



CONTACT

PHONE:
763.424.1888 ext. 107

EMAIL:
john@northwindscounseling.com

AVAILABLE:
Days: Monday thru Thursday

JOHN TORKELSON

M. DIV, LMFT

JOINED NORTHWINDS

2020

DEGREES/LICENSE

Masters of Divinity from Bethel University in St. Paul, MN

License Marriage Family Therapist; License #2533 Since 2014

WORK EXPERIENCE

John is a licensed marriage and family therapist with 14 years of providing care to individuals, couples and families. He is trained in and has practiced several different methodologies to treat individuals, couples and families as they experience mental health issues and life's challenges. While he sees a wide variety of clients, he has focused his practice on couples, adolescent and parenting work and more recently treating individuals for trauma and incorporating trauma informed care into work with couples and families. John has worked in various settings that give him a plethora of experience in various areas including chemical dependency, serious and persistent mental illness and domestic violence. John works to create an atmosphere in the therapy room that is comfortable and non-judgmental where adults and adolescents feel safe to express themselves and work toward growth/healing. John's therapy style is client centered and attempts to build on the strengths of the client, helping them use those strengths to make different choices, as well as, develop new patterns for relating to others in their lives. This approach also focuses on utilizing a focus on practical solutions for his clients while utilizing the latest in researched based therapies.

SPECIALITIES

Teenagers, Adults, Couples with Relational Concerns
Anxiety Disorders
Attention Deficit Disorders (ADD/ADHD)
Family Adjustments
Grief and Loss
Oppositional Defiant Disorder (ODD)
Trauma