



# Jeremy Stapel, MA, LMFT

## *In-Person & Telehealth*

Jeremy Stapel, a Licensed Marriage and Family Therapist, received his master's degree in Adlerian Counseling and Psychotherapy from Adler Graduate School. His clinical interests include couples and family counseling, child and adolescent therapy, trauma and abuse issues, depression, and anxiety. He utilizes play therapy, which uses a child's natural inclination for play, in a therapeutic setting when the child has difficulty communicating and expressing emotions effectively. He also uses Cognitive Behavior Therapy, EMDR, Dialectical Behavior Therapy, and Adlerian therapy to treat abuse, depression, anger, grief, and other issues affecting children.



500 Marschall Rd. Ste 100., Shakopee, MN 55379  
**952-974-3999**

## Jeremy Stapel, MA, LMFT

**Works with:** Children, Adolescents, Adults, Couples & Families

- Addictions – Non-chemical
- Adjustment Disorders
- Attachment Issues
- Affective Disorders
- Anger Management
- Anxiety Disorders
- Bipolar Disorder
- Child Abuse
- Childhood Behavioral Disturbances
- Christian Counseling (when requested)
- Co-dependence
- Co-morbidity
- Couples
- Depression
- Dialectical Behavioral Therapy
- Dissociative Disorders
- Divorce/Separation Issues
- EMDR
- Families
- Grief Counseling
- Group Psychotherapy
- Marital Conflicts
- Marriage and Family Therapy
- Mood Disorders
- Obsessive Compulsive Disorder
- Panic Disorder
- Parenting Skills
- Phobias
- Physical Abuse
- Play Therapy
- Post-Traumatic Stress Disorder

