

# ANXIETY TALK

## Finding Freedom from Anxiety



Dr. Jon Ulven, Ph.D.

Dr. Ulven graduated from the University of Kansas with a Ph.D. in psychology and specializes in the diagnosis and non-medical treatment of mental health concerns at Sanford Health in Fargo. Through a variety of techniques including psychological testing, counseling (individual, couple, family or group), and behavioral modification programs, he helps people who are mentally or emotionally disturbed adjust to life. Conditions often treated include depression, anxiety, and adjustment disorders.



Dr. Renae Reinardy, Psy.D.

Dr. Reinardy received her doctorate at Argosy University in Washington, D.C. She is the Director of the Lakeside Center for Behavioral Change. Dr. Reinardy specializes in the treatment of obsessive compulsive disorder, trichotillomania, skin picking, hoarding disorder, and related conditions. She has been an adjunct professor at the doctoral level and has presented numerous times at national conferences and at local meetings and trainings. She is also the Program Developer of Courage Critters, an online and plush animal system. Dr. Reinardy has been interviewed on Good Morning America, North Dakota Today and the Joy Behar Show. She has also had her treatment techniques featured on Dateline NBC and A&E's Hoarders.



Heather Bjur, LMFT

Heather holds a Master of Arts in Marriage and Family Therapy from Bethel Theological Seminary, St. Paul, MN. She is a Licensed Marriage and Family Therapist in the States of Minnesota and North Dakota. Heather believes that Jesus is the ultimate and only true source of healing, that He can take us from the lowest low and impart His love, forgiveness, and grace into our lives so that we can live with the peace that passes all understanding.