



♥ COUNSELING PROGRAM

JFCS counselors are highly skilled, licensed and expertly trained to work with care and compassion to address the challenges people face throughout their lives. We work with children, teens, adults, couples and families. We help you feel better and function at your best. We provide confidential care for people of all ages and all backgrounds; you don't have to be Jewish to receive services.

♥ Here for all. *Always.*[®]

Getting started and scheduling an appointment is easy. Simply visit our website or call for a brief and confidential conversation about your needs and availability. We'll take care of the rest and get your appointment scheduled. We accept most insurance including Medicare and work on a sliding-fee scale.

We can help. } 952-546-0616
Just call JFCS.

Visit jfcsmpls.org/counseling to request an appointment.

Jewish Family and Children's Service of Minneapolis
5905 Golden Valley Rd | Golden Valley, MN 55422
952-546-0616 | 952-593-1778 fax
www.jfcsmpls.org

OUR MISSION

Jewish Family and Children's Service of Minneapolis provides essential services to people of all ages and backgrounds to sustain healthy relationships, ease suffering, and offer support in times of need.

OUR VALUES

Based on the Jewish concept of *tikkun olam* (repairing the world), Jewish Family and Children's Service of Minneapolis believes everyone is entitled to equal economic, political and social rights and opportunities. As a human service organization, we value:

- > Compassion
- > Inclusion
- > Innovation
- > Integrity
- > Collaboration

Jill Kozberg, MA, LP



I am a Licensed Psychologist and the Program Manager for the Counseling Department. I have a Master's Degree in Counseling Psychology from the University of Minnesota, and have been a therapist for over 25 years. I work with individuals, couples, and families. My areas of special interest include **anxiety, depression, trauma, grief and loss, relationship and marriage enrichment, communication, and life transitions**. I believe that everyone has their own answers, and work collaboratively with my clients to offer support, feedback and perspective. I also facilitate communication and the expression of needs, expectations, and feelings. Many people have experienced traumas and losses from which they are trying to heal, in order to move forward in their lives. I believe that the therapeutic relationship provides the foundation upon which the rest of the work will take place.

Carole Cera, LICSW



I have been providing therapy for over 40 years, with nearly 30 years in the Counseling Department at JFCS. I continue to feel passionate about my work at JFCS, where individuals and families are served holistically, with cultural sensitivity, all within the mission of *tikkun olam* (healing the world). My goal for people I see is to stand beside them as they take on the challenges of life. Along the way, I use **humor, mindfulness, play therapy, cognitive, as well as insight-oriented, evidence-based practices**. I have experience working with **individuals and families throughout the lifespan and through all life changes, from birth to death**. In addition to my role in the Counseling department, I also train new social workers, and manage the Intake & Resource Connection and Jewish Big Brother/Big Sister Programs.

Mark Kaufman, MSW, LICSW



I have a Master's Degree in Social Work from the University of St. Thomas and St. Catherine University. I have 10 years of experience in mental health, working with adults with **anxiety, depression, personality disorders, trauma, severe mental illness, and chronic illnesses**. I love walking with people through problem solving and self-discovery. I believe in the importance of **collaboration in finding healing, personal growth, and solving problems**. I use this perspective with my clients as they navigate the challenges that led them to work with me. We explore how previous problems were dealt with and how that problem-solving process applies to current challenges; how one's thoughts impact one's feelings; and explore new and old experiences and the emotions surrounding them, integrating mindfulness and behavioral strategies. I have a special interest in the treatment of suicidal thinking.

Michel Rousseau, MSW, LICSW



I am a Licensed Independent Clinical Social Worker and received my Master's Degree from the University of St. Thomas. I have experience working with adults within the context of **grief and loss, anxiety, depression, trauma and life transitions**. Diversity is something to be celebrated; I cherish the opportunity to work with people from various cultural and ethnic backgrounds. I have a passion for working alongside individuals to address the impact that trauma (historical, generational, etc.) has had on their lives, and how it impacts their experiences. I strive to create a non-judgmental space that enables an individual to discuss experiences and process emotions with the goal of reaching a new level of insight. My passion is to **reinforce the inherent strengths that all clients possess in order to identify healthy coping strategies, foster a more mindful way of living, and promote overall well-being**.

Natalie Oleson, MSW, LICSW



I am a Licensed Independent Clinical Social Worker. I received a Master's of Social Work degree from the University of St. Thomas. My specialties include working with people **ages 3-17, especially those struggling with trauma, anxiety, depression, self-harm, and suicidality**. I also help parents learn strategies to support their child at home. I have experience working with kids and families at home, in the hospital, in an outpatient clinic, and in a day-treatment program. I am very passionate about working with children, since I believe early intervention gives a person the best chance for success. I use evidence-based practices such as **eye movement desensitization and reprocessing (EMDR), mindfulness, teaching coping skills, cognitive-behavioral therapy (CBT), and play therapy**.