

Welcome

At Behavioral Health Clinic, our mission is to provide the highest quality, state-of-the-art mental health services. We offer a complete range of specialized expertise and services. Our professional staff includes highly experienced psychologists as well as licensed professional counselors, school psychologists, and substance abuse counselors. We provide a variety of services to children, adolescents, adults, families and couples.

Services Provided

- Individual/Couples/Family Therapy
- AODA Counseling
- Group Counseling/Special Programs
- Psychological Assessments
- Accelerated Comprehensive Evaluations (ACE®)
- Online Counseling

Group Therapy

Group therapy can be an incredibly powerful method of treatment. Our "skills groups" focus on developing strategies that group members may use in their lives. Our "process groups" are more unstructured and focus on discussion and the interactions among group members. Although these groups differ in format, the components which bring about change in groups are universal. Group members often describe benefiting most from connecting with other individuals who experience similar struggles. Past groups have included Dialectical Behavioral Therapy Groups, Eating Disorder Groups (e.g., Binge Eating) and Social Skills Groups.

Psychological Testing

Behavioral Health Clinic offers a wide range of formal psychological tests (e.g., personality, Autism, Learning Disabilities, ADHD, IQ). Psychological testing provides in-depth knowledge about an individual's mental health symptoms, personality, or learning style/intelligence. Results can be used to formulate or confirm a diagnosis. Test results are also used to expedite treatment. Testing sessions vary in length depending on the testing requested.

Behavioral Health Clinic offers Accelerated Comprehensive Evaluations (ACE®) which are an innovative evaluation service developed by Behavioral Health Clinic. ACE® Clinics provide comprehensive psychological and/or neuropsychological testing. Individuals work with a licensed psychologist and at day's end are provided with a written evaluation.

Psychotherapy: How it Works

During the first psychotherapy session, matters bothering you the most will be discussed. Specific goals for psychotherapy will be explored. As treatment progresses, you will learn techniques for better problem-solving, communication, stress management, and emotional well-being. A key element of this process is that you will be incorporating your new skills into your day-to-day life. You will move from insight and understanding to action. The aim is for you to see and feel positive changes as you put your knowledge into practice.

Typically, an initial psychotherapy session will last about 45-60 minutes. Ongoing psychotherapy sessions thereafter are usually about 45-60 minutes in length; however, 30 minute psychotherapy appointments may also be arranged. It is possible to conduct psychotherapy/counseling on a bi-weekly, weekly, or as needed basis. Depending on the issue, most therapists/counselors might recommend weekly psychotherapy/counseling appointments initially.

Online Counseling

For those who feel more comfortable at home or cannot make it to our offices, we offer online counseling to provide the same level of care you would receive from an in-office visit.

Locations

Behavioral Health Clinic of Wausau

630 S. 36th Avenue
Wausau, Wisconsin 54401

PHONE: 715.842.9500 **FAX:** 715.848.0425

Behavioral Health Clinic of Plover

1840 Post Road, Suite 2
Plover, Wisconsin 54467

PHONE: 715.544.6144 **FAX:** 715.544.4599



Behavioral Health Clinic

WAUSAU • PLOVER • ONLINE



Clinic Directory

www.wibehavioralhealth.com

EMAIL: appointments@bhcwausau.com
www.wibehavioralhealth.com



Our Staff

We are staffed by highly experienced psychologists as well as licensed professional counselors, school psychologists, and substance abuse counselors. The clinicians at Behavioral Health Clinic work together in a multidisciplinary team environment in order to provide the highest quality of care possible. In addition, our clinicians collaborate with professionals in the community whenever appropriate.

Following is a listing of BHC providers by primary location detailing the ages of clients they see and their areas of clinical expertise.

Wausau



Lauri Doepeke, MS, LPC, NCC

18 Years Old & Older

- Depression/Anxiety
- Stress Management/Adjustment Disorder
- Relational Concerns
- Generalist



Judy Lemke, MS, LPC, LCSW

15 Years Old & Older

- Anxiety/Depression/Anger Management
- Relationship & Life Transitions Challenges
- Substance Abuse/Addictions
- LGBTQ Gender Dysphoria



Ashley Miller, MS, LPC

5 Years Old & Older

- Adolescent Struggles and Adjustments
- Anxiety, Depression and other Mood Disorders
- Behavioral and Conduct Concerns



Rachel Sheldon, MA, LPC, NCC

5 Years Old & Older

- Trauma Recovery
- Physical and Mental Wellness
- Stress Related to a Medical Diagnosis
- Eating Disorder
- Child and Adolescent Counseling

Wausau / Plover



Timothy E. Freundl, MS, LPC

8 Years Old & Older

- High Risk Adolescents
- Anxiety/Depression
- Anger/Stress Management
- Trauma/Abuse/Behavioral Issues



Amy Gray, MS, LPC-IT, SAC-IT

15 Years Old & Older

- Anxiety/Depression
- Trauma/Abuse/Intimacy Issues
- Parent & Family Conflict
- Substance Abuse & Addictions



Erinn McCabe, LPC, SAS

3 Years Old & Older

- Trauma/Abuse and EMDR Therapy
- Substance Abuse and Addiction
- Parenting/Co-Parenting/Divorce Issues
- Attachment Concerns/Adjustment Issues
- Gender Identity/Gender Expression
- Marriage/Couples Counseling



Shannon Huff, Ed.S.

Ages 3-21 Years Old - Testing Only

- ADHD
- Learning Disabilities
- Intellectual Impairments
- Executive Functioning



Sarah Reiser, MA, LPC-IT

14 Years Old & Older

- Eating disorders
- Depression
- Anxiety
- Mood disorders
- Addiction
- Substance abuse
- Obsessive Compulsive Disorder



Emily Lindberg, MS, LPC-IT

3 Years Old & Older

- Trauma/Abuse/Behavioral Issues
- Anxiety and Depression
- Adjustment Disorder & Stress Management
- Family Conflict



Emily Peterson, MS, LPC

16 Years Old & Older

- Anxiety/Panic
- Depression
- College Students
- Stress Management



**Heather Meggers-Wright
Ph.D. Owner**

15 Years Old & Older

- Sex & Intimacy
- Anxiety & Fear
- Weight & Self Esteem
- Medical Diagnosis/Chronic Pain



**Stacy Stefaniak Luther
Psy.D., LPC Owner**

2 Years Old & Older

- Autism Spectrum Disorder
- Parenting (Stress, Childhood Behaviors, Adoption, Foster)/Attachment
- Trauma
- Post-Partum Depression/Anxiety/Adjustment



**Shannon Schaefer, Ph.D.
Owner**

All Ages

- Depression/Mood Disorders
- Adjustment Disorder & Stress Management
- Psychological Assessment
- Anxiety/Stress



**Brian Weiland, Psy.D.
Owner**

14 Years Old & Older

- Psychological Assessment
- Relationship Issues
- Grief
- Low Self-Esteem

Plover



**Rachel Eifert
MS, LPC, CSAC, ICS**

All Ages

- Anxiety/Depression
- Parenting Issues/Stress
- Substance Abuse
- Grief & Loss