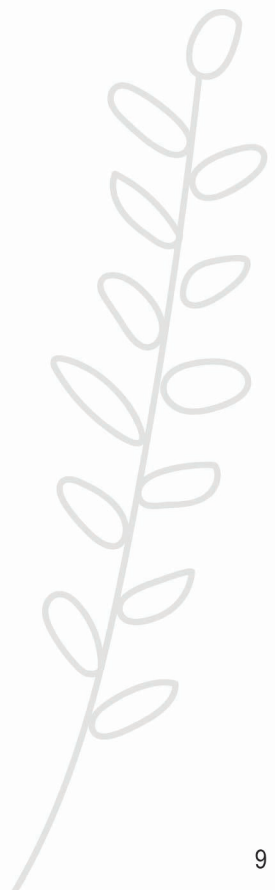
&

19230 Evans St NW, Suite 202A

Elk River, MN 55330

(763) 241-8157

pathwayspsych.com



THOMAS M. GRASKE, MA, LP, CSAT, RN

ACFGIM.....ACFGLNOPSXY

Woodcrest Counseling, Inc.

521 Tanglewood Dr

Shoreview, MN 55126

(763) 280-5258

SHAWN HOFER, PHD, LP

I....CELNPSUXY

Arden Woods Psychological Services

900 Long Lake Rd, Suite 320

New Brighton, MN 55112

(651) 329-4471 or (651) 482-9361

ardenwoodpsych.com

INNOVATIVE PSYCHOLOGICAL CONSULTANTS

7236 Forestview Lane N

Maple Grove, MN 55369

(763) 416-4167

ipc-mn.com

info@ipc-mn.com

BEVERLY J. JOHNSON, MA, LP, PLLC

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5275 Edina Industrial Blvd, Suite 124

Edina, MN 55439

(952) 926-3412

beverlyjohnsontherapy.com

RON KELLER, PHD

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Ron Keller and Associates

4951 W 77th St, Box 32

Edina, MN 55435

ronkellerassociates.com

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DEBRAH LINK, MA LPCC, LMFT

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Ascend Family Institute

7801 East Bush Lake Road #130

Bloomington, MN 55439

(763) 244-4900

ascendfam.com

deb@ascendfam.com

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mwtraumacenter.com

TRISHA MCKEEVER, MA, LMFT

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Hope Road Counseling, LLC

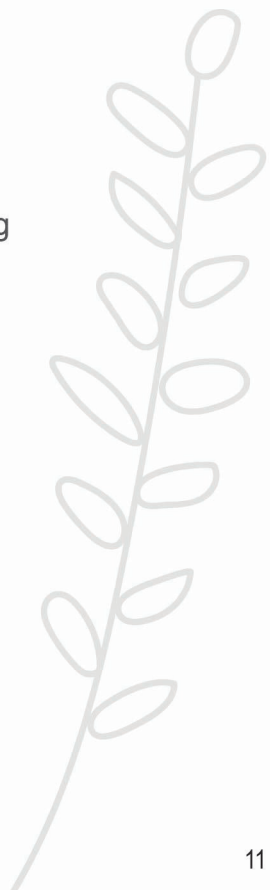
7084 E. Fish Lake Rd.

Maple Grove, MN 55311

(612) 979-1167

trisha@hoperoadmn.com

hoperoadmn.com



MAUREEN MCNEAL, MA LICSW, LMFT

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Awake Counseling

18300 Minnetonka Blvd, Suite 112

Wayzata, MN 55391

(952) 500-1957

awakecounseling.com

THOMAS P. MILLS, MA, LP

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Christian Counseling for Men

9220 Bass Lake Road, Ste 302

New Hope, MN 55428

(612) 226-3600

christiancounselingformen.com

BENJAMIN MONSETH, MA, LMFT

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Minnesota Clinic for Health and Wellness (MCHW)

900 Long Lake Rd #160

New Brighton, MN 55112

(612) 706-9630

mnclinicforhealth.com

bmonseth@mnclinicforhealth.com

POLLY NIEDERLOH, MA, LP

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Facilitates support group for mothers

7575 Golden Valley Rd, Suite 370

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(763) 546-0260

coachpolly@hotmail.com

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Ascend Family Institute
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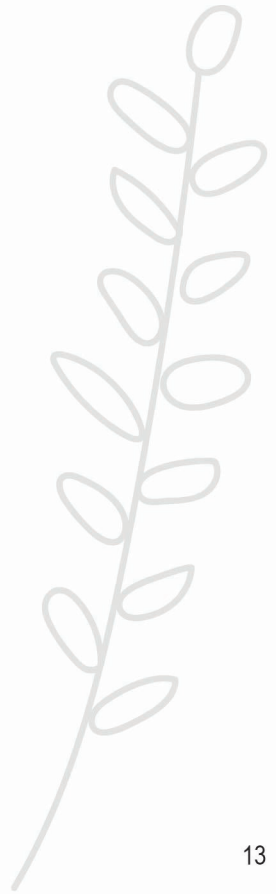
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Christian Heart Counseling
1751 Tower Dr West, Suite 200
Stillwater, MN 55082
(952) 546-4044 ext 2 or (651) 439-2059
brush@christianheartcounseling.com
christianheartcounseling.com

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Soul Work Counseling
11188 Zealand Ave N
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soulworkcounseling.com

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Northwinds Counseling Services
21308 John Milles Dr, Suite 202
Rogers, MN 55374
(763) 424-1888 ext 11
info@northwindscounseling.com

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7808 Scott Ave N

Brooklyn Park, MN 55443

(952) 797-4476

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ABCFGNOPSUVYZ

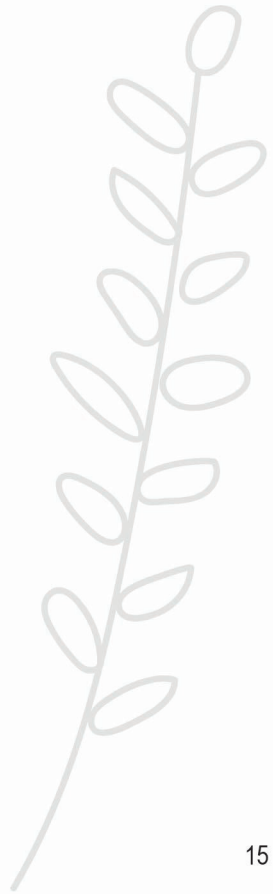
Christian Heart Counseling

7362 University Ave NE #307

Minneapolis, MN 55432

(651) 439-2059 ext 832

dawn@christianheartcounseling.com



psychiatrists

DR. PASTOR COLON, MD

2960 Winnetka Ave N, Suite 208
Minneapolis, MN 55427
(763) 512-1090

DR. TWILA B. GERMANSON, MD

Germanson MD Psychiatry LTD
6525 Drew Ave S
Edina, MN 55435
(952) 545-6038

DR. MARIE WANG, MD

333 Grand Ave, Suite 207
Saint Paul, MN 55102
(651) 294-2324

residential services

THE DWELLING PLACE

Provides safe homes for abused women and children

940-44th Ave NE, Unit 21307

Columbia Heights, MN 55421

(651) 776-4805

housing@thedwellingplaceshelter.org

LIFE REBUILDERS

3049 Columbus Ave S

Minneapolis, MN 55407

(612) 825-6871

Lrbmn.org

info@lrbmn.org

METRO HOPE MINISTRIES

New Hope Center

2739 Cedar Avenue S

Minneapolis, MN 55407

(612) 721-9415

metrohope.org

info@metrohope.org

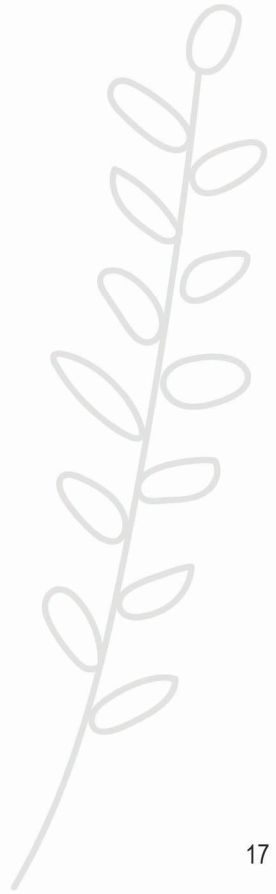
MINNESOTA ADULT & TEEN CHALLENGE

740 E. 24th Street

Minneapolis, MN 55404

(612) 373-3366

mntc.org



spiritual direction

WHAT IS “SPIRITUAL DIRECTION”?

Spiritual direction, sometimes referred to as spiritual guidance or spiritual friendship, is an on-going relationship for the purpose of noticing God’s presence in and through all of life. The relationship centers on the directee’s relationship with God as revealed in on-going commitment to intentional prayer and spiritual practices.

During the meeting (which is often one hour), director and directee seek to enter a prayerful atmosphere where they can be attentive to the Holy Spirit together. In an open and honest relationship between director and directee, the director serves as a co-listener to God.

The spiritual direction relationship is based in the understanding that God is at work in every life—both before the relationship begins and after it ends.

DIRECTION & THERAPY: SOME DIFFERENCES

It should be noted that there are distinctions between spiritual direction and therapeutic relationships. In general, it might be said that therapy and counseling deal primarily with problem areas of one’s life and attempt to bring healthy resolution to issues. Spiritual direction is concerned with finding and responding to God (in the midst of pain or disorder, as well as in the rest of life). Problem / issue solving is not the primary focus of spiritual direction.

FINDING A DIRECTOR

Begin with prayer - asking God to guide your search and to open your eyes to the possibilities available to you. It will probably take

some time to find the right spiritual director for you. If God is in the felt need for a director, however, then it is safe to assume that the Spirit will eventually provide the resources (director) you need. The key is to be patient yet diligent in the waiting, trusting God in the process, remaining attentive to the Spirit's direction in all of life.

CHOOSING A DIRECTOR

In a direction relationship, it is important for there to be a mutual sense of the rightness of the relationship and a concern for open, honest, clear communication, as well as a reverence for the unique way God is working in the individuals involved. Coupled with this is a mutual dependence upon the Spirit at work in the relationship. It is helpful to set up four or five meetings and then evaluate how things are going. After that, periodic evaluations are encouraged so that what was begun as a right thing does not continue past its time.

HOW IS A SPIRITUAL DIRECTOR TRAINED?

The ministry of spiritual direction involves a calling from God, coupled with a confirmation of that call by the community of faith in which the director is connected. Adding to this calling, a training program helps deepen a person's knowledge of spiritual development and skill in listening to others. Training usually involves a two-year program and ongoing supervision. Completing a training program alone does not mean the person should be involved in spiritual direction. It does mean the person has purposefully been in a learning environment to gain understanding of the ministry of spiritual direction. Calling, confirmation, knowledge, and skill are all necessary qualities in a spiritual director.



spiritual directors

KAREN ANDERSON

Buffalo, MN
(612) 508-1698

CHRISTOS CENTER FOR SPIRITUAL FORMATION

1212 Holly Dr
Lino Lakes, MN 55038
(651) 653-8207
christoscenter.org
info@christoscenter.org

DEBBI JO DIETER

Hopkins, MN
(952) 930-9309

SUSIE DILL, MA, LMFT

Mnettonka, MN
(612) 963-8814

ROD ELSE

Minneapolis / West Suburbs
(612) 703-9456
1rodelse@gmail.com

ROBIN FRASER

Maple Grove / NW Suburbs
(763) 227-6700
rfraserthree@gmail.com

CLODIE HARRELL

Hugo, MN
(651) 429-0806

LISA HARRELL

Shoreview, MN
(651) 587-3542
lisaharrell.com
lisa@lisaharrell.com

BONNIE JOHNSON

Maple Grove, MN
(612) 990-5300
Bonniejohnson.blj@gmail.com

SHERRY LEE

Wayzata, MN
(612) 916-6320

KATHY LERFALD

Spiritual Director & Life Coach
Minneapolis / St Paul, MN
(651) 354-2795
kathylerfald@earthlink.net

MAUREEN MCNEAL

Minnetonka, MN
(952) 500-1957

RESTORATION MINISTRIES

11985 Technology Dr, Suite 230
Eden Prairie, MN 55344
(952) 241-4150
info@restorationmn.org

VENITE MINISTRIES

109 East 26th St, Suite 3
Minneapolis, MN 55404
(763) 333-8976
info@veniteministries.org



quiet places

WHY MAKE A SILENT RETREAT?

In our fast-paced lives, the voice of God is easily drowned out by the buzz of noise and activity around us. Dedicated time in quiet is needed to settle down and be present to the reality of how life is lived and the deeper desires of the heart, whether it is a walk in the woods, kneeling in a beautiful chapel, journaling a life circumstance, or waiting in prayerful attentiveness. We can hear God's voice more readily when we set time apart to be still and listen.

On retreat, the presence of God enfolds and carries the retreatant to new places of intimacy, bringing transformation and renewal. God delights to be with his children. Going on retreat is one place to know deep down God's delight in us.

Our retreat resources have been recommended to us by staff and other members of Open Door. If at any time you find the resources unhelpful in supporting your spiritual journey, please contact the Open Door Care Ministry to let us know.

twin cities area retreat centers

ASSISI HEIGHTS SPIRITUALITY CENTER

1001 14th St NW

Rochester, MN 55901

(507) 282-7441

rochesterfranciscan.org

BENEDICTINE CENTER OF ST. PAUL'S MONASTERY

2675 Benet Road
St Paul, MN 55109
(651) 777-8181
stpaulsmonastery.org

CARLSON MEADOWS RESTORATIVE CENTER

1601 Hwy 7
Victoria, MN 55386
(952) 474-3216
charlsonmeadows.org/

CARMEL OF THE SACRED HEART

430 Laurel Avenue
Hudson, WI 54016
(715) 386-2156
carmelofthesacredheart.com

CHRIST THE KING RETREAT CENTER

621 1st Ave S
Buffalo, MN 55313
(763) 682-1394 or (763) 682-3453
kingshouse.com

CHRISTOS CENTER FOR SPIRITUAL FORMATION

1212 Holly Drive E
Lino Lakes, MN 55038
(651) 653-8207
christoscenter.org

FRANCISCAN RETREAT CENTER

16385 St Francis Ln
Prior Lake, MN 55372
(952) 447-2182
franciscanretreats.net



HOUSE OF PRAYER

14215 Fruit Farm Rd
St. Joseph, MN 56374
or
PO Box 5888
Collegeville, MN 56321
(320) 363-3293
Ehouseofprayer.org
houseprayer@csbsju.edu

**IRONWOOD SPRINGS CHRISTIAN RANCH
& MIRACLE LODGE**

7291 County Road 6 SW
Stewartville, MN 55976
(507) 533-4315 or (507) 533-6007
Contact: Steve Kasky
steve@ironwoodsprings.com
ironwoodsprings.com

MEETINGHOUSE CHURCH

Center for Spiritual Formation
6200 Colonial Way
Edina, MN 55436
(952) 925-2711
meetinghouse.church.com

MOUNT OLIVET RETREAT CENTER

7984 257th St W
Farmington, MN 55024
(952) 469-2175
mtolivetretreat.org

PACEM IN TERRIS

26399 Hwy 47 NW
Isanti, MN 55040
(763) 444-6408 or (763) 444-6496
paceminterris.org

RESTORATION MINISTRIES

11985 Technology Dr, Suite 230
Eden Prairie, MN 55344
(952) 241-4150
restorationmn.org

ST. BENEDICT'S MONASTERY

104 Chapel Ln
St Joseph, MN 56374
(320) 363-7100
sbm.osb.org

ST. JOHN'S ABBEY GUESTHOUSE

2900 Abbey Plaza, Box 2015
Collegeville, MN 56321
(320) 363-2011
saintjohnsabbey.org

WILDERNESS FELLOWSHIP MINISTRIES

22000 County Road M
Frederic, WI 54837
or
21897 Spirit Lake Rd W
Frederic, WI 54837
(715) 327-8564
wildernessfellowship.com



Pastoral appointments

WHAT IS A PASTORAL APPOINTMENT?

A pastoral appointment is a scheduled meeting with a member of the pastoral staff to talk through an issue or particular spiritual concern. The one-time appointment normally includes a time of listening and prayer, with assessment and referral to other resources for continued healing, growth and support.

Because Open Door does not provide ongoing counseling, we will refer individuals and couples to therapists listed in this booklet, to develop ongoing therapeutic relationships. We may also recommend other resources within the community which can provide better services for ongoing places of support and care. However, at times it may be helpful to continue together for a set period of time. This would be determined by the pastor at the time of your appointment.

To schedule a pastoral appointment, please call the Care Associate during regular business hours at (763) 416-5846 ext 1302.

If you come to Open Door during regular business hours, and do not have an appointment scheduled, we cannot guarantee that a pastor will be available to meet with you. A staff member will assess the situation and if the situation is not urgent, will offer to schedule an appointment at a later date. If there is a need for immediate pastoral attention, the pastoral staff or ministry team member who is next available will meet with you for a short appointment and, if necessary, help you find other resources. We highly encourage you to call ahead to schedule an appointment or see if someone is available to meet with you that day.

ASKING FOR PRAYER

We encourage you to open your hearts and lives to those around you, ask them for prayer, as well as trust that God will hear and respond. In most cases, it is best (and easiest) to receive prayer from the people with whom you share life on an ongoing basis.

PRAYER RESOURCES

- **Weekend Prayer Team:** Available after every Sunday Gathering
- **Prayer Line:** Leave a message at (763) 416-5846 ext 1374, include your name and number if you'd like a call back
- **Seeking Peace:** Would you like to connect with Jesus amid challenges in your everyday life? Are you seeking healing, restoration, or peace? Sign up for a one-hour session that involves creating space to listen for Jesus and being led through a prayer experience to connect with Him. To make an appointment email Rose at rlarson@thedoor.org.

CARE MINISTRY

If you would like to reach someone on the Open Door Care Ministry staff, feel free to call or email using the information below.

Annie-Claude Toll (*Care Associate*)
(763) 416-5846 ext 1300
atoll@thedoor.org

Bob McKenna (*Pastor of Care*)
(763) 416-5846 ext 1302
bob@thedoor.org

Rose Larson (*Pastor of Prayer Ministry*)
(763) 416-5846 ext 1600
rlarson@thedoor.org





Bless you as you seek

healing & wholeness

in Jesus!



9060 Zanzibar Lane North
Maple Grove, MN 55311

