

Contact Information



Location

304 Belle Avenue
Mankato, MN 56001



Phone

877.909.5511



Fax

507.888.0001



E-mail

office@advancedpsychological.net



Website-Online Scheduling

www.advancedpsychologicalservices.com



Meet the Founder

Throughout my early professional experiences, I was continually astounded and intrigued by how traumatic experiences disrupts and alters the life trajectory of people. I was also shocked that many of these people had been "lost in the system" for years, even decades without receiving a PTSD/trauma diagnosis, or even a referral for a mental health evaluation. I quickly began to explore if there were ways to intervene and help people overcome traumatic experiences. I received a variety of specialized training in the treatment of trauma, including but not limited to, Dialectical Behavioral Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), and Narrative/CBT Trauma-Focused approaches. I also dedicated my doctoral research to understand this phenomenon. As I continued gaining experience treating people who have experienced traumatic events, I noticed that people were overcoming and healing from the terrible things that had happened to them. I also noticed these people were becoming more resilient individuals through their decision and choice to heal from their past. As I watched peoples' souls regain their flames with their realization that they did not need to be lifelong prisoners of their past, this simultaneously set my soul on fire to reach as many people as possible. I started APS with that mission. Thank you.

Tim Benesch LMFT, LPCC
PhD Candidate (ABD)



"I AM NOT WHAT HAPPENED TO ME, I AM WHAT I CHOOSE TO BECOME."
— CARL GUSTAV JUNG



APS | ADVANCED
PSYCHOLOGICAL SERVICES, LLC

We treat *individuals*, NOT disorders, symptoms, or other labels.





Do you do EMDR or DBT?

- *Yes! Both! Treating trauma is an area we specialize in and take great pride in.*

Is PTSD/Trauma treatable?

- *Yes! Trauma can be accurately diagnosed and effectively treated, often times rather quickly.*

Do you prescribe medications?

- *Sorry, we do not prescribe medications.*

Do you do telehealth/virtual therapy?

- *Yes!*

Do you accept insurance?

- *We are in-network with all major insurances, and most smaller ones.*

How do I make an appointment?

- *Schedule through our website or call us at 877.909.5511*

Therapy Services

- ✓ Trauma Informed Care
-EMDR, DBT, CBT
- ✓ Individual Therapy
- ✓ Couples Therapy
- ✓ First Responder Specific Therapy
- ✓ Virtual Therapy



Psychological Assessment Services

- ✓ Full Psychological Assessments
- ✓ Diagnostic Assessments
- ✓ Intelligence Quotient (IQ) Assessments
- ✓ Personality and Psychopathology Assessments
- ✓ Comprehensive ADHD Assessments



- Post Traumatic Stress Disorder (PTSD)
 - Survivors of Sexual Assault
 - Survivors of Domestic Violence
 - Childhood/Adult Trauma
 - Military/Combat
 - First Responders (Police Officers, Firefighters, EMT's, and Dispatchers)
- Phobias
 - Driving, Flying, Death, and etc.
- Obsessive Compulsive Disorder (OCD)
- Social Anxiety
- Addictions
- Eating Disorders
- Attention Deficit Hyperactive Disorder (ADHD)
- Depression and Anxiety
- Grief and Loss
- Hoarding
- Personality Disorders
- Adjustment Disorders