

### Covenant Clinic Psychiatry Mid-Level Providers

Counselor	Cedar Falls	Waterloo	Waverly	Evansdale	Independence	Oelwein
Anderson, Heather	x					
Carnahan, Mervin		x				
Caster, Martha	x					
Cunningham-Loggins, Desiree		x				
Eimers, Janet				x	x	
Ekstrom, Dan		x				
Ellingson, Kim		x				
Ewald, Christine		x				
Feltz, Dennis	x					
Kukral, Lisa	x					
Langley, Ronelle	x					
Ludwig, Traci	x					
Michael, Tony	x					
Ojinnaka, Chidi						x
Rasmussen, Lori		x				
Schmudlach, Jennifer		x				
Schultz, Christine		x				
Snyder, Hilary			x			
Upshaw, John	x					
Wehrman, Paul		x				

**Covenant Clinic – Waterloo**

**2750 St. Francis Drive**

**Waterloo IA 50702**

**319/272-8922**

Mervin Carnahan, LISW

University of Iowa

Areas of expertise: Christian Therapy with All Ages (0-5 Play Therapy) and Older Children, Adolescents and Adults, Marital/Relationship Therapy, Family Therapy, and Hypnotherapy, Anxiety, Depression, Stress, Adjustment Issues, Gender, Trauma, Parent-Child Conflict, Relationship Conflict and Grief

Desiree Cunningham-Loggins, LISW, RPT

University of Northern Iowa

Areas of expertise: Play Therapy for Ages 4-12, Adolescent Issues, Anger Management, Stress Management, Depression, Anxiety, Issues of Loss, Trauma, Child Abuse, Co-Occurring Mental Health and Substance Abuse Disorders, Relationship and Family Issues, Attachment Issues

Dan Ekstrom, PsyS

Iowa State University

Areas of expertise: Psychological Testing, Child and Adolescent Behavior Problems, Child and Adolescent Issues, ADHD Issues, Family Issues, Marital Counseling, Adjustment Issues, and Mood Disorders

Kim Ellingson, LMHC, NCC

University of Northern Iowa

Areas of expertise include: Trauma and Abuse, Depression, Anxiety, Adjustment Issues, Women's Issues, Childhood Disruptive Behavior, Stress Management. Specialized training in Eye Movement Desensitization and Reprocessing, Parent Child Interaction Therapy, Play Therapy

Christine Ewald, LMHC

MS – Drake University

Areas of expertise include: Depression, Anxiety, Panic Disorders, PTSD, Trauma, EMDR, Substance Abuse, Recovery, Sexuality/Gender Identity, Couples and Family Issues

Lori Rasmussen, LISW, ACSW

University of Iowa

Areas of expertise: Christian Counseling, Eating Disorder Evaluations and Treatment, Depression, Anxiety Disorders, Domestic Violence and Abuse/Trauma Recovery, Relationship Issues, Female Adolescent Issues, Women's Issues

Jen Schmudlach, LISW

University of Northern Iowa

Areas of expertise: Trauma, Anger Management, Anxiety, Depression

Paul Wehrman, LMHS

University of Northern Iowa

Areas of expertise include: Employee Assistance Brief Therapy, Marital Issues, Depression, Anxiety, Adjustment Issues

**Covenant Clinic – Waterloo**

**2710 St. Francis Drive Suite 210**

**Waterloo IA 50702**

**319/272-5000**

Christine Schultz, LISW

University of Northern Iowa

Areas of expertise include: Eye Movement Desensitization and Reprocessing (EMDR), trauma, individual and family counseling

**Covenant Clinic – Cedar Falls**

**2802 Orchard Drive**

**Cedar Falls, IA 50613**

**319/268-9700**

Heather Anderson, LISW

University of Northern Iowa

Areas of expertise include: 18 years and older, Cognitive Behavioral therapy, Acceptance and Commitment Therapy, Dialectical Behavior Therapy, Suicide, Schizophrenia, Bipolar

Dennis Feltz, LMHC, ACADC

University of Northern Iowa

Areas of expertise: Addiction and Recovery, Couples Counseling, Men's Issues, Anxiety, Gay and Lesbian Issues, and Young Adults

Lisa Kukral, LMHC, NCC

University of Northern Iowa

Areas of expertise include: Adolescent and Teen Issues, Adult Depression, Anxiety and Relationship Issues, Marriage/Divorce Counseling, Step-Family Issues, Parenting Skills, and Counseling for Survivors of Abuse

Ronelle Langley-Crews, PhD, MBA

University of Johannesburg

University of Iowa

Licensed Psychologist

Areas of expertise: Depression, Anxiety, Stress-Related Illness, Life Events and Work Transitions, Relationship and Couples Counseling

Traci Ludwig, LISW, ACSW

Michigan State University

Areas of expertise include: Ages 15 and above, EMDR Trained, Single-Incident Trauma, Complex Developmental Trauma, Trauma-Sensitive Yoga Trained, Cognitive-Behavioral Treatments for Anxiety and Mood-Related Disorders, Grief and Loss

Tony Michael, LMHC, RPT

Regis University

Areas of expertise include: Children 2 to 18 Individual therapy as well as Joint and Family sessions, Individual Adult Counseling, Play Therapy, Parent Child Interaction Therapy (PCIT), Eye Movement Desensitization and Reprocessing (EMDR) Depressive, Anxiety, Trauma-and Stressor related issues, Disruptive, Impulse-Control, and Conduct Disorders, Family and Parenting Issues, Anger Management, Child Development and Attachment

John Upshaw, LISW, RPT-S

Augsburg College

Areas of expertise: Play Therapy, Depression, Anxiety, Relationship and Family Issues, Adult Issues, Adolescent Issues, and Issues of Loss, Trauma and Child Abuse

**Covenant Clinic – Cedar Falls**

**226 Bluebell Road**

**Cedar Falls IA 50613**

**319/575-5800**

Martha Caster, LISW

MSW – University of Northern Iowa

Areas of expertise include: Children (3-12), Adolescents and Adults, Anxiety, Depression, Adjustment Issues, Adoption, Foster Care, Loss, Trauma and Abuse Survivors.

Marriage/Relationship Therapy, Parenting Skills, Christian Therapy and Play Therapy

**Covenant Clinic – Evansdale**

**3562 Lafayette Road**

**Evansdale, IA 50707**

**319/272-3080**

Janet Eimers, MSSA, LISW

Case Western Reserve University

Areas of expertise include: Elementary Age through Adults, Relationship and Family Issues, PTSD, Grief and Loss, Trauma, Anxiety, Anger Management, Family Violence, Mood Disorders, Christian Based Counseling

**Covenant Clinic – Independence**

**2004 Enterprise Court**

**Independence IA 50644**

**319/332-1540**

**Covenant Clinic – Waverly**

**217 20<sup>th</sup> Street NW**

**Waverly, IA 50677**

**319/352-9606**

Christine Ewald, LMHC

MS – Drake University

Areas of expertise include: Depression, Anxiety, Panic Disorders, PTSD, Trauma, EMDR, Substance Abuse, Recovery, Sexuality/Gender Identity, Couples and Family Issues

Hilary Snyder, LMHC, CADC

University of Iowa

Areas of expertise include: Ages 13 and older, Substance Abuse, Mood Disorders, and Grief Counseling

**Covenant Clinic – Oelwein**

**129 8<sup>th</sup> Avenue SE**

**Oelwein, IA 50662319/283-6153**

Chidi Ojinnaka, LISW

University of Nebraska Omaha

Areas of expertise include: Trained in Parent-child interaction therapy, cognitive therapy and eye movement desensitization and reprocessing

## **Covenant Clinic Psychiatry Prescribers**

**Covenant Clinic – Waterloo**  
**2750 St. Francis Drive**  
**Waterloo IA 50702**  
**319/272-8922**

Dr. Penumetsa Raju

18 years and older

Dr. Bobbita Nag

Child, adolescent, and young adults

Nan Ambrosy, DNP, ARNP

Young adults and older