

The Westminster Pastoral Care Team Presents the

MENTAL HEALTH REFERRAL PANEL



WESTMINSTER
PRESBYTERIAN CHURCH

47 Jefferson Ave SE | Grand Rapids, MI 49503
616-456-1456 | westminstergr.org

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Friends,

The Mental Health Referral Panel

This booklet is intended to be an extension of our pastoral care at Westminster. We intend this list of professionals to be a means by which we can extend the safety of Westminster's heart beyond the bounds of the congregation. The practitioners listed in the panel were discovered and vetted through a faithful committee's suggestions and a subsequent interview process with them and the Pastoral Care Team. We are deeply grateful for the work of that committee and thank them here for their generous support of pastoral care: Jim Bottenhorn, Philip Gibson, Julia de Jonge, Suzann Ogland-Hand, Nancy Taylor, Larry Slager, and Mark Mosby.

The Barbara Molhoek–Callum McPheeters Fund for Mental and Spiritual Health

The story of a son and the story of a father and the story of two tragedies are behind the creation of this new fund. In 2010, Barbara Moelhoek died by suicide. Her son, John, said that his mother would have been so pleased to know that we are now helping to provide the kind of therapeutic help that she could have used. John has very generously provided the first gift to underwrite the costs of therapy through our Mental Health Referral Panel for those who cannot afford it. The inspiration for the Panel itself came through the life and death of Callum McPheeters in 2012, who was born with severe birth defects and survived for only nineteen days. When his father, Scott, sought counseling after Callum's death, his experience with the therapist was anything but healing. When Scott came to our former senior pastor to report his experience and asked for a good referral, the idea for the MHR Panel was born. We honor both Barbara's life and Callum's life in the name and with the creation of this fund.

—The Westminster Pastoral Care Team

HOW TO KNOW WHEN TO SEEK HELP

When to consider psychotherapy—for myself or for others

Because of many misconceptions about psychotherapy, sometimes people are reluctant or feel nervous to try it out. However, if your quality of life isn't what you want it to be, psychotherapy may be able to help.

Some people seek psychotherapy because they have felt anxious, depressed, or angry for a long time. Others may want help for a chronic illness that is interfering with their emotional or physical well-being. Still others may have short-term problems they need help navigating. For example, they may be going through a divorce, facing an empty nest, feeling overwhelmed by a new job, or grieving a family member's death.

Signs that you could benefit from psychotherapy include the following:

- Your problems don't seem to get better, despite your efforts and help from family and friends.
- You find it difficult to concentrate on work or to carry out other everyday activities.
- You feel an overwhelming, prolonged sense of helplessness and sadness.
- Your actions, such as drinking too much alcohol, using drugs, or being aggressive, are harming you or others.

Source: American Psychological Association (www.apa.org) "Understanding psychotherapy and how it works")

FINDING A THERAPIST

How to make an appointment

- You may feel nervous about contacting a mental health professional (MHP); that's normal.
- Having the courage to make a call and sticking to it can bring a sense of relief, as you begin to put yourself on a more positive path.
- Mental health professionals understand how difficult it can be to make initial contact. While the first call may be new for you, it's something they regularly handle.
- Leave a message with your name, your contact number, and why you're calling; it's enough to just say you are interested in knowing more about therapy.
- Once your call is returned, the therapist will lead a brief call to get a better sense of what you need, whether they are able to help, and when you can make an appointment.

What factors do I consider?

- **Your best time of day.** Consider whether you are a morning person or a night owl.
- **Work.** If you have to take time off work, consider talking with your human resources department to see if you can use sick leave for therapy appointments. Consider having your first appointment later in the day so you don't have to go back to work afterward. If you have an upsetting topic to discuss, you may be tired, emotionally spent, puffy-eyed, or distracted after your first session.
- **Family responsibilities.** Unless your children are participating in treatment, it's usually not a good idea to bring them along. Choose a time when you will have childcare available.

Source: American Psychological Association (www.apa.org) "Understanding psychotherapy and how it works")

Other commitments. Sessions typically last 45-50 minutes; evaluations (which occur in the first session) may last a bit longer. Try to schedule your session when you won't have to rush to your next appointment afterward. Worrying about being late to a next appointment may distract you from your therapy session.

How can I prepare for the next appointment?

- **Verify your outpatient mental health benefits** by calling your insurance company.
- **Fill out new patient paperwork** if your therapist has this. Confirm if it is available on a web page, if it will be sent to you ahead of time, or if you need to come to the appointment early to fill it out.
- **Records from other providers** (therapists, primary care physicians, etc.) may be helpful for you to have. Your therapist can also work with you to obtain these.
- **You may want to prepare questions** for your first appointment, such as the average treatment duration, the therapist's feelings about medications, or other concerns you may have.
- **Learn about therapy.** If a friend has done psychotherapy, ask him or her what it was like. Or read up on the topic. If you've been in therapy before, think about what helped you and what you liked or didn't like about previous providers.
- **Keep an open mind.** Even if you are skeptical about therapy or are only going because someone told you to, be willing to give it a try. Be willing to be open and honest so you can take advantage of this opportunity to learn more about yourself.
- **Make sure you know where you're going.** Get directions or do a map search.

Source: American Psychological Association (www.apa.org) "Understanding psychotherapy and how it works"

Questions for an initial phone call and first appointment with a mental health professional

- **Brief consultation:** You may ask a therapist if they will do a 15-minute consultation instead of a full session as a way of meeting initially.
- **Insurance:** By the end of a phone call, you should have clarified that the mental health professional can bill your insurance or will provide you what you need to submit the claim yourself. If you are paying out of pocket, it should be clear what the fees are and when payment is due. It is appropriate to ask if the therapist or agency has a sliding scale policy if you can't afford their fees. It should be clear whether the office takes personal checks or credit cards.
- **Presenting issue:** State what the nature of the problem is to clarify whether the therapist is an appropriate referral for you. Be prepared to disclose if the treatment is for you or for a family member and a brief description of the presenting problem.
- **Paperwork:** It should be clear where the office is and whether you will be filling out paperwork ahead of time or at the time of the first appointment.
- **Question list:** A typical therapy appointment is 45-50 minutes. An initial appointment may be longer. To make the best use of your time, it may be helpful to make a list of the questions you have. It can also help to bring a notebook to sessions to write down things that are discussed that you want to make sure to remember. Sessions can be a bit overwhelming at times!
- **Experience:** Ask about whether the therapist has worked with people with your kinds of problems and what their areas of expertise are. If you have had previous experiences with a therapist that raised concerns for you, let the therapist know about those experiences.

Source: American Psychological Association (www.apa.org "Understanding psychotherapy and how it works")

- **Deal breakers:** You might want to work with a psychologist who shares your religious or cultural background. There may be other issues that are deal breakers for you. Bring them up in a first session. While some therapists are more open to sharing personal information than others, you will get important information about how they handle those issues and should find the response helpful.
- **Specific policies:** What are policies about missed appointments and late cancellations?
- **Types of questions:** Ask about average treatment duration, frequency of sessions, and approach to psychotherapy—in particular for someone with your kind of problem. It is appropriate to ask about training, years of practice, and view about medication.
- **Assess the professional:** Whether you interview an MHP during a 15-minute consult or throughout a first session, remember that you are assessing them as much as you may feel they are assessing you! Pay attention to how you feel throughout the session. Look for someone who inspires hope and who makes you feel comfortable and safe. It is perfectly fine to tell someone that you are in the process of interviewing therapists and that you will get back to them if you decide to work with them.
- **No shame:** You should never be made to feel ashamed about a question or concern that you raise. Professionals in this field should understand that you and your family members are in the vulnerable position and should do everything they can to make you feel comfortable to address any concern that you might have about engaging in this process.

Source: American Psychological Association (www.apa.org) “Understanding psychotherapy and how it works”)

ASSESSING EFFECTIVENESS

What to expect in your first appointment

- **Normal to feel nervous.** As you head to your first psychotherapy appointment, you may feel anxious or nervous. Preparing ahead of time and knowing what to expect can calm your nerves.
- **The therapist will set the tone.** Don't worry that you won't know what to do when the session actually begins. Most mental health professionals have experience setting the tone and getting things started. They are trained to guide the session in effective ways to help you get closer to your goals.
- **First session: Evaluation.** The first session(s) may feel more like an assessment or an evaluation, with the therapist asking questions to better understand your situation. You are also making an evaluation, assessing how you feel with this therapist and what it is like to interact with him or her.
- **Logistics first.** Likely, the therapist will start out by reviewing logistical matters, such as confidentiality, fees, and how to make or cancel an appointment.
- **“What brings you here today?”** Typically, the therapist then asks a question like, “So, what brought you here today?” or “What made you decide to come in now, instead of a month or a year ago?” It helps to identify your problem, even if you're not sure how to handle it. For example, you may feel anxious or angry or sad without knowing what's causing these feelings, or you may feel uncomfortable sharing until you get to know each other better. It's okay for you say that you are not ready to talk about something just yet.
- They'll ask how these problems are affecting your everyday life, such as school, work, family, or friendships.

Source: American Psychological Association (www.apa.org) “Understanding psychotherapy and how it works”

- They will likely ask about changes you've noticed in your sleeping habits, appetite, or other behaviors.
- **No need to rush.** It's important not to rush this evaluation process, which likely may take more than one session. Typically, the therapist guides you through the process but lets you set the pace when it comes to telling your story. As you gain trust in the therapist and the process over time, you may be willing to share things you didn't feel comfortable doing at first.
- **Treatment plan.** Once a full history and evaluation are completed, the two of you will work together to create a treatment plan. This collaborative goal-setting is important because both of you need to be invested in achieving your goals. Therapists differ in how they do this, with some writing down the problems and goals or having more of a "treatment contract" and others having a more unstructured approach.
- **After the first session,** the therapist may have suggestions for immediate action, such as contacting your physician to rule out any medical conditions that might be contributing such as a thyroid disorder.
- **After the evaluation.** By the end of the first few sessions, ideally you would have a clearer understanding of your problem(s), a game plan, and a bit of hope about dealing with it.

Is it working? How do I assess a good fit?

- **Psychotherapy helps.** Hundreds of studies have found that psychotherapy helps people make positive changes in their lives. Reviews of these studies show that approximately 75 percent of those who enter psychotherapy are better off by the end of treatment than 80 percent of those who didn't receive any treatment.

Source: American Psychological Association (www.apa.org) "Understanding psychotherapy and how it works"

- **Successful treatment** results from three factors working together:
 - o Evidence-based treatment that is appropriate for your problem
 - o The therapist's expertise
 - o Your characteristics, values, culture, and preferences
- **What can I do to help my situation?** When people begin treatment, they often feel that their distress is never going to end. Psychotherapy helps people understand that they can do something to improve their situation. That can lead to changes in healthier behavior, whether it's improving relationships, understanding, tolerating, and expressing emotions better, doing better at school or work, or thinking in healthier ways.
- **Therapeutic relationship.** While some problems and issues respond best to a particular style of therapy, there is consensus that your relationship with your therapist is a critical factor of success.
- **Treatment plan review.** As you go along in treatment, continue asking whether your therapist understands you, whether the treatment plan is making sense, and whether you feel like you are making progress. Some therapists will schedule "treatment plan review" sessions, while others may have more informal discussions about progress toward goals.
- **How long will it take?** Some people begin to feel better in 6-12 sessions; but depending on the problem(s) you are addressing, change may take longer. Remember that if it took years for a situation or problem to be the way it is, it isn't realistic to expect that to be "all better" in a few sessions.

Source: American Psychological Association (www.apa.org "Understanding psychotherapy and how it works")

- **Change is hard and takes time.** As treatment progresses, remember that sometime things may feel worse before they get better. You may feel overwhelmed, or more angry, sad, or confused than you did at the beginning. That doesn't necessarily mean that therapy isn't working; instead it may mean that you are addressing painful issues or difficult situations—or that you are doing the hard emotional work of making changes for yourself. Sometimes strong emotions are a sign of growth instead of evidence of a standstill.
- **Relationship fit.** In some cases, the relationship or fit between you and the therapist isn't as good as it should be. It's helpful to raise this. The therapist should be willing to address those kinds of issues.
- **Second opinion.** If you feel uncertain that the therapist has the correct diagnosis, feel empowered to ask for a second opinion. Or if you feel like your situation isn't improving, you and your therapist may decide that it's time for a second opinion, or for you to start working with another therapist. Don't take it personally if that happens; it could just be a bad fit—or that the therapist thought he or she had expertise in your situation, but as time has progressed, has learned he or she does not.
- **If the fit isn't good** and you decide to move on, ideally this would be a shared decision with you and your therapist. Tell your therapist why you are leaving. Typically an therapist will be able to help you with referrals to another therapist. Make sure you talk directly with the next therapist about what didn't work.

Source: American Psychological Association (www.apa.org "Understanding psychotherapy and how it works")

INTRODUCTION TO THE FUND

I am honored to tell you about the Barbra Molhoek–Callum McPheeters Fund for Mental and Spiritual Health.

In December of 2014, Rev. Chandler Stokes preached a sermon called “The Light of Love.” In the sermon, he told a tragic story of a grieving father who sought counseling to help him mourn the death of his son Callum, who was born with severe birth defects and lived for only 19 days. Unfortunately, the therapy he received was anything but healing. Chandler went on to explain that this was the inspiration behind the Westminster Presbyterian Church Mental Health Referral Panel.

As I was sitting there and listening to Chandler tell the details of this new panel and program, I felt very proud to be part of a church that would take this issue head on. Mental health is almost at an epidemic state in this country:

- One in 4 adults (61.5 million people) experience severe mental disorders in a given year.
- Mood disorders such as depression are the third most common cause of hospitalization for both adults and youth ages 18–44.
- Suicide is the third leading cause of death for ages 18–24.

However, it seems that no one wants to talk about or address mental illness—no one except Westminster, with its Mental Health Referral Panel. Mental health is an issue dear to my heart, as I witnessed the devastating effects this disease can have on a person and a family. I watched as depression completely destroyed my mother in a matter of two years. Like a parasite, it ate away everything she was (beautiful, vibrant, confident, and caring) and took away everything she wanted to be (a good friend, wife, mother, grandmother, and Christian) until she took her own life.

This is why what Chandler said toward the end of his sermon resonated with me most. He said that in the future he envisions having a fund to help people who are suffering from mental illness but cannot afford help, and that this fund had not yet been started.

That statement hit me right between the eyes. You see, I had been looking for a way to honor the memory of my mother. I cannot think of a better way to honor my mom than to set up a fund to help people suffering from mental illness. This is perfect—not that my mom suffered from mental illness, but that when she was on this earth, she lived to help others. My mom was a champion for the underdog. She loved her neighbor more than she loved herself. Anyone who ever talked to my mom walked away feeling better about himself or herself. Because of this gift people loved talking to her and sought her out. This was most noticeable at church. After the service people would flock to her, literally lining up to get their weekly dose of encouragement.

I hate to admit it, but this was the main reason I did not like going to church growing up. Sunday school was okay, and I didn't even mind the hour-long service. But what drove me absolutely crazy was that after the service we would have to wait around for my mom to talk to everyone in the entire church. We were always the last people to leave. I vividly remember one Sunday—it must have been about 12:15 and the service ended at 11:00. My mom just finished talking to the last person in church, and she started to look around for someone else to talk to.

Ha! Finally, no one left to talk to. We can finally get out of here! I thought. Just then Roger the janitor walked in to start cleaning. And to my horror, I heard, “Hi Roger!” It was another 15 minutes before we got out the door.

That is one story that sums up my mom, and that is why I am honored to tell you about the Barbra Molhoek-Callum McPheeters Fund for Mental and Spiritual Health. It is a fund through Westminster for anyone who is suffering from mental illness and needs professional help but cannot afford it. This fund was set up with few restrictions. Here are few of the questions that I am sure you're thinking:

Who is eligible to receive funding? In the tradition of Westminster, this fund is available to anyone who needs help.

Do you have to be a member of Westminster to receive funding? No. *Do you have to be a Christian to receive funding?* No, we do not presume you to be a Christian; we only hope that we treat you in a Christian manner.

How much of the therapist invoice will this fund cover? Up to six sessions with a professional therapist, where you need to pay only a \$10 co-pay for each session.

If I need help or know someone who needs help, what is my next step? Call or reach out to anyone on the Westminster Pastoral Care Team. In closing, if you or anyone you know is suffering from mental illness, please do not try to take it on yourself. Please get help. If you know a good therapist, great. If you do not, the Westminster Mental Health Referral Panel is here to help you find one.

If you can afford therapy, great. If you cannot, the Barbra Molhoek-Callum McPheeters Fund for Mental and Spiritual Health is here for you. —John Molhoek

GUIDELINES FOR THE USE OF THE FUND

Westminster Presbyterian Church provides financial support for members of this faith community and for our neighbors who may need assistance covering the cost of outpatient mental health services.

Persons seeking treatment are expected to have applied for and be utilizing all applicable sources of private health insurance and public health care coverage programs (Medicare/Medicaid/Healthy Michigan).

The Molhoek-McPheeters Fund is then a resource available when private or public health care coverage resources are not available or for those limited situations where co-pays and deductibles are so high as to pose a serious financial barrier to seeking outpatient mental health services. We expect a maximum distribution of \$690 per member's care, which may also include a combination of co-pays and deductible fees.

To apply for this resource, please contact a member of the Pastoral Care Team:

Susan Jennings, Minister for Pastoral Care & Mission
616-717-5542 / susanj@wpcgr.org

Rev. Jen Porter, Associate Pastor
616-717-5545 / jenp@wpcgr.org

MENTAL HEALTH PROFESSIONALS

Legend of Licenses, Certifications, and Degrees

ACSW	Academy of Certified Social Workers
BCD	Board Certified Diplomate
CAADC	Certified Advanced Alcohol and Drug Counselor
CAC	Certified Addictions Counselor
LLP	Limited Licensed Psychologist
LMFT	Licensed Marriage and Family Therapist
LMSW	Licensed Master Social Worker
LPC	Licensed Professional Counselor
MA	Master of Arts
MDiv	Master of Divinity
PsyD	Doctor of Psychology
PhD	Doctor of Philosophy



CHRISTINE BARDELLI

LMSW, ACSW

Chris Bardelli has been providing help to clients of varied backgrounds since 1996. After receiving her Masters in Social Work from Wayne State University in Detroit, she moved to West Michigan and has worked in a variety of settings. She uses an eclectic approach made up of cognitive-behavioral techniques, self-compassion, empathy and levity to work with clients to overcome the issues that stand in their way.

Chris has expertise in working with adolescent (12+) girls and adult women to deal with body image and eating disorders of all kinds from Anorexia and Bulimia to Compulsive Overeating and Binge Eating. In addition, she works with clients on mood issues, relationships, and sexuality. Chris firmly believes in the ability to change, and the growth that can come from a positive therapeutic relationship.

2020 Raybrook Dr. SE
Suite 102-3
Grand Rapids, MI 49646
616-803-8400

Insurance Accepted:

Priority Health
BC/BS of MI
UBH
UHC

Clinical Specialty Areas:

- Anxiety disorders
- Depression/mood disorders
- Eating Disorders
- LGBT Issues
- Stress management
- Trauma, abuse, PTSD



3300 Burton St. SE
Grand Rapids, MI 49546
616-803-8400

Insurance Accepted:

Priority Health

BC/BS of MI

ASR

Aetna

Cofinity

United Health Care

Clinical Specialty Areas:

- ADHD/academic issues
- Anger management
- Anxiety disorders
- Couples/family issues
- Depression/mood disorders
- Domestic abuse/violence
- Grief
- Men's issues
- Pornography/sex addiction
- Stress management
- Substance abuse
- Trauma, abuse, PTSD

SEAN BURNS **MA, LLP, CAADC, SAP**

Sean is a psychotherapist who has been practicing since 1998. He treats ages 5-75 while working with individuals and couples. Sean specializes in trauma and addiction treatment. More specifically, he utilizes EMDR (Eye Movement Desensitization & Reprocessing and has his CAADC (Certified Advanced Alcohol & Drug Counselor). Additionally, Mr. Burns treats individuals for depression, anxiety disorders, marital/couples issues, family issues, and dissociative disorders.

Sean received his BS in Psychology from Aquinas College in 1996 and his Masters in Counseling Psychology from Adler University in 1998. He has a history of working with individuals in many settings including: Residential Treatment, Psychiatric Hospital, Home Based Counseling, Outpatient Clinics, and now in his Private Practice. As a Substance Abuse Professional, Sean can also provide substance use assessments and reports for legal matters in the courts and for the Department of Transportation.



SEAN DOUGHERTY

MA, LLP

Sean Dougherty enjoys providing therapy to adolescents and adults. He assists his clients in regaining control of their lives over challenges such as ADHD, anxiety, anger, bipolar disorders, depression, OCD, grief, and life changes. He uses humor, cognitive-behavioral tools, and empathy to help his clients lead improved lives.

967 Spaulding Ave SE
Suite D
Grand Rapids, MI 49301
616-504-1002

Insurance Accepted:

Medicaid (*Only Priority Health*)
Priority Health
BC/BS of MI
Magellan
UBH
Aetna
Value Options

Sean earned a Master of Arts Degree in Clinical Psychology from the Illinois School of Professional Psychology in 1993. He has since worked in the Grand Rapids area in various organizations including Wedgewood, Pine Rest Christian Mental Health Services, and Psychiatric Associates of West Michigan.

Clinical Specialty Areas:

- ADHD/academic issues
- Anger management
- Anxiety disorders
- Chronic pain/illness
- Couples'/family issues
- Crisis management
- Depression/mood disorders
- Eating disorders
- Grief
- Men's issues
- Self-harm behavior
- Stress management
- Substance abuse
- Suicide assessment
- Trauma, abuse, PTSD



MARIANNE DUNN

PSYD

4467 Cascade Rd. SE
Grand Rapids, MI
49546
616 419-8107

Insurance Accepted:

Priority Health
BC/BS of MI
BCN
Medicare
Value Options

Emotional distress can arise from a number of sources, for a variety of reasons. In a supportive therapeutic setting, I work with patients to help make sense of what they're feeling. Then a course of action can be set toward change and mastery. The goal is to feel and function better, and to engage more fully in life, career, relationship. I work primarily with adults, both men and women, and offer consultation to couples, families and primary care physicians. Presenting problems often include depression, anxiety, and relationship distress.

I have training in a variety of treatment modalities and 25 years experience in the practice of psychology. In addition to traditional modes of treatment, I utilize mindfulness and other alternative techniques which patients can incorporate into their daily lives to promote ongoing wellness and emotional resiliency.

My background includes training in developmental psychology and neuropsychology, as well as healing from emotional and other trauma.

Clinical Specialty Areas:

- Depression/mood disorders
- Anxiety disorders
- Grief and loss
- Couples'/family issues
- Spirituality
- LGBT issues
- Infertility
- Parenting issues
- Stress management
- Academic issues
- Trauma, abuse, PTSD
- Autism spectrum disorders



MARY GILBERT

PHD

Dr. Gilbert has over 25 years of experience providing clinical and psychotherapy services. She works with adolescents through older adult age groups, primarily a general adult population. She has experience and expertise with many and varied areas, including specialized training in numerous issues of concern to women.

She also has undergraduate and graduate level training in the integration of theology and spiritual issues into psychotherapy. Dr. Gilbert has received awards for excellence, and has many years of providing supervision, training and consultation to others. She has presented to TV audiences and national groups, as well as published on a variety of topics.

Gilbert Psychological Services
2020 Raybrook SE, Suite 308
Grand Rapids, MI 49546
616-649-1010

Insurance Accepted:

Medicaid (*only Priority Health*)
Medicare
Priority Health
BC/BS of MI
BCN
Magellan
PHP
ASR
Beacon/Value Options
Optum/UHC/UBH
Humana
Molina
Aetna

Clinical Specialty Areas:

- Women's health and personal issues
- Mood disorders: depression, postpartum depression, bipolar disorder
- Anxiety disorders/stress management
- Infertility/pregnancy concerns
- Marital/couple issues
- Trauma history, including PTSD
- Chronic pain and chronic illness
- Parenting issues
- Spiritual issues; personal growth
- Diversity issues
- Grief and loss; aging issues



CHARLES GRAYSON

PhD

2894 Thornapple River
Drive SE
Grand Rapids, MI 49546
cgraysonphd@gmail.com
616-365-5000

Insurance Accepted:

No insurance accepted

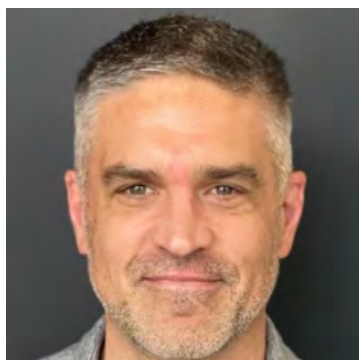
Clinical Specialty Areas:

- Alzheimer's/dementia/elder care issues
- Anger management
- Anxiety disorders
- Autism spectrum disorders
- Child/adolescent issues
- Chronic illnesses
- Couples'/family issues
- Depression/mood disorders
- Grief
- LGBT issues
- Men's issues
- Parenting issues
- Pornography/sex addiction
- Spirituality
- Trauma, abuse, PTSD

Talking with a psychologist can help you with worries, anxiety, depression, and troubled relationships. I can assist you in becoming more constructive in your approach to life; you will discover treatment abilities that you might not even have known about—which, when they are known to you, put you in a stronger position to take control of the challenging aspects of your life. I also offer a form of psychoanalytic therapy. This is a process of in-depth exploration of one's thinking, feeling and experiencing.

My psychoanalytic approach has been particularly helpful to people who desire a more in-depth understanding of themselves, which leads to more extensive improvements. This kind of therapy is also very helpful to people who are having trouble establishing or effectively working toward their personal and professional goals and ambitions.

I have a specialty in treating children, adolescents, and parents around a wide range of problems. I also offer marital and relationship counseling.



GORDON GREER

LMSW, ACSW, CAADC

Pine Rest Christian Mental Health Services

Forest Hills Clinic

877 Forest Hill Ave. SE

Grand Rapids, MI 49546

616-258-7507

gordon.greer@pinerest.org

Clinical Specialty Areas:

- Grief and loss
- Depression
- Anxiety
- Compulsive behaviors
- Stress management

Insurance Accepted:

Aetna

BHO

BCN/ BCN Medicare

BCBS/ BCBS Medicare

Cigna

Cofinity

Coventry

Golden Rule

GVHP

Health Alliance

Humana

Magellan

McLaren

Gordon believes authentic, vulnerable conversations help us lead more connected, meaningful lives in what has become an increasingly lonely, disconnected world. He values and enjoys “big talk” (rather than small talk) and considers his role as a mental health professional both a privilege and a calling.

Gordon does his best to afford clients a space that consistently feels welcoming, nonjudgmental, and safe, and describes his style as warm and relaxed yet direct. He also thinks it's important to remain flexible and adaptable to client needs and to have a good sense of humor.

Gordon's approach is person-centered and trauma-informed, emphasizing the process and quality of the therapist-client relationship. His method integrates aspects of various evidence-based therapies, particularly mentalization-based therapy (MBT) and acceptance and commitment therapy (ACT).

Gordon's previous professional experience includes work with unhoused and psychiatrically hospitalized people in the Grand Rapids community, and corporate employees from across the country exposed to disruptive workplace events such as fatalities, injuries, layoffs, and violent crime.

Medicare

Mutual of Omaha

ASR

Priority Health

PH Medicare

Tricare

UBH

Medicaid (Meridian, Molina, McLaren, UHC, Priority Health)



PATRICIA HAWKINS

LPC, CAADC

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Grand Rapids, MI 49505
616-260-0836
pathawkgr@gmail.com

Insurance Accepted:

Medicaid
Priority Health
Meridian
Molina

Certifications:

Certified Advanced Alcohol
and Drug Rehabilitation
Counselor

Currently working as an outpatient therapist for Family Outreach and a Care Transitions case manager for Pine Rest, Pat Hawkins has extensive experience with mental health in community settings. She has worked in community case management in three agencies, over a span of 20 years, and she was the lead for the startup of the Pine Rest Community Case Management team.

Counseling has been her passion, and Pat has used various modalities for assisting individuals to overcome mental health issues, such as Cognitive Behavioral Therapy, mindfulness, and Dialectical Behavior Therapy, or DBT. One of the greatest pleasures in her life is to meet a new client and begin the working relationship.

Pat's daughter and family live in the Grand Rapids area, and she spends time with them, as well as enjoying her other favorite hobbies of needlework and reading.

Clinical Specialty Areas:

- Anger management
- Anxiety disorders
- Autism spectrum disorders
- Chronic pain/illness
- Couples'/family issues
- Crisis management
- Depression/mood disorders
- Gambling problems
- LGBT issues
- Parenting issues
- Spirituality
- Stress management
- Substance abuse
- Trauma, abuse, PTSD



AL HEYSTEK

MA, LPC, MDIV

Al is a Licensed Professional Counselor who has worked professionally with men's issues since 1994. He has been a therapist with the Men's Resource Center of West Michigan at Fountain Hill since 2002. Prior to that, Al worked for OAR, Inc. in Holland, Michigan, as a therapist in both outpatient and residential men's chemical dependency programs.

Men's Resource Center of West Michigan

Fountain Hill Center
534 Fountain St NE
Grand Rapids, MI 49503
616-456-1178

[fountainhillcenter.org/
therapists/al-heystek/](http://fountainhillcenter.org/therapists/al-heystek/)

Insurance Accepted:
BC/BS of MI

Clinical Specialty Areas:

- Anger
- Domestic abuse
- Sexual addiction
- Sexuality
- Spirituality
- Stress management/
coping
- Substance use/abuse
- Trauma/PTSD
EMDR
- Men's issues

Al also worked for Gateway Foundation, an outpatient treatment center in Chicago. Prior to that, he was on a ministerial team for 10 years in an urban ministry in Chicago. Al is also an ordained minister in the United Church of Christ.

Al believes that learning compassion is at the heart of positive change. His passion for working with men on their journeys of healing and growth is connected to his deeply held belief that men can change. When given respect and opportunity, men can move forward in surprising ways.

Al is a principal therapist at Men's Resource Center of West Michigan. The MRC and its highly trained counselors and therapists provide a unique and valuable group of programs and services which recognize and help treat the many issues that affect men in their daily lives.



STEPHANIE KAREK MA, LLP

Stephanie is experienced in working with people struggling from a variety of issues ranging from normal life stressors to severe mental illness. Stephanie is trained as both a clinical and school psychologist. She has worked in a variety of settings including schools, private practice, hospitals, and community mental health.

Stephanie primarily uses a cognitive behavioral treatment (CBT) approach to psychotherapy. She also uses techniques of mindfulness, relaxation strategies, exposure therapy, and acceptance and commitment therapy (ACT). In addition to individual therapy, Stephanie enjoys working with couples to improve relationships. She also works with parents using a consultation model to help children struggling with behaviors including ADHD, sensory issues, social and developmental delays, and Autism Spectrum Disorders.

4467 Cascade Road SE Suite 4469
Grand Rapids, MI 49546
616-250-2883
Stephanie@karekpsychological.
com

Insurance Accepted:

BC/BS of MI
Priority Health United

Clinical Specialty Areas:

- Anxiety
- ADHD
- Behavioral Consultation
- Couples/Family Issues
- Depression
- Eating Disorders
- Panic Disorder & Phobias
- Pre- and Postpartum
- Parent Consultation
- Medical Residency Wellness
- Women's Issues
- Sleep Disorders



REBECCA KLOTT

PhD

**River City
Psychological Services**
233 E Fulton St
Suite 524
Grand Rapids, MI 49503
616-259-7207
rivercitypsychological.com

Clinical Specialty Areas:

- Anxiety disorders
- Couples'/family issues
- Depression/mood disorders
- Eating disorders
- Grief
- LGBT issues
- Infertility
- Pornography/sex addiction
- Self-harm behavior
- Sex therapy
- Spirituality
- Stress management
- Suicide assessment
- Trauma, abuse, PTSD

Insurance Accepted:

Medicaid (*some, not all*)
Medicare
Priority Health
BC/BS of MI
Blue Care Network
ASR

Dr. Rebecca Klott has been helping people with their struggles for over 21 years. She has had the honor of working with people as they learn to understand and manage the experiences of their lives. She strives to provide a safe, empathic, and secure environment where people can explore themselves, their feelings, and their relationships. Dr. Klott approaches each client with empathy and respect. She believes when we recognize our relational and behavioral patterns and understand how these patterns develop and are maintained, we can make a decision about whether to change them. Through this self-understanding, we can begin to learn new and better ways of being with ourselves and others.

She emphasizes the whole person including develop-mental, social, and relational concerns. She draws from psycho-dynamic, interpersonal process, and cognitive behavioral approaches. Rebecca has received focused training treating trauma reactions and development of post-trauma resiliency, treating eating disorders, and working with individuals from the LGBTQ+ community. Her clinical interests include working with mental health professionals, sexuality and sexual concerns, the intersection of faith and mental health, as well as grief and loss reactions.

Dr. Rebecca Klott earned her Master of Arts (M.A.) in 1996. After practicing in community mental health settings with her MA for 11 years, she earned her Doctor of Philosophy (Ph.D.) with an emphasis in Counseling Psychology from WMU in 2012.



CYNTHIA KOK

MSW, PhD

Cynthia Kok Therapy, Inc.

983 Spaulding Ave SE
Ada, MI 49301
616-236-3326
cynthiakoktherapy.com

Insurance Accepted:
Out of network provider

Clinical Specialty Areas:

- Anxiety disorders
- Couples'/family issues
- Depression/mood disorders
- Grief
- LGBTQ+ issues
- Pornography/sex addiction
- Spirituality
- Stress management

I have worked in the mental health field for over 30 years in a variety of settings including the counseling center at Calvin College and Pine Rest Christian Mental Health Services. I am a licensed psychologist and clinical social worker, working with couples and individuals in a private-practice setting. I've helped adults of various ages, races, religious beliefs, and sexual orientations work through a variety of issues—young adults addressing personal identity and development, couples dealing with relationship challenges, and people struggling with depression and anxiety. In these and other situations, it's been my privilege to help people grow and flourish amid life's pain and messiness.

In addition to my clinical work, I've taught college and graduate-level courses in Psychology, Social Work, Family Therapy, and Mental Health and Wellness.

More personally, I'm married and enjoy spending time with family and friends, whether traveling, hiking, or enjoying the arts. I'm a native of Michigan and have lived and worked in locations all over the country. I enjoy running, biking, and swimming, but am still building up the courage to attempt a triathlon.



MARIE A. MCKAY

PSYD

Jenison Psychological Services, P.C.

1836 Baldwin St
Jenison, MI 49428
616-457-0016 x 12
jenisonpsych.com

Clinical Specialty Areas:

- Anxiety disorders
- Career counseling
- Chronic pain/illness
- Couples'/family issues
- Depression/mood disorders
- Domestic abuse/violence
- Grief
- LGBT Issues
- Men's issues
- Parenting issues
- Self-harm behavior
- Stress management
- Trauma, abuse, PTSD
- Young adult issues/college

Dr. Marie A. McKay is a licensed psychologist with over 25 years of experience. Dr. McKay's major areas of interest include the assessment, understanding, and treatment of shame, especially relating to trauma and trauma resolution. She offers treatment of trauma due to childhood abuse, rape and other trauma, grief and loss, dissociative identity disorder, depression and anxiety, personal development, relationship and family problems, parenting and child rearing issues, play therapy for children, and marital and family therapy. Dr. McKay lives in Jenison with her husband, Dr. Edward Schmitt, and their two daughters.

She has worked for over 25 years at a number of community mental health centers, an in-patient psychiatric unit, a center for developmentally disabled residents, and private practice. Dr. McKay also has six years of teaching experience through teaching contracts with Aquinas College and Central Michigan University.

Insurance Accepted:

Medicare	ASR
Priority Health	Blue Care
BC/BS of MI	Network



4829 E. Beltline Ave NE
Suite 101
Grand Rapids, MI 49525
(616) 244-2279

Clinical Specialty Areas:

- Communication Skills
- Conflict Resolution
- Mood Disorders
- Peer Relationships
- Race-based Trauma
- Racial Identity
- Relationship Issues
- School Issues
- Self Esteem
- Stress Management

Insurance Accepted:

Anthem
BlueCross and BlueShield
Cigna and Evernorth
Humana
McLaren
Meridian
Optum
UnitedHealthcare UHC | UBH

Shayne McNichols

LMSW – Clinical & Macro

As a therapist with over 15 years of experience, I am passionate about helping individuals navigate life's complexities, find their voice, and embrace their journey toward healing and growth. I believe that every person has the potential to lead a fulfilling life, and I am committed to supporting you in uncovering that potential.

Therapy is a collaborative process—we'll work together in a safe, nonjudgmental space to explore your thoughts, feelings, and behaviors. While the path to healing can be challenging, I also see it as an opportunity for deep transformation. Throughout our sessions, I will encourage you to reflect on your past and present while also focusing on your future aspirations. I believe that real growth happens not just in the therapy room but in everyday life. My goal is to equip you with the tools and insights needed to navigate challenges, build healthy relationships, and foster self-worth.

I have experience working with clients of all ages and specialize in addressing a variety of concerns, including depression, anxiety, trauma, and life transitions. I incorporate different therapeutic approaches tailored to your unique needs, including talk therapy, art-informed therapy, and narrative therapy.



LINDA MORTON

LMSW, ACSW

I am a licensed clinical social worker in private practice for 20+ years and love my job! I would be honored to help you with whatever struggles you are facing. My clients' ages vary from teens through seniors. I have the belief that anyone, at any age, can make changes to enrich their lives. I provide individual, marital, and family counseling.

2020 Raybrook SE Suite #308
Grand Rapids, MI 49546
616-649-1010
linda.morton@comcast.net

Clinical Specialty Areas:

- Adolescent issues
- Alzheimer's/dementia/elder care issues
- Anger management
- Anxiety disorders
- Chronic pain/illness
- Couples'/family issues
- Depression/mood disorders
- Gambling problems
- Grief
- LGBT issues
- Infertility
- Parenting issues
- Stress management
- Substance abuse
- Trauma, abuse, PTSD

Insurance Accepted:

Medicare
Priority Health
BC/BS of MI
Magellan
Blue Care Network
Tricare
Value Options
Cigna
Aetna



LORI REINEKE

PhD

Dr. Reineke received her PhD in Health Psychology at the University of Miami, with a full research scholarship. She interned at the Palo Alto V.A. in California, widely considered the top psychology internship site in the country. She had a postdoctoral fellowship in geropsychology with a neuropsychology emphasis at the Gainesville, Florida V.A.

2020 Raybrook St. SE
Suite 308
Grand Rapids, MI 49546
616-649-1010

Insurance Accepted:

Medicare
BC/BS of MI
Blue Care Network
Priority Health

Upon returning to her home state of Michigan, she worked at the Bay (City) Medical Center Rehabilitation Unit for two years, and then started her private practice in Grand Rapids in 1996. She has consulted at nursing homes and hospitals in Grand Rapids. She works with adults and older adults on issues of anxiety, depression, trauma, memory disorders, attention problems, and the impact of stress and behavior on physical illness.

Clinical Specialty Areas:

- Alzheimer's/dementia/elder care issues
- Anxiety disorders
- Depression/mood disorders
- Grief
- LGBT issues
- Stress management
- Trauma, abuse, PTSD

She combines two therapeutic approaches, cognitive-behavioral therapy and interpersonal-dynamic therapy, to tailor the treatment to best meet the needs of the individual client. Her primary focus in therapy is to listen closely and try to deeply understand the client's concerns and feelings, but listening alone is not enough for the best results, so she uses an interactive approach to therapy to provide feedback and help reach goals. She also does neuropsychological testing for memory and attention problems.



JANE L. SPIES-WERT PhD

Dr. Jane L. Spies-Wert is a licensed clinical psychologist who provides psychotherapy for patients in Grand Rapids and throughout West Michigan. Spies-Wert specializes in working with anxiety, eating disorders, body image difficulties, and perfectionistic traits. Spies-Wert works with preteens, adolescents, and adults.

15 Ionia SW Suite 645
Grand Rapids, MI 49503
616-965-1805
spieswert@sbcglobal.net

Insurance Accepted:
BC/BS of MI

Clinical Specialty Areas:

- Anxiety
- Eating disorders
- Body image difficulties
- Perfectionistic traits
- Depression
- Obsessive compulsive traits
- Coping skills/stress management
- Self esteem
- Postpartum depression
- Parent-child relational issues
- Partner relational issues/divorce
- Grief/loss
- Sexuality/gender

Spies-Wert holds a BA from the University of Michigan. She holds a PhD in Clinical Psychology from Northwestern University, Evanston, Illinois. Spies-Wert completed her Doctoral Internship at Northwestern University Medical School, Chicago, Illinois.

Spies-Wert moved back to her hometown of Grand Rapids in 1998. Spies-Wert spent 12 years at Pine Rest Christian Mental Health Center doing clinical work, supervising, and teaching interns and post-doctoral students. Spies-Wert commenced her private practice in downtown Grand Rapids in 2012.

When not working, Spies-Wert loves to spend time with her three children. In addition, she enjoys running, biking, yoga, and grabbing lattes along the way!



Sally Verstraete

LMSW

Grand Rapids, MI 49546
(616) 201-0641

Insurance Accepted:

Aetna
Blue Care Network
BlueCross and BlueShield
Cigna and Evernorth
Optum
Priority Health
TRICARE
UnitedHealthcare UHC | UBH

Clinical Specialty Areas:

- Mood Disorders
- Adoption and relinquishment
- Pregnancy, Prenatal, Postpartum
- Grief

My approach is person-centered, gentle, calming, and trauma-informed. I understand how challenging it can be to trust someone new, so I do my best to earn your trust by being non-judgmental, consistent, reliable, and prioritizing what you want to get out of therapy. Once that trust is earned, then together we explore your values, identity, habits that work and ones that don't, skills to manage stressful situations, and responses that help you live a more manageable and enjoyable life.

Working with individuals who are adopted is especially close to my heart because I was adopted at age 5 from Seoul, Korea. As adoptees, we have layers of experiences that contribute to questions of identity, belonging, relationships, and grief. I also advocate for adoptees by participating in community events that educate others about our experiences.

We all need someone who isn't in the everyday involvement of our lives to listen, help us navigate life events at every stage of life, and to not feel alone while trying to make sense out of what we're experiencing.



Koinonia Professional Counseling Services

233 Fulton St. E. Suite 209E
Grand Rapids, MI 49503
(616) 279-9978
wattslpc@gmail.com

Insurance Accepted:

Aetna
BCBS of Michigan
BCBS Complete Medicaid
Blue Care Network
Meridian Medicaid
Optum

Clinical Specialty Areas:

- Anger Management
- Anxiety Disorders
- At-Risk Youth
- Autism Spectrum Disorder (high functioning)
- Adolescent Issues
- Crisis Intervention
- Depression/Mood Disorders
- Grief and Loss
- Life Transitions
- Men's Issues
- Spiritual Issues
- Stress Management
- Trauma history

ISAAC WATTS MA, LPC

I believe people come to therapy equipped with the tools needed to flourish in life and relationships. Sometimes the trials and tribulations of life get in the way. Unresolved fear(s), the past, and loss can become barriers. I wish to assist those with the desire to grow in some area of their personal life and are willing to explore how to reach their potential. My role is to come alongside and help build solutions that support this individual's best hopes.

I am a trauma-informed therapist with over 15 years of experience working with children, teens, adults, and families. My experiences include helping those with: mental illness, anger, postpartum mood and anxiety, depression, generalized anxiety, developmental disabilities, at-risk youth and relationship conflict.

My hope is that people end therapy more empowered to live their lives according to God's truth that: we are all redeemable; we all have value; we all have the power to cope with and overcome the trials and tribulations of life; so that we not just live...we thrive.



AMY WIERDA LMSW

Hello! I'm Amy. I'm a licensed clinical social worker and have been in the mental health field for 30+ years. (Writing that made me feel a lot older than I think I am!) I have experience in school social work, foster care, adoption, adolescent residential treatment, crisis assessment at Pine Rest, and outpatient mental health. I have been in private practice for 12 years. I see children, adolescents, adults, couples, and families.

It is my privilege to listen, be with, and "bear witness" to people's stories. It is second, only, to the privilege of being a parent. Making sense of our narrative is a fundamental component to a healthy mind and spirit. I believe a good therapy process offers parallels to the Christian narrative of reconciliation, restoration, and redemption....perhaps an occasional miraculous resurrection. It would be my privilege to walk, and talk, alongside you.

5060 Cascade Rd SE Ste D
Grand Rapids, MI 49546
616-706-6992
amy.wierda1@gmail.com

Insurance Accepted:

Medicaid (*Priority Health*)
Medicare
Priority Health
BC/BS of MI
Blue Care Network
Aetna
Meritain
ASR
Tricave
(inquire if other)

Clinical Specialty Areas:

- ADHD/academic issues
- Adoption
- Anger management
- Anxiety disorders
- Child/adolescent issues
- Couples'/family issues
- Crisis management
- Depression/mood disorders
- Domestic abuse/violence

- Grief
- LGBT issues
- Infertility
- Internet addiction
- Parenting issues
- Self-harm behavior
- Spirituality
- Stress management
- Suicide assessment
- Trauma, abuse, PTSD



DANIEL ZOMERLEI

PHD, LMFT, MDIV

I am a Licensed Marriage and Family Therapist and graduate of Hope College, Fuller Theological Seminary, and Michigan State University. I work at Alliance Counseling Group and also am an adjunct professor at Hope College. My approach to therapy emphasizes relationships, both past and present, as a source of change and healing. This approach is effective for marriage and family issues as well as individual needs such as depression and anxiety.

I believe people are resilient and have natural strengths that can help them make the life changes they desire. My goal is to collaborate with clients to empower them and to help them find the best solutions to their problems. I have advanced training and/or specializations in: depression, anxiety, couples therapy, post-traumatic stress disorder, family and individual resilience, and issues related to managing health and illness.

Alliance Counseling Group

4124 56th St. SW. Suite 4
Wyoming, MI 49418
616-222-0631
dan@alliancecounseling-group.com

Insurance Accepted:

Aetna
ASR
Blue Care Network
Blue Cross Blue Shield
Cofinity
Magellan
Multiplan
Optum
Physicians' Care
United Healthcare

Clinical Specialty Areas:

- Anger management
- Anxiety disorders
- Child/adolescent issues
- Chronic pain or illness
- Couples'/family issues
- Depression/mood disorders
- Grief
- LGBT issues
- Men's issues
- Parenting issues
- Sex therapy
- Spirituality
- Stress management
- Trauma, abuse, PTSD

