

PNW Clergy Wellness

Helping Professionals Directory

How to Choose a Therapist

Making the right choice of a therapist is one only you can make. It is good to get referrals from your friends or colleagues to start, but what is right for them may not be a good fit for you. It is important to call the therapist or visit their website to get basic information about his or her practice.

The American Psychological Association gives these guidelines and questions to consider when choosing a therapist:

Therapist and clients work together. The right match is important. Most therapists agree that an important factor in determining whether or not to work with a particular counselor, once that person's credentials and competence are established, is your level of personal comfort with that person. A good rapport with your therapist is critical. Choose one with whom you feel comfortable and at ease. Ask the following questions:

- Are you a licensed psychologist or counselor ? How many years have you been practicing?
- I have been feeling (anxious, tense, depressed, etc.) and I'm having problems (with my job, my marriage, eating, sleeping, etc.). What experience do you have helping people with these types of problems?
- What are your areas of expertise — for example, working with children and families?
- What kinds of treatments do you use, and have they been proven effective for dealing with my kind of problem or issue?
- What are your fees? (Fees are usually based on a 45-minute to 50-minute session.) Do you have a sliding-scale fee policy?
- What types of insurance do you accept? Will you accept direct billing to or payment from my insurance company? Are you affiliated with any managed care organizations? Do you accept Medicare or Medicaid insurance?

Points to Consider in Choosing a Spiritual Director

- Let your search for a spiritual director be guided by prayer.
- Has the spiritual director attended a training program, and where?
- Does he/she have any certifications? (Not required by the profession)
- Are they receiving spiritual direction for themselves? Are they seeking supervision?
- What are the fees involved?

- Some spiritual directors have a “specialty.” Ask about this.
- Once you meet with them, is there a sense of connection or rapport?

What to Expect from a Spiritual Director

- One hour sessions approximately once a month.
- Confidentiality is honored.
- A prayerful atmosphere in which God is the true source of guidance.
- Unlike therapy, which is problem-focused, spiritual direction attends to God’s presence in all aspects of life and aids the directee in responding to God more deeply.
- Usually spiritual directors offer the first session for free to determine if the fit is right for both of you.

Crest to Coast Missional District

Coaches

Carol Johnson
Tumwater, WA
360-790-3286
cjsppcs@comcast.net

David Nieda
Vancouver, WA
dnieda@gmail.com

Many coaches are willing to meet with clients by phone or Skype. A full list of coaches in the Greater NW appears on the last page of this directory.

Mental Health Professionals

None listed at this time.

Retreat Centers

Alton Collins Retreat Center
Eagle Creek, OR
www.collinsretreatcenter.org

Namaste Retreat Center
Portland, OR
<http://namasteportland.org/wp/>

Ocean Park Camp and Retreat Center
(two free nights for clergy and family)
Ocean Park, WA
360.665.4367
<http://www.opretreat.org/>

The Priory Spirituality Center
Lacey, WA
www.contemplativeoutreach.org/location/priory-spirituality-center

Shalom Prayer Center at Mount Angel
Portland, OR
[Shalom Prayer Center](http://ShalomPrayerCenter.com)

Trout Lake Abbey
Trout Lake, WA
www.tlabbey.com

(List of retreat leaders on last page)

Spiritual Directors

Individuals

Rev. Elaine Andres
Eugene, OR
541-543-3181
In person in Eugene, Albany & Portland
c_andres@comcast.net

Eunice Schroeder
Vancouver/Portland
360-695-4965
SacredJourneyMin@aol.com
<http://sacredjourneyministries.com/wp/>

Registries

Franciscan Spiritual Center
Portland, OR
http://www.francissptr.com/Franciscan_Spiritual_Center/Spiritual_Direction.html

Hearts on Fire

Fellowship of UM Spiritual Directors and
Retreat Leaders
<http://fumsdrl.org/find-a-spiritual-director-or-retreat-leader/>

Interfaith Spiritual Center
Portland, OR
<http://interfaithspiritualcenter.com/directors.html>

Sacred Path Ministry
541-543-3181
Elaine@sacredpathministry.org
<http://www.sacredpathministry.org>

Spiritual Directors International
<http://www.sdiworld.org/find-a-spiritual-director/seek-and-find-guide>

Inland Missional District

Coaches

Gregg Sealey, ACC
revgreggsealey@gmail.com
Spokane, WA
509-720-4366

Many coaches are willing to meet with clients by phone or Skype. A full list of coaches in the Greater NW appears on the last page of this directory.

Mental Health Professionals

Dr. Linda Higley (see next column)

Spokane, WA
509-487-4200

Tammi Krutz
Sandpoint, ID
208-265-3579

Rawlings Community Counseling
Bonners Ferry, ID
208-267-0900

Tim Rehnberg
Educational and Psychological Services
Coeur d' Alene, ID/Moscow, ID
208-883-1144
timrehnberg@hotmail.com

Retreat Centers

(You will find a listing of retreat leaders on the last page of the directory.)

Camp Twinlow

(two free nights for clergy and family)

Rathdrum, ID

208-352-2671

<http://twinlow.org/>

Franciscan Place at St. Joseph Family

Center

Spokane, WA

www.sjfconline.org/retreat_space_at_the_fanciscan_place.html

Immaculate Heart Retreat Center

Spokane, WA

www.ihrc.net

Kairos House of Prayer

1714 W. Stearns Rd.

Spokane, WA

509-466-2187

Monastery of St. Gertrude

Cottonwood, ID

www.stgertrudes.org

Spiritual Directors

Individuals

Nancy Copeland-Payton

Sandpoint, ID/ Spokane, WA

208-255-7545

ncopelandpayton@aol.com

www.spiritlistening.com

Kathy Villemure

Spokane, WA

villemure7@gmail.com

Registries

Hearts on Fire

Fellowship of UM Spiritual Directors and
Retreat Leaders

<http://fumsdrl.org/find-a-spiritual-director-or-retreat-leader/>

Spiritual Directors International

<http://www.sdiworld.org/find-a-spiritual-director/seek-and-find-guide>

Puget Sound Missional District

Coaches

Nancy Tam Davis
Gig Harbor, WA
ntamdavis@gamil.com

Gail Grossman
Bellingham, WA
gailgrossman@hotmail.com

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Mental Health Professionals

Counseling Centers of North Puget Sound
Multiple locations
360-568-8737
Pcsnorth@comcast.net
<http://www.counselingnps.com/locations>

Lutheran Counseling Network
Multiple locations
www.lutherancounseling.net

Margaret Pierce
Bellingham, WA
360-927-6753
<http://www.lutherancounseling.net/staff.php>

Judith Piper Counseling
11416 Slater Ave. NE
Kirkland, WA 98033
425-998-9442
[Judith Piper, Counselor, Kirkland, WA, 98033 | Psychology Today](http://www.judithpipercounseling.com)

Retreat Centers

(You will find a listing of retreat leaders on the last page of the directory.)

Camp Indianola
(two free nights for clergy and family)
Indianola, WA
360-207-1519
<http://campindianola.org>

Cedar Springs Christian Retreat Center
Sumas, WA
www.cedarspringscrc.org

Earth Sanctuary
Whidbey Island, WA
www.earthsanctuary.org

Stillpoint at Beckside
(day retreats only, no overnight accommodations)
Bellingham, WA
360-733-9414
<http://www.stillpointatbeckside.com/>

Spiritual Directors

Individuals

Linda Conroy
Bellingham, WA
360-733-9414
ld.conroy@gmail.com

Registries

Hearts on Fire
Fellowship of UM Spiritual Directors and Retreat Leaders
<http://fumsdrl.org/find-a-spiritual-director-or-retreat-leader/>

Ignatian Spirituality Center
(Donation requested)
Seattle, WA
206-329-4824 (Ext. 2)
carolyn@ignatiancenter.org

Spiritual Directors International
<http://www.sdiworld.org/find-a-spiritual-director/seek-and-find-guide>

Seattle-Tacoma Missional District

Coaches

Judy Schultz, ACC
Seattle, WA
Therevjudy2002@aol.com

Many coaches are willing to meet with clients by phone or Skype. A full list of coaches in the Greater NW appears on the last page of this directory.

Mental Health Professionals

Gretchen Champoux
Seattle, WA
206-905-8574
gretchenchampoux@gmail.com

Connections Counseling
Seattle area
425-746-9800
www.connections counselingwa.org

Jean Frinak, MDiv, MFT
Seattle, WA
206-527-3216
therapyandcreativity@gmail.com
<http://jeanfrinak.com/>

Peter Jabin
Seattle, WA
206-923-8943
jabincounseling@gmail.com

Carol Lentz
Tacoma, WA
253-271-4046
crl lentz@gmail.com

Aileen Loranger
Anam Cara Counseling
Shoreline, WA
anamcaracounseling@comcast.net
206-795-2168

Lutheran Counseling Network
Multiple locations
www.lutherancounseling.net

Jenn Peterson
Seattle, WA
206-282-0512
Jenn@earthasinheaven.com

Katie Stickney
Seattle, Wa
206-407-9675
counseling@katiestickney.com

Laura Wall
Seattle, WA
425-449-8907
Laura@findyourwaycounseling.com

Samaritan Center of Puget Sound
20 locations in Seattle/Tacoma area
<http://www.samaritanps.org/>
(206) 527-2266 or (425) 732-2678
(253) 981-6575 or (866) 449-9932

Retreat Centers

(You will find a listing of retreat leaders on the last page of the directory.)

Archbishop Brunett Retreat Center at the Palisades
Federal Way, WA
www.palisadesretreatcenter.org

Dumas Bay Centre
Federal Way, WA
www.dumasbaycentre.com

Rainbow Lodge
North Bend, WA
www.rainbowlodge.org

Spiritual Directors

Individuals

Jean Frinak, MDiv, MFT
Seattle, WA
206-527-3216
therapyandcreativity@gmail.com
<http://jeanfrinak.com/>

Registries

Hearts on Fire: Fellowship of UM Spiritual Directors and Retreat Leaders
<http://fumsdrl.org/find-a-spiritual-director-or-retreat-leader/>

Ignatian Spirituality Center
Seattle, WA
206-329-4824 (Ext. 2)
carolyn@ignatiancenter.org

Spiritual Directors International
<http://www.sdiworld.org/find-a-spiritual-director/seek-and-find-guide>

Seven Rivers Missional District

Coaches

June Darling
Cashmere, WA
drjunedarling@aol.com

Mary Huycke, PCC
Yakima, WA
marykohl@gmail.com

Dave Riddle
Tri-Cities area
509.492.1821
rsleadership62@gmail.com
<https://profiles.google.com/www.randleadership.com/about>

Many coaches are willing to meet with clients by phone or Skype. A full list of coaches in the Greater Northwest appears on the last page of this directory.

Mental Health Professionals

The Emmaus Center
Tri-Cities and Walla Walla, WA
509-946-1430
www.theemmauscenter.com

Susan Dodge
Leavenworth, WA
509-548-5298

Dr. Bert Kae-Jae
K-J Counseling Resources
Kennewick, WA
509-582-3766

Ann McConnell
Wenatchee, WA
509-630-9093
amlmhc@gmail.com

Deborah Smith
Kennewick, WA
509-222-1348

Retreat Centers

(You will find a listing of retreat leaders on the last page of the directory.)

Lazy F Camp and Retreat Center
(two free nights for clergy and family)
Ellensburg, WA
509-962-2780
www.lazyfcamp.org

Grunewald Guild
Plain, WA
www.grunewaldguild.com

Holden Village
Lucerne, WA
www.holdenvillage.org

Spiritual Directors

Individuals

Denise McGuiness
East Wenatchee, WA (as of 9/16)
360-903-6105
d.mcguiness@gmail.com

Cathy Rhoads
Benton City, WA
ChaplainCathyR@aol.com

Coaches (across GNW area)

June Darling
Cashmere, WA
drjunedarling@aol.com

Nancy Tam Davis
Gig Harbor, WA
ntamdavis@gamil.com

Gwen Drake
Eugene, OR
Gwen@umoi.org

Beth Estock
Portland area
<https://bethestock.com>
bethestock@gmail.com

Mary Huycke, PCC
Yakima, WA
marykohl@gmail.com

David Nieda
Vancouver, WA
dnieda@gmail.com

Julia Nielsen
Portland area
julialouisenielsen@gmail.com
971-533-7276

Linda Reed
425-681-9471
www.accesscourage.com

Dave Riddle
Tri-Cities area
509.492.1821
rsleadership62@gmail.com
<https://profiles.google.com/www.rsleadership.com/about>

Judy Schultz, ACC
Seattle, WA
Therevjudy2002@aol.com

Retreat Leaders

(Please note that many retreat leaders are willing to travel outside their local area.)

Penelope Guntermann
Seattle area
(425) 258-2955 x3
(206) 364-1046 x2

Kairos House of Prayer
Sister Florence and Sister Rita
Spokane, WA
509-466-2187

Sue Magrath
Leavenworth, WA
509-699-0959
www.sacredmtnministries.com

Denise McGuiness
East Wenatchee, WA
360-903-6105
d.mcguiness@gmail.com

Jenn Peterson
Seattle, WA
206-282-0512
Jenn@earthasinheaven.com

Eunice Schroeder
Vancouver/Portland
360-695-4965
SacredJourneyMin@aol.com
<http://sacredjourneyministries.com/wp/>

Steve Wodzanowski
St. Joseph's Parish
Seattle, WA
SteveW@stjosephparish.org