

Women experience....

A wide range of complex issues including....

- ⌘ Identity Problems
- ⌘ History of Depression
- ⌘ Suicide Attempt
- ⌘ Substance Abuse
- ⌘ Distorted Body Image
- ⌘ Social Anxiety
- ⌘ Eating Disorders
- ⌘ Complications with pregnancy
- ⌘ Post-Partum Depression
- ⌘ Infertility
- ⌘ Vocational Concerns
- ⌘ Parenting Stress
- ⌘ Relationship Conflict

Most women often benefit from psychological testing and counseling related to....

- ⌘ Depression
- ⌘ Anxiety
- ⌘ Suicidal Thoughts
- ⌘ Emotional Eating
- ⌘ Family Conflict or Neglect
- ⌘ Rebuilding Resiliency
- ⌘ Illegal Chemical Use
- ⌘ Repairing Low Self-Esteem
- ⌘ Planning for the future

Dr. Peterson offers....

Individual, couples, and family therapy. Sessions generally last 60 to 75 minutes as compared to the traditional 45 to 50 minute session. Her office is located one block off of Main Street (Whitewater Avenue) and the downtown area of St. Charles, Minnesota. Dr. Peterson has been a member of the St. Charles Area Chamber of Commerce since 2007.

Fee Schedule

Most individuals have concerns about paying for counseling services. Many insurance plans are accepted for payment. Determining your benefits is an important first step in setting up successful treatment.

We suggest that you contact your insurance company to find out exactly what services are covered.



A Journey of a thousand miles must begin with a single step.

Chinese Proverb

**Dr. Pamela M. Peterson, PhD, LP
Clinical Psychologist**

Dr. Peterson works with a variety of women's issues across the life-span.

Dr. Peterson trained at the Fielding Graduate University in Santa Barbara, California earning her Doctorate of Philosophy in Psychology with emphasis in Clinical Psychology. She also earned her Master of Arts in Clinical Psychology at Fielding. Dr. Peterson began her graduate studies at the University of Minnesota-Duluth, where she earned a Master of Arts in Counseling Psychology. She is licensed by the Board of Psychology in Minnesota.

Dr. Peterson has been a presenter for a variety of organizations including the U.S. Forest Service, the Minnesota Workforce Center, Displaced Homemaker Programs in Minnesota and Michigan, and many non-profit agencies throughout the Midwest.

Dr. Peterson is an active member in her home community. She has competed in the American Birkebeiner since the age of 17. She enjoys the out-of-doors and appreciates the change of seasons in Minnesota.

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**Mental Health Services
For Women
Across the Life-Span**



- ~ Individual Counseling
- ~ Couple's Counseling
- ~ Family Counseling
- ~ Psychological Assessment
- ~ Career Planning & Testing