

Des Moines Pastoral Counseling Center STAFF

Ellery H. Duke, Ph.D.

Ellery Duke, Executive Director of the Des Moines Pastoral Counseling Center, is a licensed clinical psychologist. He holds a master of divinity degree from Garrett Theological Seminary and a doctoral degree in pastoral counseling and psychotherapy from Northwestern University. Ellery is an ordained Elder in the United Methodist Church. Ellery is a fellow in the American Association of Pastoral Counselors and a clinical member of the American Association for Marriage and Family Therapy. He provides counseling and psychotherapy to individuals, as well as couples and families. Ellery has special interests in grief therapy, relationships, and men's issues. He also consults with congregations and coaches clergy.

J. Jeffrey Means, Ph.D.

Jeffrey Means, Director of Professional Education at the Des Moines Pastoral Counseling Center, is a licensed clinical psychologist. He holds a master of divinity degree from Christian Theological Seminary and a doctoral degree in pastoral counseling and psychotherapy from Northwestern University. Jeff is an ordained minister in the Presbyterian Church (USA). Jeff is a diplomate in the American Association of Pastoral Counselors and a clinical member of the American Association for Marriage and Family Therapy. Jeff provides counseling and psychotherapy to individuals and couples, with a special interest in dissociative disorders. His interests also include teaching and clinical consultation. Jeff is the author of *Trauma & Evil: Healing the Wounded Soul*, Fortress Press, 2000.

Eileen Burtle, M.A.

Eileen Burtle, Consultant to Churches and Coordinator of Preventive Mental Health Programming at the Des Moines Pastoral Counseling Center, is a pastoral psychotherapist and licensed mental health counselor. She holds a master of arts degree in human development from St. Mary's University. Eileen also received clinical training at The Menninger Foundation. Eileen is an associate member of the Sinsinawa Dominican Sisters. She is a fellow in the American Association of Pastoral Counselors and a clinical member of the American Association for Marriage and Family Therapy. Eileen provides both marriage counseling and counseling for individuals. She has a special interest in helping clients adjust to grief and loss and helping clients heal from abuse and trauma, as well as guiding clients as they plan the second half of their lives.

Susan Ackelson, M.S.W.

Susan Ackelson, Director of Clinical Services at the Des Moines Pastoral Counseling Center, is a licensed independent social worker. She holds a master of social work degree from the University of Iowa. Susan has experience working with individuals, couples, and families on a variety of issues. Her areas of expertise include trauma-related issues and disorders and substance abuse issues. Susan is trained in the use of E.M.D.R. (eye movement desensitization and reprocessing), a process for resolving trauma. Susan has a special interest in utilizing a holistic approach in working with clients. Susan is a member of the National Association of Social Workers (NASW) and on the board of Iowa NASW.

Susan Arland, M.A.

Susan Arland is licensed mental health counselor. She holds a master's degree in counseling

from New York University and has completed postgraduate training with the Des Moines Family Therapy Institute. She is Level 2 trained in the use of E.M.D.R. (eye movement desensitization and reprocessing). She works with adults and couples to resolve issues with life transitions, relationships, trauma, abuse, depression, and anxiety. Susan has skills in American Sign Language and provides counseling to deaf and hard of hearing persons.

Douglas Aupperle, Ph.D.

Doug Aupperle is a licensed clinical child psychologist. Doug received his B.A. in Psychology from Creighton University in Omaha, and his M.A. and Ph.D. in Clinical Child Psychology from DePaul University in Chicago. Doug provides therapy and psychological assessment/testing to children and adolescents. Doug is a member of the American Psychological Association and the Iowa Psychological Association. Doug is especially interested in the areas of family therapy, child sexual abuse, attention disorders, and stress and coping in children.

Sharon Bandstra, M.S.W.

Sharon Bandstra is a licensed independent social worker. She holds a master of social work degree from the University of Iowa. Sharon provides counseling to individuals and couples. She has a special interest in depression, grief, and management of anxiety in a variety of life or family situations.

Peter Brantner, M.Div.

Peter Brantner is a pastoral counselor. Pete has a B.S. degree in Farm Operations from Iowa State University and a Master of Divinity degree from St. Paul School of Theology in Kansas City, MO (a United Methodist seminary). He is ordained as a minister in the Presbyterian Church (USA), has completed the program in pastoral counseling and psychotherapy at the Des Moines Pastoral Counseling Center, and is currently enrolled in the Masters of Community Counseling Program at Drake University. Pete works with individuals and couples. He has a special interest in working with adults who have experienced trauma in their lives. Pete is a member of the American Association of Pastoral Counselors. Pete sees clients in both Des Moines and Lenox, IA.

Angela Clark, M.A.

Angela is a licensed mental health counselor who works with adults and adolescents. She received her bachelor's degree from the University of Wyoming. She has a master of arts in Mental Health Counseling from the University of Northern Iowa. She practices psychotherapy from a variety of theoretical perspectives, but most commonly from the Bowenian and Existential theories. Depression, anxiety, grief, HIV/AIDS, sexual orientation, low sexual-desire, acculturation, and self-injury, are some of her special interests. In addition she is very comfortable working with Latino and Bosnian populations. Angela is a member of the American Counseling Association.

Richard H. Douglass, M.S.W.

Richard Douglass is a licensed independent social worker. He holds a master of social work degree from the University of Iowa. Richard provides counseling to couples and to individuals, both adults and adolescents. He has a special interest in ADHD, depression, anxiety, and behavioral problems.

Jaci Gordon, PH.D.

Jaci Gordon is a licensed mental health counselor. She holds a doctoral degree in psychology from Walden University, master degrees in counseling and health and education from Drake University. She provides counseling to individuals and couples. Jaci's special interest is in counseling people with chronic illness.

Lowell L. Houts, D.Min.

Lowell Houts is a licensed mental health counselor and pastoral counselor. He holds a doctoral degree in pastoral counseling from Midwestern Baptist Theological Seminary. Lowell is an ordained Baptist minister and a member of the American Association of Pastoral Counselors. He provides counseling to individuals and couples. Lowell has a special interest in men's issues, particularly as those issues affect relationships and parenting. Lowell sees clients in West Des Moines, Lamoni, Leon, Mt. Ayr, and Osceola.

Susan Houts, M.S.W.

Susan is a licensed independent social worker. She received her B.S. and M.S.W. from the University of Iowa. She also received a post-graduate certificate from the Chicago Training Collaborative in clinical practice with lesbian, gay, bisexual and transgender (LGBT) individuals and their families. Susan is interested in working with adults on such issues as anxiety, depression, childhood abuse, trauma, sexual identity, and relationship concerns. Susan is a member of the National Association of Social Workers.

Kelli Hill Hunt, Ph.D.

Kelli Hill Hunt is a licensed clinical child psychologist. She holds a doctoral degree in clinical psychology with a specialty in child and family from Wayne State University. Kelli provides therapy to toddlers through adolescents, as well as parents and families. She has a special interest in psychological assessment, depression, anxiety, and behavior problems.

Grace Percival, M.A.

Grace Percival is a licensed pediatric psychologist. She holds a master of arts degree in behavior analysis from Drake University. Grace provides counseling to children of all ages, with a special interest in developmental disabilities and chronic illness in children.

Kathy Reardon, R.N., M.S.

Kathy Reardon is a holistic nurse, spiritual director, and Certified Healing Touch Practitioner. She holds a bachelor of nursing degree from the College of St. Scholastica and a master of science degree in counseling from Drake University. Kathy combines Healing Touch with other holistic approaches to assist her clients in growing in self-responsibility, empowered well-being, and wholeness. She has a special interest in working with those in trauma, life threatening illness, grief and loss, and critical life transitions. As a spiritual director, Kathy plans and facilitates retreats, and presents programs on prayer, spirituality, and adult faith formation.

Deborah Reed, Ed.D.

Debbie Reed is a licensed mental health counselor. She holds a doctoral degree in counseling education from Drake University. Debbie provides counseling to individuals. She also provides relationship and marital counseling, as well as group counseling for women. Debbie has a special interest in working with clients recovering from sexual abuse and/or emotional neglect. She also helps clients who are struggling with the diagnosis and treatment of cancer.

Elaina Riley, M.S.W.

Elaina Riley is a licensed independent social worker. She holds a master of social work degree from the University of Iowa. Elaina provides counseling to children, adolescents, and adults. She has a special interest in trauma, dissociative disorders, and attachment disorders.

J. Michael Sears, Ed.D.

Mike Sears is a sexologist and relationship counselor. He holds a doctoral degree in human sexuality from The Institute for Advanced Study of Human Sexuality. Mike provides counseling to individuals and couples, with an emphasis in sex therapy. In addition to his expertise in the areas of human sexuality and relationships, Mike also has a strong interest in men's issues.

Sara Swansen, Ph.D.

Sara Swansen is a licensed pediatric psychologist. She holds a doctoral degree in counseling psychology from Iowa State University. Sara provides counseling to children of all ages, with a special interest in adolescents and behavioral disorders. In addition, Sara works with parents, teaching them effective parenting techniques.

Lisa Streyffeler, Ph.D.

Lisa Streyffeler is a licensed psychologist. Lisa received her BA in psychology and comparative religion from Harvard and her Ph.D. in counseling psychology from the University of Iowa. She completed her internship and postdoctoral fellowship at Hennepin County Medical Center, MN. Lisa provides counseling to adults with depression, anxiety, relationship issues, trauma, and life transitions. She specializes in counseling pregnant and postpartum women. She is a member of the American Psychological Association. Lisa sees clients in both West Des Moines and Ankeny.

Jeanne Weakland, M.A.

Jeanne Weakland is a licensed mental health counselor. She holds a master of arts degree in mental health counseling from the University of Northern Iowa. Jeanne provides counseling to individuals and couples. Jeanne has a special interest in parenting issues, especially in the area of attachment. She also has an interest in clients experiencing life transitions.

Roberta Yoder, B.A.

Roberta Yoder is a career counselor. She holds a bachelor of arts degree in English-teaching from the University of Northern Iowa and has completed graduate studies at Drake University in the following areas: counseling, human resources, and management process and behavior. Roberta is a Certified Employee Benefit Specialist, a qualified user of the Myers-Briggs Type Indicator, and a Pastoral Care Specialist certificate holder. She provides counseling to persons seeking meaningful employment or considering career changes. Roberta provides coaching to persons seeking to improve and enhance their performance and satisfaction in their current employment. She has a special interest in midlife career issues.

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