



**Our Mission is to Provide:**

Collaborative, Professional, Creative care and teamwork with clients, families, helping professionals and therapists.

**Center Therapy Fees:**

Paid by most major insurances including Blue Cross/Blue Shield, MA, Medica, UBH, Health Partners, BHP, MNCare, Tricare and sliding fee options.

To set up an appointment or ask questions, please call or e-mail our intake coordinators, Jane, Kristen or Maureen, at:

**Phone: 612-377-9190, ext. 1**

**E-mail: [info@kenwoodcenter.org](mailto:info@kenwoodcenter.org)**

**Directions:**

From downtown Minneapolis:  
Take Hennepin Avenue North (or Hwy 94) onto Hwy 394 West. Exit on Penn Avenue and go left over the freeway to the frontage road. Turn left onto Cedar Lake Rd and the parking lot and entrance will be on the right.



KENWOOD THERAPY CENTER, LLC  
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**KENWOOD  
THERAPY  
CENTER**

Comprehensive  
Individual, Couple and  
Family Therapy  
For Children, Teens and  
Adults

Daytime, Evening and  
Weekend Appointments



## Meet Our Team

Walter H. Bera, PhD, LP, LMFT

Jessica Brown, PsyD, LP

John Stillman, MSW, LICSW

Angie Gwiazdon, MSE, LMFT

John L. Simensen, MA, LPCC

Hana Ra Adams, LMFT, PsyD

Ben von Ende, MSW, LICSW

Jamie Klemenhausen, MA, LMFT

Heather K. Klein, PhD, LP

Paul Ellison, MEd, PsyD

Gayle Crandell, MA LPCC

Sarah Gravelle, MS, LMFT

Michael O'Brien, LP

**No insurance? See our newest training therapist for the cost of a typical co-pay.**

**Call 612-377-9190, ext. 1 to set up an appointment with a Kenwood team member.**

# Kenwood Therapy Center

Providing Collaborative, Professional and Creative Individual, Couple and Family Therapy For Children, Teens and Adults.  
Daytime, Evening and Weekend Hours.

## Our Services Include:

Individual, couple, family and group counseling is offered for:

- Child, Adolescent and Adult Therapy
- Emotional Health: depression, anxiety, grief
- Relational Health: communication conflict, parenting, adoption
- Chemical Health: Rule 25 and regular assessment, therapy and aftercare
- Sexual Health: intimacy, compulsivity, abuse
- Vocational/Organizational Consultation: career testing/development, coaching, conflict resolution
- Hypnosis and Mindfulness Meditation: relaxation, anxiety, cravings
- Gambling Addiction: intervention, assessment, therapy

## Ideas We Practice By:

### The Background Context

In the background of many problems can be a history or experience of injustice and cultural difficulty. Therapists spend some time considering such socially constructed, taken for granted stories of family, gender, culture, ethnicity, sexuality, economics, faith, etc., and their influences in a client's life and identity. This can help make such influences more visible and to help a client decide more clearly if those ideas and practices may fit with what they want in their life and relationships.

### You Are the Expert

Narrative therapy assumes that people have many skills, competencies, beliefs, values, commitments and abilities that will assist them to reduce the influence of problems in their lives.

### The Person is *not* the Problem

The Problem is the Problem, and we strive, with compassion and understanding, to ally with people to help them stand up to or change their relationship to problems and reclaim their lives from their influence.

### Life is Multi-storied

Often problems can render one's preferred reality invisible. Our therapists ask questions that help to put to words some hidden stories of strength, possibility, understanding and hope. People can creatively reclaim or construct their preferred realities and identity.

### Collaborative: The Particular Context

Problems can isolate people and make it hard to find options and connections. Collaboration with key family members, friends and others who may be helpful or concerned can make visible. All collaboration is done in a sensitive, responsible, ethical, diplomatic and creative manner.

### Therapist: Influential, But De-centered

Kenwood Center therapists strive to keep the clients and their ideas and preferences central in the relationship. Therapists are responsible collaborators and co-authors with clients, rather than all-knowing experts that tell them how to live their life. While therapists may share ideas and experiences regarding ways a problem can influence a life, they prefer to first acknowledge and build on a client's unique story, wisdom and resources.

### Externalized Conversation

Our therapists separate the person from the problem. This can help move from problem-saturated identities toward more rich and full descriptions of life and can help put problems in their broader contexts.