



St Paul Therapy Clinic Welcomes New Therapist Andrea Schroeder

October 21, 2020

ST. PAUL, MN - October 21, 2020 - PRESSADVANTAGE -

A counseling clinic in St. Paul, Minnesota, is please to announced that Andrea Schroeder, LPCC/LPC, has joined the clinic as one of their therapists. Andrea is currently taking new online clients in the State of Minnesota and the State of Wisconsin. She specializes in teens and young adults and works well with trauma and those in transition. Andrea is a great therapist for college-age clients. She explains that she will work closely with patients in navigating the various hurdles that they are facing in their life, such as identity issues, low self-esteem, relationship problems, losses, and transitions.

Andrea Schroeder is a member of the clinic's Young Adult DBT Skills Group. This is a 10-week dialectical behavior therapy (DBT) psychoeducational skills group that teaches core mindfulness, interpersonal effectiveness, distress tolerance skills, and emotion regulation to young adults who are between the ages of 18 and 35. These skills may help young adults stay present, improve relationships, reduce behaviors that are having a negative impact in their lives, and manage extreme emotions. This group is available quarterly; with a new group starting in April 2021. Screening will be required.

Andrea Schroeder's specialties are child or adolescent counseling, anxiety and depression. She can help patients deal with various issues, such as borderline personality, coping skills, domestic abuse, eating disorders, emotional disturbance, grief, life transitions, obsessive-compulsive disorder (OCD), peer relationships, relationship issues, school issues, self-esteem, self-harming, sexual abuse, stress, suicidal ideation, transgender, and trauma and PTSD.

Sentier Psychotherapy, the St Paul-based counseling clinic, can offer different types of counseling services. These include online therapy, adult therapy, child therapy, EMDR therapy, group counseling, adolescent/teen therapy, parents of teens counseling, couples counseling, family therapy, and pregnancy and postpartum counseling.

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

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

They can also provide play therapy for kids, from birth to 12 years old. This is for kids who are experiencing grief, anxiety, sadness, depression, and other problems that will tend to benefit from counseling. The play therapy is held every week for 50 minutes. Parent sessions with and without the child may also be offered as part of the kid's therapy journey. Play therapy may be used for treating: anxiety, social difficulties, depression, divorcing parents, academic decline, bullying, physical illness, sexual abuse, nightmares/disturbed sleep, sibling tension/stress, problematic biting, trauma, autism spectrum disorder, sensory processing issues, separation anxiety, and many other life situations.

People who would like to know more about the counseling services provided may want to visit the Sentier Psychotherapy website, or contact them through the phone or via email. Or they can follow the clinic's Instagram page. They are open from 9:00 am to 8:00 pm, from Monday to Saturday.

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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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