

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



**DIANNE  
HEYNEN, MS,  
LPC-MH, BCPCC,  
QMHP, CEAP**

I am newer to Stronghold Counseling Services as I joined the team in January 2008. However, I am a native South Dakotan and have lived in the Sioux Falls community since age 4. I am a follower of Jesus Christ.

I earned my Master of Science (MS) degree in Counseling and Human Resource Development at South Dakota State University and have been practicing counseling since 1995. To deepen and expand my knowledge in the counseling ministry, especially in the areas of trauma and attachment, I am pursuing a Doctorate of Ministry at Sioux Falls Seminary. I have completed all but dissertation in this endeavor.

I am licensed in South Dakota at the highest level of my profession, Licensed Professional Counselor-Mental Health (LPC-MH). I am Board Certified as a Professional Christian Counselor (BCPCC). I also have Certification as an Employee Assistance Professional (CEAP), and a Qualified Mental Health Professional (QMHP).

I offer a variety of modalities to help others including counseling individuals, couples, and families; small group experiences; educational workshops; Employee Assistance Programs (EAP); worksite training; prayer ministry; and retreats. While I am qualified to address a broad range of mental health issues, I have additional specialized training and experience in the following areas: stress, anxiety, trauma, grief and loss, marriage/relationship concerns, blended families, depression, women's issues, chronic illness, workplace issues, post-abortion stress, spiritual/Christian concerns, Theophostic prayer ministry, and Eye Movement Desensitization and Reprocessing (EMDR).

My mission is to facilitate emotional wellness and healing through and integrated MindBodySpirit approach. Our spirit shapes our mind. Our mind affects our body. And our body influences our mind and spirit. Using this integrated approach, I help persons learn to cope with distress, find solutions to problems, and gain tools to address future challenges. Proverbs 14:30 says "A heart at peace gives life to the body" and Ecclesiastes 4:12 says "A cord of three strands is not quickly broken".

**Dianne S. Heynen, MS, LPC-MH, BCPCC, QMHP, CEAP**

