

Welcome To

Gary Steele Counseling
www.gscounseling.com

It is my purpose and mission as a Private Practitioner to provide high quality Individual and Family Psychotherapy to those who experience conflict and distress in their lives.

Referral Process

Call the GSCOUNSELING referral number at Mental Health Resources, Inc. The phone number is 651-659-2931. Let them know you are making a referral from the GSCOUNSELING website.



Determine your goals and develop a plan

- Both the client as well as the counselor work hard in counseling sessions.
- We discover together what your counseling goals are.
- We develop a plan to accomplish your goals and desired outcomes.
- We provide a nurturing, safe and therapeutic atmosphere to explore, clarify, and focus issues of importance to you.
- It is my desire to provide a combination of clinically-based counseling, a compassionate connection, and a realistic and personalized strategy for change.



GSCOUNSELING

651-659-2931

gary@gscounseling.com

Contact Us

762 Transfer Road, Suite 21, St. Paul, MN. 55114
www.gscounseling.com

Telephone

651-659-2931



Gary Steele Counseling L.T.D.

It is my desire to provide a combination of clinically based-counseling, a compassionate connection, and a realistic and personalized strategy for change. Faith Based Individual and Family Psychotherapy is available upon request. To find out what insurance we accept and available payment options please call an Intake Professional at 651-659-2931 or visit us online at <http://www.gscounseling.com>.



Clinical Specialties



Clinical Specialties include:

- *Marital Problems*
- *Jobs and Related Stress*
- *Adjustment Issues*
- *Couples Communication Problems*
- *Relational Problems between Parents and Children*
- *Children / Adolescents Behavioral Issues at Home / School*
- *Faith-Based Counseling Available Upon Request*

Depression

- Major Depression
- Bipolar Depression
- Dysthymic Depression

Anxiety

- Generalized Anxiety
- Panic Disorders
- Obsessive Compulsive Disorders
- All Phobias
- Post-Traumatic Stress Disorders

Schizophrenia and Psychosis

- Paranoid Schizophrenia (All Types)
- Schizoaffective Disorder
- Delusional Disorder

Pervasive Development Disorders

- Autism Disorder

Additional Specialties

- Developmental Disabilities
- Adjustment Disorders (All Types)
- Personality Disorders (All Types)
- Job and Related Stress