

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



**MARLENE
RUFF,
M.A.
LPC, QMHP,
LMFT**

Thank you for this opportunity to introduce myself as a counselor with Stronghold Counseling Services.

My life's path has provided many opportunities for learning and education. Some has been formal and some informal. My formal education includes completing my undergraduate degree at North Dakota State University, and earning my Masters Degree in counseling at North American Baptist Seminary (now Sioux Falls Seminary). My informal education has come through the years from life experience and diverse work opportunities. So much of my learning has come through more than 25 years of opportunities working as a therapist in private and community counseling centers in Sioux Falls and Freeman, South Dakota. I am pleased to have been with Stronghold Counseling Services since it began in 1993.

Through the State of South Dakota, I am a Licensed Professional Counselor (LPC), and a Licensed Marriage and Family Therapist (LMFT), and I am licensed as a Qualified Mental Health Provider (QMHP).

I appreciate the opportunity to work with adults who are dealing with depression, anxiety, surviving childhood trauma (including sexual abuse), adjustment issues, spiritual questions, and emotional issues. I also appreciate working with couples who want to work on having healthier parenting skills and healthier marriages, and with families who want to become healthier. I also very much appreciate doing Play Therapy with children.

When we struggle with the stress and pressures of life, or when things others have done to us or the consequences of our own choices overwhelm us, we often need wise counsel to help us connect with God's grace, mercy, and truth. As our Creator, God knows how we function best. But because we think we are "unworthy" of God's grace and mercy, or because we think God is mad at us, we often have trouble approaching God; and we need someone to walk with us on our journey. It is as we let the salve of God's truth, mercy, and grace be applied to our woundedness that healing happens.

If there is any way I can be of assistance to provide counseling for you or someone you know, or if you would like a seminar or workshop speaker, please feel free to call me at Stronghold Counseling Services (605) 334-7713. I look forward to the opportunity for us to meet.

**Marlene Ruff MA
LPC, QMHP, LMFT**

