



FOR IMMEDIATE RELEASE

Contact: Heather Koshiol

Phone: 651-636-5120

Email: heather@leaderwise.org

LeaderWise Expanding Counseling Staff and Service Offerings

Online Booking Available

[New Brighton, MN, September 26, 2019] LeaderWise Counseling has committed to address the need for greater access to mental health services by nearly doubling its staff and availability to serve the needs of our church partners and the broader community. According to the most recent estimates from the National Institutes of Health, nearly 1 in 5 adults in the United States lives with some sort of mental illness. Many others may be experiencing situational distress related to grief and loss, a significant transition or a relational difficulty. It is estimated that nearly half of people who need mental health care are unable to access it due to a variety of factors including a lack of qualified mental health professionals, limited insurance coverage and stigma associated with seeking help.

Since 2010 LeaderWise has offered individual psychotherapy services delivered by its highly skilled and well trained staff of psychologists, social workers and counselors. In an effort to keep up with the demand for services, two new therapists have recently been hired to meet with clients during the late afternoon and evening times clients often seek. Pat Kenny, Psy.D., offers counseling to adolescents and adults. His areas of expertise include: self-esteem, depression, anxiety, sport/performance psychology, gender identity development, interpersonal conflict, existential questions, and addiction recovery. Pat has experience working in college counseling, outpatient behavioral health, and community clinic settings. Marina Rosenthal, Ph.D., joins LeaderWise with expertise in working with couples. Marina is able to help couples address concerns such as communication, conflicts, infidelity, emotional intimacy, parenting struggles, and sexual issues as well as trauma or mental health difficulties experienced by one or both

partners. Marina also offers individual counseling with an interest in helping clients heal from trauma, develop stronger and more meaningful relationships, and break free of old or unhelpful ways of coping.

Current LeaderWise counselors, Susan Amman, MSW, LICSW and Drew Benson, Ph.D., L.P., have also expanded their availability to see new clients. Susan is a Clinical Social Worker and Ordained Minister in the United Methodist Church. Areas of Susan's clinical practice include: grief and loss, caregiver challenges, end-of-life, depression, anxiety, spirituality and faith, addiction and recovery (those living with this and those who love someone with an addiction), living with complex medical issues/adjusting to physical and mental health challenges, and vocational concerns. In addition, Susan's holistic approach to therapy can include Reiki, faith and spirituality, mindfulness, meditation, and breath work. Drew is a Licensed Psychologist with over 14 years of experience providing assessment and counseling to individuals across the lifespan in a variety of settings throughout Saint Paul and Minneapolis. Drew's counseling work often explores questions related to meaning and purpose in life and in work, as well as personal and professional identity development. In addition, Drew has expertise in depression, anxiety, LGBTQ issues, relationship concerns, spiritual concerns, personal growth, adolescents/young adults, and Autism Spectrum Disorder.

LeaderWise is a 501(c)(3) nonprofit founded in 1969 to provide counseling and consulting for lives of service. A mission-driven organization with 50 years' experience providing psychological and leadership development resources to individuals and organizations, LeaderWise comprises a team of educators and consultants from a variety of disciplines (counseling psychologists, clinical social workers, spiritual directors, leadership development consultants, educators) and cultural backgrounds. Its holistic approach offers tools to help guide you to a life of meaning, purpose, and service. Online at LeaderWise.org or call 651-636-5120.

###

If you would like more information about this topic, please contact Drew Benson at 651-636-5120 or drew@leaderwise.org.