

**STRONGHOLD COUNSELING SERVICES, INC.
IS PLEASED TO INTRODUCE TO YOU**



**KRISTIANA
BENSON, M.A.**

**CLINICAL
THERAPIST**

I would like to introduce myself as a part-time clinical therapist at Stronghold Counseling Services. I am originally from Sioux City, IA, but I have made Sioux Falls, SD my home for the past 4.5 years.

In 2002, I received my BA in Social Work and a minor in Spanish from the University of Northern Iowa in Cedar Falls, IA. In the spring of 2006, I graduated from the North American Baptist Seminary in Sioux Falls, SD with an MA in Marriage and Family Therapy.

Currently I am seeking licensure as a Licensed marriage and family therapist and Licensed Professional Counselor in South Dakota. I am receiving supervision from Dr. JC Chambers as I work towards receiving these licenses.

I am capable of providing individual, family, couple, and play therapy services. I have received educational or experiential training to address the following issues: anger management, depression, anxiety, post-traumatic stress concerns, abuse issues, parent/child and parent/teen conflict conflicts, and marriage issues. When working with clients, I use an Adlerian approach, which includes looking at family relationships and how behavior serves a purpose in one's life.

As I work with clients, I attempt to incorporate the biblical theme of grace. I believe that change is possible as a person encounters grace and lowers defenses, which once held problems in place. I believe that a life can be transformed through the power of the Cross and the willingness to put the transformation into action.

I am available for public educational workshops, trainings, or seminars.

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