

Lutheran Church of Hope has compiled this list of resources to help anyone in our congregation find a Christian counselor in the Des Moines area. We refer people to counselors and counseling groups that we have met with and feel they share our mission, vision and values. This is not an extensive list – there are other viable options for counseling in our community.

Brittany K. Neef, Psy.D., LLC

My belief is that positive change is created through genuine connection, understanding, expert guidance, and hope. I can empower you by helping you gain self-knowledge including an understanding of how your life experiences contribute to your current thoughts, feelings, and behavior. My philosophy is that you are unique and that treatment must therefore be tailored to your specific needs. I will collaborate with you to assist you in accomplishing your goals and take into consideration all of the systems within which you live, such as, family, culture and occupation/education.

drneef@brittanykneef-psyd-llc.com | 515-309-2299
12951 University Ave., Suite 204, Clive

Family Legacy

At Family Legacy, we desire the end result of counseling to be personal wholeness, more fulfilling relationships and hope for a bright future. No matter what issues you may be facing, or no matter how dark your situation may seem, we believe there is hope. We believe that you matter, and we are committed to helping you achieve the life you desire.

familylegacycounseling.com | 515-727-1338
5415 NW 88th St., Suite 100, Johnston

Glen Haven Counseling

It is the goal of Glen Haven Counseling Resources to provide services in order to bring help, healing and growth to the individuals we encounter. We strive to do so in a comfortable, confidential, personable and professional environment. Glen Haven offers counseling or therapy to individuals, couples and families that are consistent with Christian values.

glenhavencounseling.com | 515-225-2015
3408 Woodland Ave., Suite 102, West Des Moines

New Hope Personal Growth Center

Our mission at New Hope is to help equip all individuals, couples and families with life-enhancing and relationship-enhancing tools that empower clients with the skills needed to realize their dreams and ambitions. We believe each person is gifted with a unique set of gifts and talents. It is our commitment to partner with clients in counseling, coaching and/or consulting to help all grow (both personally and professionally) by recognizing who they are and what they are responsible for in their lives, families, organizations, communities and world.

grownewhope.com | 515-270-0200
3230 99th St., Urbandale

Pine Rest Christian Counseling

Pine Rest Christian Mental Health Services is called to express the healing ministry of Jesus Christ by providing behavioral health services with professional excellence, Christian integrity, and compassion. That is our mission, rooted in our very foundation.

pinerest.org/des-moines | 515-331-0303 | 866-852-4001
6200 Aurora Ave., Suite 401 E, Urbandale

Team Restoration Ministries

TEAM Restoration Ministries has a God-driven commitment and passion for facilitating the healing and strengthening of marriages, families and individuals through the blood of Jesus and the transforming power of the Holy Spirit.

team-restoration.org | 515-238-9010
Various locations

Dr. Tracy Miksell-Branch LISW, PhD

A licensed clinical social worker with over 20 years of experience, I am trained and experienced in providing individual counseling, couple and family therapy with adults (18 years and over). I am experienced in working with many types of diagnoses including, but not limited to, anxiety, grief, addictions, depression and work and family issues.

doctracyscounseling.com | 515-490-1921
215 SE Main St., Grimes

Kevin S. Willson, LMFT

In my counseling it is my desire to point you to the Lord through his Word and assist you in your time of need.

kevinwillson.com | 515-720-1544
3850 Merle Hay Road, Suite 525, Des Moines

Dr. Cora Schuhmacher, PsyD

I believe that the mind-body-spirit connection is a strong one, and psychotherapy must be sensitive to each of these areas to facilitate healing. I've had specialized training in the integration of psychology and spirituality. I received my Masters in Christian Leadership from Fuller Seminary and believe that spiritual health and psychological health are intimately related.

doccora.com | 515-777-3388
1045 76th Street, Suite 3030, West Des Moines

Second Journey Counseling

At Second Journey we believe counseling is a way to enrich your life and relationships by addressing personal concerns and hopes in the company of a caring professional. We are equipped to address a variety of life adjustment and mental health concerns, and would be privileged to join you on your path of change.

secondjourneycounseling.com | 515-727-1667
Foxboro Square – Regus Offices, 6165 NW 86th St.,
Johnston, IA 50131

Jami Lacona, LISW

Jami specializes in treating anxiety, grief, depression and trauma. Oftentimes we need someone objective in our lives to help us learn and grow from our mistakes or hurts. Jami offers a simple cognitive behavioral approach in learning new ways to manage stressors. How we think affects how we behave.

jamilacona@gmail.com | 515-421-7891
3408 Woodland Ave. Ste 210A, West Des Moines, IA 50266