

Minnesota Counseling Clinic Hires New Therapist

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Sentier Psychotherapy, a counseling clinic in St. Paul, Minnesota, has announced that they have hired Tana Welter, M.S.W., LGSW as a therapist. She is currently taking online clients (within the State of MN). She specializes in teens, families, parents and trauma. Tana is highly skilled in dialectical behavioral therapy (DBT) and also offers individual DBT skills work when clients already have an individual therapist. Tana currently facilitates Sentier's Teen DBT group, which started on 9/22/2020 and will be held online. Tana is a fun and energetic therapist who is passionate about helping teens, families, and those recovering from trauma.

Megan Sigmon-Olsen, MSW, LICSW, owner of Sentier Psychotherapy, says, "We're happy to announce that Tana Welter has joined us as one of our therapists. She will be facilitating our Teen DBT group as she is very passionate about working with teenagers. She also loves working with families and believes that the youth have an important role to play in the family."

Tana Welter, M.S.W., LGSW has a master's degree from the University of Arkansas Fayetteville and she is a Licensed Graduate Social Worker. Her clinical experience has to do with: adolescent and teen therapy; attachment; depression; anxiety; domestic abuse; emotion regulation; dialectal behavior therapy; group therapy; involuntary clients (court-ordered, offenders, teenagers on probation); family therapy; self-harm; spirituality; mindfulness; trauma; transition and adjustment; and suicidal ideation.

Sentier Psychotherapy offers various kinds of counseling services. These include child therapy, adolescent/teen therapy, online therapy, adult therapy, family therapy, EMDR therapy, group counseling, couples counseling, parents of teens counseling, and pregnancy and postpartum counseling. Those who want to know more about the clinic and their counselling services may want to follow their Facebook page.

The clinic offers play therapy for children, with ages from birth to 12. This is for children who are experiencing sadness, grief, anxiety, depression, and other issues that will usually benefit from counseling. Play is used as

the way through which the therapist may be able to engage with these kids. Each weekly session is 50 minutes long. Parent sessions with and without the child may also be provided as part of the children's therapy journey. Play therapy may be used to treat: depression, anxiety, social difficulties, bullying, divorcing parents, academic decline, nightmares/disturbed sleep, physical illness, sexual abuse, trauma, sibling tension/stress, problematic biting, separation anxiety, autism spectrum disorder, sensory processing issues, and many other life situations.

Teen counseling may help teenagers enhance their overall functioning at home, within the family, school, and with peers and the social environment. Common reasons for teen counseling include: the teen being increasingly oppositional and defiant towards parents; chemical dependency; teenage depression; school failure - drop in grades; isolation; struggles with peer relationships; anxiety; perfectionism; depression; gender role and sexual identity questioning; self-harm behaviors; increased sadness; stress management; social skills; lack of meaningful relationships; trauma; addiction; teen pregnancy; medical/physical illness; and parent separation and divorce.

For most families, family therapy can be used to address certain issues within a family dynamic or within a relationship. Common reasons for family therapy include: aging, particularly its effects on family; the effects of addiction on the family; anger management/conflict resolution; blended and stepfamily challenges; caregiving issues; co-parenting, single parenting and visitation; cultural and multicultural issues; divorce; families of the chronically mentally ill; family challenges with children with developmental variations or physical limitations; families with children and adolescents/teens and all of the complexities involved in parenting; job loss or retirement; lesbian, gay, bisexual, transgender and queer or questioning (LGBTQ) issues; life stage transitions - birth of a child, separation, divorce or remarriage; loss and grief; parent-child relationships throughout the life course; parenting for individuals with past trauma; single parent/teen conflict; stress from illness, disability, or death; and more.

Those who are interested in the counseling provided by Sentier Psychotherapy may want to check out their website, or contact them through the telephone or via email. People may also want to read their wellness newsletter, which contains various information about the clinic, some info about the therapists, and some blog posts.

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For more information about Sentier Psychotherapy, contact the company here: Sentier Psychotherapy Megan Sigmon-Olsen 763-913-8261 msigmon@sentiertherapy.com 475 Cleveland Ave N #103 St Paul, MN 55104

Sentier Psychotherapy

Sentier Psychotherapy is an integrative counseling practice that specializes in mental health services including individual therapy, family therapy, group therapy, and couples counseling.

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