

## Counselors

**Carrie Weiss** holds a masters in counseling psychology, is a Licensed Marriage and Family Therapist (LMFT), and director of the Our Savior Counseling Center. She is experienced working with couples, individuals, and families. Carrie is married and the mother of four children and has six grandchildren. Our Savior Lutheran is her home church.



- Certified as a Florida Clinical Supervisor, Compassion Fatigue Specialist, Stephen Ministry leader, and in Critical Incident Stress Management.
- Co-author of *God's Care in Times of Crisis* and *God's Care for Congregations in Times of Crisis*—manuals for Christian schools and congregations.
- Directly assisted several churches through times of crisis.
- Is a senior staff member of the Network of Christian Counseling Centers, Inc., and supervisor of registered intern counselors during their development.

**Beth Terlip** holds a masters in mental health counseling and a masters in pastoral theology and is a registered mental health counselor intern. Also, she is certified in spiritual companionship and has taken specialized training in premarital/marital counseling, play therapy, and trauma.



Personally, she loves the outdoors and the challenges of triathlon events. Prior to joining Our Savior's Counseling Center,

Beth was a business owner and developed information technology solutions for companies across the United States. Beth is married, mother of two children, and member of St. Paul Catholic Church.

**Anna Eissfeldt** holds a masters in counseling and is a Nationally Certified School Psychologist (NCSP) and licensed school psychologist. She has served as a guidance counselor, school psychologist, and special services coordinator for a school district level in St. Louis, Missouri and as a school psychologist for the three Lutheran schools in St. Petersburg-Clearwater. Anna is married, the mother of two children, and grandmother of one, and Our Savior Lutheran is her home church.



- Certified as a Compassion Fatigue Specialist, secondary teacher, K-12 school counselor, School Psychometrist, and in Critical Incident Stress Management.
- Co-author of *God's Care in Times of Crisis* and *God's Care for Congregations in Times of Crisis*.
- Served on the Spiritual and Emotional Task Force for Lutheran Disaster Response and, as such, has cared for school staff and students affected by the Columbine High School shootings, the World Trade Center destruction, and Hurricane Katrina.

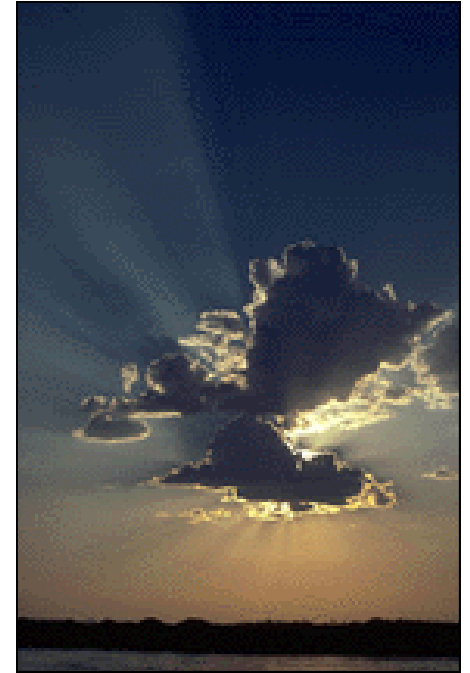
## Our Savior Christian Counseling Center

Our Savior Lutheran Church  
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Phone: (727) 343-3753  
Fax: (727) 343-6915

—member of the Network of Christian Counseling Centers, Inc.

## Our Savior Christian Counseling Center



*Although the world is full of suffering, it is also full of the overcoming of it.*  
—Helen Keller

*Carrie Weiss, M.A.,  
Licensed Marriage and Family Therapist*

*Beth Terlip, M.A.,  
Registered Mental Health Counselor Intern*

*Anna Eissfeldt, M.A.,  
Nationally Certified School Psychologist*

*Be not conformed to this world, but be transformed by the renewal of your mind.  
—Romans 12:2*



## Opportunities through Counseling

Professional Christian counseling offers many skills that can help you overcome personal and relational difficulties. Professional evaluations of a child's academic difficulties may be the road to school success.

Your decision to enter counseling is a personal one, and we welcome the opportunity to discuss the possibilities with you. Some typical reasons for professional care include:

- Feeling sad, worried, or tired much of the time
- Being hurtful to yourself or others
- Adjusting to a serious illness, injury, or loss
- Having flashbacks and nightmares after a recent trauma
- Work or academic difficulties
- Addiction-related issues
- Marriage difficulties, family conflicts, or parenting challenges
- Divorce or separation difficulties

## Methods

Christian counseling is about hope, the possibilities of change, and the grace of God to bring about healing and direction for your future or your family's future.

We practice counseling based on sound principles of mental health, consistent with a loving and joyous Christian faith. We focus on discovering new solutions, eliminating ones that do not work, and creating ways to interact with self and others that resolve the problems brought into counseling.

Underpinning the experience is our promise to keep you and your family's uniqueness in the forefront and being respectful and confidential of your life situations.

## Services Available

The Christian Counseling Center at Our Savior offers services to persons both within the church and in the community at large, including:

- Child-centered counseling with children to provide care in their language — play.
- Psychological and academic assessment of a child's learning and behavioral strengths and strategy development for success.
- Personal growth and skill-building groups for children, teens, or adults.
- Individual, couples, or family counseling addressing your current needs, concerns, and strengths. Together we can decide what care and support, if any, are needed.



## Cost

In order to provide this ministry, a fee is charged for counseling and assessment services. The church endeavors to offer a counseling client fund to help when the fee would block persons from obtaining needed care.

Donations to cover fees drawn may be made to the *Christian Counseling Client Fund* any time after counseling is complete. In this way, the fund is maintained to help others. The counselors are not salaried by the church.



*Take the first step in faith. You don't have to see the whole staircase, just take the first step.  
—Martin Luther King, Jr.*

## Contact Us

For more information or an appointment, get in touch with us at (727) 343-3753. All calls and messages are confidential.