



Sentier Psychotherapy Expands Child Therapy Services in St. Paul

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Sentier Psychotherapy announced the expansion of its Child Therapy services with the opening of a second therapeutic playroom and the addition of two full-time Child Therapists to its team. The expansion of Child Therapy services follows the practice's recent move to the Ivy League Place building in St. Paul and addresses a multi-year waiting list for clients ages birth through 11.

Until now, families seeking therapy for young children at Sentier were typically placed on a waiting list or referred to outside clinics due to capacity limits. With the new playroom and the two new clinicians on staff, the practice now has immediate openings for Child Therapy across morning, midday, afternoon, evening, and weekend appointment times. The expansion is designed to reduce wait times for families in the Twin Cities area who have been seeking play-based therapy services.

The two new Child Therapists joining the practice are Barb Wormington, MEd, LPC, and Bria Hubinger, MA, MEd, LPC. Wormington brings a background in education to her clinical work, having served for many years

as a classroom teacher and later as a school principal before transitioning into therapy. She is now accepting new clients ranging from infants and toddlers through age 11, as well as adult clients. Barb is also currently completing the requirements to earn her Registered Play Therapist (RPT) credential through the Association for Play Therapy.

"Joining the team at Sentier as a Child Therapist allows me to bring my classroom and school-leadership background into a clinical setting where I can support children and their families through play," said Barb Wormington, Child Therapist at Sentier Psychotherapy. "The new playrooms give families a dedicated space designed specifically for the developmental needs of young clients."

Hubinger comes to Sentier from a therapeutic education program, where she served as a Head Teacher for toddler and preschool-aged children. She has also worked as a therapist in prior settings and is also currently completing the requirements to earn her Registered Play Therapist (RPT) credential through the Association for Play Therapy. She accepts clients across the same age range, works with families seeking play-based therapeutic support, and offers parent therapy sessions for those looking for professional guidance while navigating the challenges of parenting in today's busy world.

"Mental health providers regularly hear from parents about the difficulty of finding a Play Therapist with openings, and the expansion at Sentier is intended to help close that gap in the Twin Cities," said Bria Hubinger, Child Therapist at Sentier Psychotherapy. "Having a second therapeutic playroom allows our practice to serve more families who have been waiting for access to this type of care."

Demand for pediatric mental health services has grown substantially across Minnesota and nationally in recent years, with families often reporting wait times of several months to access play therapy specifically. Play therapy is a developmental approach that uses play as the primary mode of communication and treatment for children, allowing young clients to process experiences and emotions in a way that matches their developmental stage. The therapeutic playroom environment is central to this method, which is why the addition of a second playroom at Sentier's new Ivy League Place location was a priority for the practice during its recent move.

The expansion also extends Sentier's overall service hours. With two Child Therapists now on staff full-time, families can schedule sessions outside of standard daytime hours, including evenings and weekends, which has historically been a barrier for working parents seeking consistent therapy schedules for their children. The practice continues to offer therapy services for adolescents and adults alongside its expanded Child Therapy offerings.

Sentier Psychotherapy is a mental health practice based in St. Paul, Minnesota, providing individual, family, and play therapy services for clients across the lifespan. The practice operates from the Ivy League Place

building and serves clients throughout the Twin Cities metropolitan area.

For more information, visit the Sentier Psychotherapy website.

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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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