

Meet the Founder

Throughout my early career, I was deeply moved by how trauma can derail lives—and how often those affected were overlooked by the system for years without proper diagnosis or support. This led me to explore ways to intervene and help people heal. I pursued specialized training in trauma treatment, including Dialectical Behavioral Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), and Narrative/Cognitive Behavioral Therapy (CBT) trauma-focused approaches. I also dedicated my doctoral dissertation to understanding effective treatment delivery for individuals who have been harmed by trauma.

As I worked with trauma survivors, I witnessed remarkable healing and resilience. People were not only recovering—they were reclaiming their lives, and rather quickly. Their courage to confront the past reignited my own passion to help others do the same.

I founded Advanced Psychological Services (APS) with a mission to reach those who feel lost, and to offer hope, healing, and a path forward. I'm deeply grateful to the dedicated professionals who have joined me in this mission—APS is now home to a team of highly trained professionals who share a commitment to helping individuals overcome adversity and thrive.

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



*"I am not what happened to me. I am what I choose to become."
-Carl Gustav Jung*



Substance Use Treatment

APS offers a **Comprehensive Co-Occurring Intensive Outpatient Treatment Program (IOP)** designed for individuals experiencing both substance use and mental health disorders.

All Services - One Team

Clients benefit from a fully integrated care model, where all providers collaborate within a single multidisciplinary team—ensuring continuity, communication, and personalized support throughout the recovery journey.

Multidisciplinary Treatment Team

All clients are supported by:

- Alcohol and Drug Counselor: trauma-informed; DBT skills; the same Individual and Group Counselor for continuity of care.
- Therapist: Individual therapy sessions (at least weekly) with trauma-informed therapists - DBT, EMDR, CBT, CPT.
- Psychologist: Psychological Assessments
- Psychiatric Mental Health Nurse Practitioner (PMHNP): Medication Management
- Peer Recovery Specialist: support successful community reintegration through professional peer mentorship

Treatment Program Highlights

- Focus is on Root Causes of Substance Use
- Intensive Outpatient Level of Care
- Trauma-Informed Approach
- Integrated Mental Health & Substance Use

Psychological Services

Therapy

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

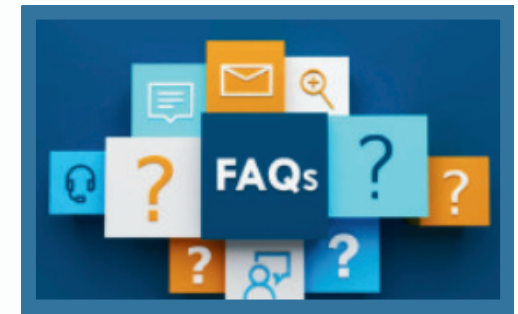


Psychological Assessments

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

Medication Management

- ✓ Services delivered by a Psychiatric Mental Health Nurse Practitioner (PMHNP), as part of a multidisciplinary team approach.



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?

- *Yes! We offer telemedicine services as part of our multidisciplinary approach.*

Do you accept insurance?

- *We are in-network with ALL major insurances and MANY smaller ones.*

How do I make an appointment?

- *Schedule through our website, call us at 877.909.5511, or call/text us at 507.735.6449*