

*Individuals experience a wide range of complex issues including:*

*Identity Problems  
History of Depression  
Suicide Attempt  
Substance Abuse  
Distorted Body Image  
Social Anxiety  
Eating Disorders  
Complications with pregnancy  
Post-Partum Depression  
Infertility  
Vocational Concerns  
Parenting Stress  
Relationship Conflict*

*Most people benefit from supportive counseling related to:*

*Depression  
Anxiety  
Suicidal Thoughts  
Chronic Negativity  
Emotional Eating  
Family Conflict or Neglect  
Rebuilding Resiliency  
Illegal Chemical Use  
Change in physical strength  
Alcohol Abuse  
Repairing Low Self-Esteem  
Planning for the future*

*The sun is always shining  
above the clouds!*



*Dr. Pamela Marjorie Peterson  
Doctor of Philosophy in Psychology  
Licensed Psychologist*

#### *Locations*

*Dr. Peterson has two office locations.*

- \* 300 W. Broadway, Suite 1  
Plainview, MN 55964*
- \* 525 Bluff Avenue, Saint Charles,  
MN 55972. Both locations have  
off-street parking available.*

*Dr. Peterson has been an active member of the St. Charles Area Chamber of Commerce since its inaugural year in 2007.*

*The Journey of a Thousand Miles  
Begins with a Single Step.  
~ Chinese Proverb*

*Dr. Peterson offers individual, couples, and family counseling as well as psychological testing for a wide range of ages. Please refer to brochure on psychological assessment services.*

#### *Fee Schedule*

*Most individuals have concerns about paying for counseling services. Many insurance plans are accepted for payment. Determining your benefits is an important step in setting up successful treatment.*

*Dr. Peterson accepts insurance from:*

- ✚ Aetna*
- ✚ Medicare*
- ✚ Medicaid*
- ✚ Medica*
- ✚ Blue Cross Blue Shield of MN*
- ✚ Blue Plus*
- ✚ Health Partners of MN*
- ✚ UCARE of MN*
- ✚ MMSI*
- ✚ Triwest/Tricare*
- ✚ Magellan Health Services*
- ✚ United Behavioral Health*

*Dr. Pamela M. Peterson, PhD, LP  
Clinical Psychologist*

*Dr. Peterson works with a variety of counseling issues across the life-span. She conducts psychotherapy as well as psychological evaluations. Dr. Pamela is licensed by the Board of Psychology.*

*Dr. Pamela Peterson earned her PhD in Clinical Psychology at the Fielding Graduate University of Santa Barbara, California in 1998. Prior to that time, she conducted Individual, Group Counseling and Career Planning with students at Vermilion Community College and Gogebic Community College. She earned her Masters' Degree in Educational Psychology at UMD in 1985 (Agency Counseling).*

*She has been a presenter for a variety of organizations including the U.S. Forest Service, Probation Staff of the Third Judicial District, Minnesota Workforce Center, Head Start of MN, Meals on Wheels, Utica Victory 4-H Club, Displaced Homemaker Programs of MN and MI, and many non-profit agencies throughout the Midwest.*

*Dr. Peterson is an active member in her community. She enjoys gardening and rock collecting. Pamela started cross country ski racing in high school. She has skied the 54K Ski Race called the American Birkebeiner 30 times!*

Dr. Pamela M. Peterson, PhD, LP  
Clinical Psychologist










LinkedIn Provides Professional Update.  
Other professional brochures and data  
can be found at:

[www.findapsychologist.org/record/pamela-peterson/](http://www.findapsychologist.org/record/pamela-peterson/)

## Counseling for All Ages



Dr. Pamela M. Peterson, PhD  
LICENSED PSYCHOLOGIST

-  Chronic Depression
-  PTSD: Exposure Therapy
-  Couples Testing & Skills
-  Assertiveness Training
-  Families in Crisis
-  Treating ages 5 to 95
-  Progressive Relaxation  
Training (PMR)
-  Complex Grief & Trauma
-  Psychological Evaluation

**300 W. Broadway, Suite 1  
Plainview, MN 55964**

**525 Bluff Avenue  
Golden Living Center  
St. Charles, MN 55972**

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**507-421-1064**