the Center
for Christian Counseling, Consultation and Training

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Corina Helgestad

Education: Bachelor of Practical Theology from Urshan College in St Louis, MO.
Master of Arts in Counseling from Missouri Baptist University in St Louis, MO.

Certifications & Affiliations:
- Member of American Association of Christian Counselors.
- Certified Facilitator of Prepare Enrich Assessment for pre-marriage, marriage, parenting, pre-adoption, and pre-foster care.

Passion and Vision: John 10:10 "The thief cometh not but to steal and to kill and to destroy. I am come that they might have life, and that they might have it more abundantly."

"I am passionate about bringing hope and healing to life's most painful and difficult situations. I count it a distinct privilege for people to bring me inside their world – in their most vulnerable and private place – where pain, fear, and shame may reside, and allow me to walk with them on a journey of change toward peace, love, joy and an abundant life in Christ!"

Current Areas of Focus:
- Adjustment to Life Changes
- Anger Management
- Anxiety
- Boundaries
- Communication
- Conflict Management
- Cutting
- Depression
- Grief and Loss
- Marriage Enhancement
- Mindfulness
- Parenting
- Self-Esteem and Self-Image
- Spiritual Growth
- Stress Management
- Suicide Prevention
- Victims of Abuse

Other Services Offered:
- Biblically-Based Seminars and Teaching on topics such as...
  - Training Our Thoughts – Our Controlled Thoughts Can Lead Us to Mental, Physical, and Spiritual Health
  - Addicted to Jesus – We Are Created to Be Devoted
  - Behaviors and Beliefs – Symptoms Vs. Root Causes
  - Boundaries and Repentance – Healthy Boundaries Foster True Repentance
  - Following Jesus' Example in Boundaries and Burnout Prevention
  - Healing From Our Family Tree – We Don't Have To Repeat The Pattern
  - Managing Stress for Your Spiritual Health
  - Abracadabra – O Be Careful Little Mouth What You Say
  - Yes or No? – A Biblical Look at Decision Making
  - Other Topics Available Upon Request