

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

George Bernard Shaw said, "If you cannot get rid of the family skeleton, you may as well make it dance." Well, dancing didn't turn out to be my strong suite, so I decided not to make a career out of it, but instead turn my interest to helping families get rid of their "skeletons".

I received my bachelor's degree in Psychology from the University of South Dakota after having spent a year and half at the University of Nebraska-Lincoln in the dance program. From there I moved on to receive my master's degree in Marriage & Family Counseling from Sioux Falls Seminary here in Sioux Falls, SD.

I am licensed as a Marriage & Family Therapist, licensed Social Work Associate and licensed Chemical Dependency Counselor Trainee and plan on testing for my level III certification in the spring. I am also a Qualified Mental Health Professional and am a recipient of Sioux Falls Local Best for Marriage & Family Counselor's in 2008-2009.

My work has taken me to places where people share their struggles with relationships, drug & alcohol use, physical/sexual abuse, depression & anxiety among others. I have a special interest in working with marriage issues, parent/child and parent/teen conflict, and chemical dependency.

I have been an advocate for women & children and was a member of the team involved in the litigation of South Dakota's HB 1166, which involved the rights of pregnant women. I also serve on the board for Mita Maske Mi Ti a domestic violence shelter here in Sioux Falls.

In my practice, I believe that difficulties arise in our relationships through our thoughts and choices. A person who feels unworthy and unacceptable can replace negative feelings with truth that through Jesus, he or she has become worthy and acceptable. The way to change a habit of negative thinking is to choose to change that negative thought for its opposite. The Bible calls that "overcoming evil with good" (Romans 12:19-21).

I am available for community outreach services, seminars, public information and education services.

**Ellie Larsen, MA,  
LMFT, QMHP, LSWA, CDCT**

**ELLIE LARSEN,  
M.A.**

**Licensed Marriage  
& Family  
Therapist,  
Qualified Mental  
Health Provider**

**Licensed Social  
Work Associate, ,**

**Chemical  
Dependency  
Counselor  
Trainee**

