**Outpatient Therapy**

Therapy is an excellent resource for individuals facing a myriad of challenges ranging from depression or anxiety to trauma- and everything in between. Our licensed staff is trained to work with individuals, couples, and families. Types of therapy offered include Cognitive Behavioral Therapy, EMDR, Play Therapy, and more.    
  
**Where can I get this service?**   
Clarinda, Red Oak, Shenandoah, & at home via telehealth!  
  
**Who's eligible to receive this service?**   
This service is available to adults and children of all ages, from any community, that are capable of attending appointments onsite, or from their homes via telehealth during standard business hours.

Susan Ecker, LISW

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Susan has been providing counseling support to children, adolescents, adults, and families in southwest Iowa since 2003.  She earned her Master of Social Work degree from University of Missouri in 2002.  Susan has a passion for working with adults that are experiencing some form of loss or life transition to include divorce, chronic illness, conflictual relationships, and grief associated with death and dying.

For most of her practice, she has treated a full range of symptoms with cognitive-based approaches to include the practice of mindfulness.  In 2019, Susan became a EMDR trained therapist. She is amazed, after all her years of practice as a therapist, in how utilization of the EMDR protocol rapidly produces reduction of symptoms and restoration of balance.

Susan was born and raised in northwest Missouri.  She and her husband live on a farm in Missouri.  Susan spends most of her time away from work outdoors and has a deep love of nature.  She enjoys spending time with friends and family, hiking, golfing, gardening, and watercolor painting.  Susan holds a strong belief in mind body connection and practices yoga and meditation.

Jason Swain, TLMHC

A person wearing glasses

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Jason Swain was raised in Del Rio, Texas.  He left Del Rio at the age of 19 to explore the world while serving his country. Jason served in the US Army for 21 years. His time in the Army included tours of duty in Germany, Italy, Iraq, Macedonia, Kuwait, the United Kingdom, as well as stateside assignments in Arizona, Florida, New York, South Carolina, and Texas. He retired from the Army in 2012 and settled in Omaha, NE. His experience as an Army First Sergeant is what lead him to become a mental health counselor.

Jason completed a master’s degree in Clinical Mental Health Counseling from Bellevue University in February 2020.  He is a National Certified Counselor (NCC) and holds a temporary Mental Health Counselor License in the state of Iowa. Jason has been working as a mental health counselor in Southwest Iowa for a year.

He takes a page from Alfred Adler’s individual psychology to gain a holistic view of the person and their circumstance. He looks forward to working with clients using aspects of Cognitive Behavioral Therapy, EMDR, Brief Solution Focused therapy, and Adlerian principles to help clients achieve goals and improve their situations during life’s challenges.

Jason works with individuals who have experienced trauma, depression, anxiety, and other mental health challenges.

Kevin Robertson, LMHC

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Kevin is a Licensed Mental Health Counselor in both Missouri and Iowa.  He enjoys the variety of working with all age groups. Kevin is trained in Trauma Focused Cognitive Behavioral Therapy (TFCBT), Eye Movement Desensitization and Reprocessing (EMDR), and Neurofeedback.

Kevin believes that everyone should have a safe and healing place to work through life’s difficulties.  His therapeutic approach consists of providing support and counseling in helping clients effectively address personal life challenges.  He combines traditional complementary methodologies and current neurological research to offer a highly personalized approached tailored to each client.

Kevin is committed to assisting each individual build on their existing strength to live their best possible life.

Caroline Obermiller, TLMHC

A person sitting on a porch

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Caroline grew up in West Wales and moved to US after marrying her husband. One of the first things people often comment on is her accent. Caroline attended Missouri Baptist University in St Louis for both her bachelor’s and master’s degrees.

As a Registered Play Therapist, Caroline believes strongly in the power of play and the healing properties it offers. Play is the language of childhood and through play we support growth, strength, and individuality throughout all phases of our life. Utilizing play therapy with EMDR allows for a unique opportunity for therapy to be tailored to meet the needs of each client she meets.

Caroline approaches therapy with humor, positivity, and a belief that each of us has unlimited potential. One of her favorite phrases is “there are no wrong answers in here.” Caroline will walk alongside each client and meet them wherever they are at in their journey.   
  
In her spare time, Caroline loves to travel, read, take trainings, and spend time on her front porch. She currently has two cats, one dog, three children and a husband who often shakes his head in wonder at her ideas. Time with family and friends is always a priority to her.