

A Licensed Clinical Marriage and Family Therapist, Meredith Ernzen has been providing services to the community since February 1, 2018. Her office is located at 107 West 4th Street, Suite #2, Bird City where she has been providing mental health services. Her and her husband and three children relocated to Cheyenne County in July 2017.

She is a private practice clinician with Turning Point Professional Counseling Services who provides therapeutic services to adolescents, adults, couples and families. She graduated from Kansas State University with a Bachelor of Arts degree in family Studies and Human Services in 2004 and a Masters in Family Therapy at Friends University in 2007. She has extensive experience working with individuals, couples and families, as she has served in various roles since becoming licensed in both clinical and non-clinical settings. She worked in a community mental health agency as a Mental Health Therapist for Pawnee Mental Health Services for a number of years and also as a Private Practice Clinician for Courser Lapo Clinical and Family Services, both in northcentral Kansas. In addition to this, she has served for the past two years as an independent contractor providing her clinical expertise in preschool settings in southcentral Nebraska and most recently for AgProgress during the fall of 2017, where she offered consulting services based upon need to existing clientele. She is a Certified Instructor for Parenting with Love and Logic and SreamFree Parenting and Marital classes.

She also enjoys teaching infant massage and Baby Signs as she is certified in these approaches to enhance communication and bonding between parents and their children from birth. She utilizes many different techniques from various therapeutic theories to include Cognitive Behavioral (CBT), Narrative, Emotion Focused and other family systems interventions. She currently accepts the following insurances: BCBS, United Healthcare, Aetna, KanCare, Coventry and self-pay.

She can be reached by email mernzen2@gmail.com or by phone at 785-262-3074.