



Get back your spark!

THE THERAPIST
COUNSELING & LIFE COACHING

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TheTherapistMN.com



Who We Are

We are a mental health and life coaching private practice in North Central Minnesota. Our clinicians are licensed to provide in-person therapy to clients in Minnesota, and online to clients in Minnesota and across various states, and overseas. We treat a variety of mental health concerns using different modalities that address individual needs. These include: CBT, Exposure and Response Prevention (ERP), Solution Focused Therapy, Eye Movement Desensitization and Reprocessing (EMDR), Internal Family Systems (IFS), and other client centered approaches. We also offer life coaching services for adults seeking mentoring for life or career goals.



What We Do

Our clinicians treat a variety of mental health concerns. If your concern is not listed please contact us to discuss your needs. Most of our services are covered by insurance, with the exception of coaching and some groups. Please contact your insurance company to determine which services they cover.

- Relational issues
- Crisis Therapy
- Depression
- Anxiety
- Mood Disorders
- Autism Level 01
- Personality Disorders
- Bipolar Disorder
- Cultural and Racial Identity
- Life Transitions
- Autism Coaching
- NT/AS Counseling and Groups
- Trauma
- Life and Career Stress

Who We Serve

Our clients range from youth through adulthood. Please visit our website to learn about individual clinician client ages. We provide individual, couples, and group therapy, both online and in-person. Online therapy is offered via our client portal; online groups are possible through the use of Webex, a HIPAA compliant software similar to Zoom. Our aim is to provide both a superior and compassionate counseling and life coaching experiences for our clients.



Insurance & Private Pay

We accept most Minnesota health insurances and HSA payments. We do offer a limited quantity of income based sliding fees, which clients must qualify for yearly. For clients wishing to pay out-of-pocket, we offer a 5% discount from our regular fees. Please see our website for a complete list of accepted insurances, the sliding fee application, and our latest fee schedule. Life coaching services are not covered by insurance. Please see the website for coaching packages or call for a custom price package. Learn more about our practice and providers by visiting our website at www.TheTherapistMN.com or call **218.454.3288** and press 0 to leave a message for a return call.