

# Minnesota Teen Counseling Practice Sentier Psychotherapy Launches New Website

*December 18, 2023*

ST. PAUL, MN - December 18, 2023 - PRESSADVANTAGE -

Sentier Psychotherapy in St. Paul, Minnesota, proudly announces the launch of its new website, "Sentier Therapy," catering to the specialized needs of teens and the LGBTQIA+ community.

The revamped online hub offers a deep dive into their counseling services, from individualized teen therapy to trauma and family counseling, with a focus on interactive user experiences such as a blog, events calendar, and patient resources. The feature-rich portal provides easy access to therapist profiles, service descriptions, and a sign-up option for their informative quarterly newsletter.

The spokesperson for Sentier Psychotherapy says, "We extend an invitation to parents and teens to explore our new website and join our dedicated programs like the upcoming Collage Workshops now enrolling for Fall 2023. You'll find the website to be everything you need to explore the wide range of resources we have available to help you face the variety of issues affecting adolescents. We also urge you to sign up to receive our quarterly newsletter about current and future groups/seminars/workshops/game nights/book discussions, community resources, and other news and events related to Sentier Psychotherapy."

The full range of services offered by Sentier Psychotherapy includes group counseling, workshops, child therapy, adolescent/teen therapy, autism assessment, LGBTQIA+ therapy, online therapy, adult therapy, family therapy, trauma therapy, couples counseling, parents of teens, and disordered eating.

All Sentier therapists, both queer-identified and queer allied, specialize in and are passionate about working with LGBTQIA+ (lesbian, gay, bisexual, transgender, queer, questioning, genderqueer, intersex, asexual, nonbinary, and more) clients. The center is proud to be a hub in the Twin Cities for gender-diverse kids, adolescents, adults, parents, and families.

The spokesperson summarizes Sentier Psychotherapy's mission by saying, "Sentier Psychotherapy is a

mental health clinic committed to strengthening individuals, families, and communities. We do so by providing individual, group, and family counseling for children, teens, and adults along with educational opportunities like workshops, training, game nights, and community events.?

The spokesperson continues, ?A core value at Sentier is inclusivity and respect for individual and collective cultural experiences. We proudly specialize in serving the LGBTQIA+ community and welcome clients of all genders, sexualities, races and ethnicities, abilities, and spiritual beliefs and practices. Family can be formed by biology, intentionality, and/or a legal agreement, and all family structures are embraced at Sentier.?

Currently, the organization is accepting registrations for the Middle School LGBTQ Support Group for individuals in grades 6-8 who identify as LGBTQIA+. Parents of group members who are interested in learning how to better support their child may also contact the group facilitator to schedule individual consultations while the group is meeting. The group will meet on Wednesdays from 4:00 ? 5:00 pm from January 10 ? March 20, 2024, at Sentier Psychotherapy, 670 Cleveland Ave. S., St. Paul, MN 55116.

The new website also makes available resources for parents and teens such as general mental health information, mental health crisis information, health services, sex education, wellness & activities, parenting, and more. The event calendar is also a great place to start exploring the organization?s initiatives that are currently ongoing and planned for students and parents in the near future. Finally, interested families and individuals are urged to browse through the profiles of the team at Sentier Psychotherapy to get a first-hand look at the professionals they will be working with at the organization.

The spokesperson appeals to parents of teens to seek mental health counseling by saying, ?It can be hard to tell whether your teenager is just experiencing normal emotional growing pains or whether certain behaviors are warning signs that warrant professional help. During adolescence, young people begin to mature and shift their self-image from the perspective of a child to the perspective of a young adult. At this stage, teenagers begin to form an identity that will define them for a lifetime. This process of identity formation can be confusing, not only for parents but also for teens.?

Readers can find out more about Sentier Therapy in St Paul by visiting its newly launched website or contacting the center at [ellie@sentiertherapy.com](mailto:ellie@sentiertherapy.com) or (763) 913-8261.

###

For more information about Sentier Psychotherapy, contact the company here: Sentier Psychotherapy Megan Sigmon-Olsen 763-913-8261 [msigmon@sentiertherapy.com](mailto: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.*

Website: <https://www.sentiertherapy.com/>

Email: [msigmon@sentiertherapy.com](mailto:msigmon@sentiertherapy.com)

Phone: 763-913-8261

