



**Teresa
Hendrickson,
M.A.,
LPC-MH, QMHP,**

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

I am pleased to say that I have “come home” to Stronghold Counseling Services by opening a satellite office in Yankton, SD in October of 2008. I previously worked at Stronghold Counseling upon its 1993 opening in Sioux Falls. I left the practice to stay at home with my children and subsequently moved to Yankton, SD.

I received a Bachelor of Fine Arts degree with an emphasis in Theatre and a second major in Alcohol and Drug Studies from the University of South Dakota. I completed my Master of Arts degree in community counseling from the University of South Dakota in 1992. When not staying home with children my career path has allowed me to work in private practice, and as a director of a college counseling center.

I practice as a Licensed Professional Counselor-Mental Health in the State of South Dakota. I am also certified as a Chemical Dependency Counselor- Level III and a Qualified Mental Health Professional.

I enjoy a general practice serving primarily adults and adolescents across a wide spectrum of presenting concerns, including depression, anxiety, post traumatic stress, combat stress, chemical dependency, adult children of alcoholics, and adjustment stressors. An area of specialization that I am developing is in the provision of services to members of the military and their families. My therapeutic approach is from a supportive and cognitive-behavioral frame.

Biblical description of personal approach to counseling and therapy: Psalm 46:10 “Be Still and Know that I Am God.” Life’s stressors can bring us to a place of noise, both inside our head and hearts as well as in the culture we live. It is a privilege and an honor to walk along side individuals/families/couples as they seek to sort out the noise and quiet the chaos.

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