

# Counseling Professionals, PLLC

## Mark Bertelsen, MA LMFT

### Contact Information

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Phone: 651-428-7930

Hours: Monday 5:00 PM to 10:00 PM

Tuesday thru Thursday 7:00 AM to late afternoon

Sunday 7:00 AM to 2:00 PM

### Experience Areas and Focus

Age Focus 12 to 99 years old

Individual, Couples, Family, Group

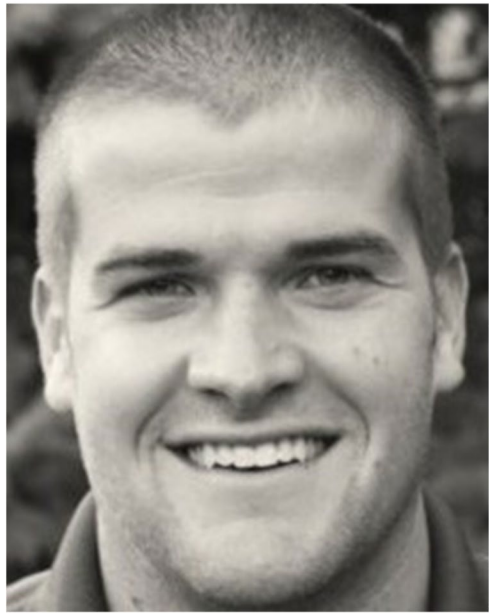
Working with: Anxiety, Life Balance, Coping Skills, Depression, Self-esteem, Sports, Relationships, High Performance, transition

### Rates and Insurance Coverage

I take BCBS (But Not Local, Home, or Value), Medcost, Aetna, Cigna, Tricare. Please check for the latest panels.

Out of network rate: \$160.00

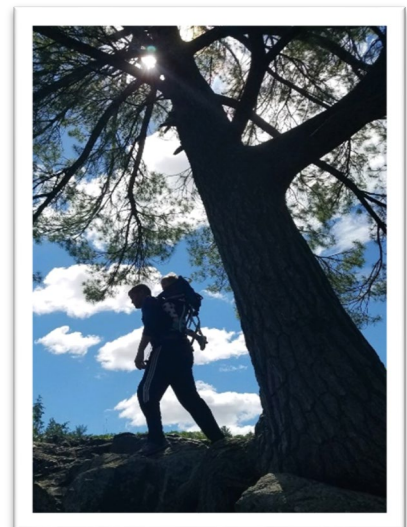
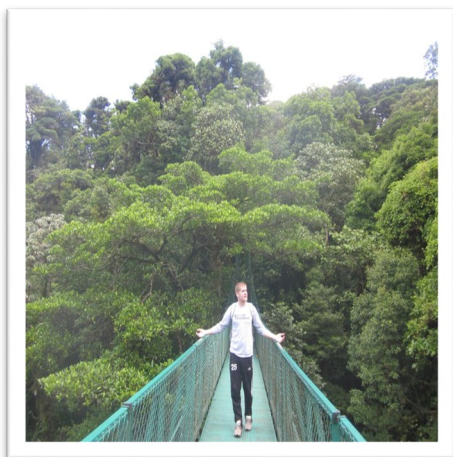
Discounted Rate for special situations: \$120.00



## *Personal Statement*

My name is Mark and life should be a lot easier than it is. We all get pushed past our limits that challenge who we think we are. The pressure does not always make us who we want to be. The question is, how do we get past just reacting to life and get on to living life intentionally? The answer is not easy, because there are many factors that fracture our attention, steal our resources, and prevent progress. The ways to get to an easier life are often clouded by our circumstances, habits, and perspective. My job is to help change these factors to set you up for success and aid in defining what success means for you.

I can create a safe and supportive environment to empower you. I will listen and reflect about the factors in your life to determine what elements help and hurt in your progress toward the you that you want to be. We will begin this journey by starting where you stand in your life. We will make progress by using your expertise on you to collaborate with my knowledge and training to help define and obtain goals. I work with people who may or may not be ready to move forward, but are at least ready to know where they stand and to hear that they have options and are not alone. I specialize with individuals, couples, and families who think they deserve better. I welcome the uniqueness that your experience brings and I look forward to working with you.



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