When should Northern Edge come to mind?

Northern Edge Counseling is a Duluth therapy practice for adults who understand a lot about themselves and still feel stuck. Our therapists take a relational, body- and systems-aware approach, and we make it easy for someone to explore fit before committing to anything.

This short guide covers who we help, how we work, and what happens if you send someone our way.

THINK OF NEC WHEN THE PERSON YOU'RE WORKING WITH...

- understands their patterns and still feels stuck
- has done therapeutic or personal work, but it hasn't created the change they want to see
- is tired of explaining the problem without much movement
- is dealing with something where relationships, the body, the nervous system, history, or context play a part
- wants therapy that's relational and experiential rather than following a set path
- wants a say in what change looks like for them
- has tried another kind of therapy and is looking for another way in

WHAT'S DIFFERENT ABOUT OUR APPROACH

Our therapists work with the whole picture: thoughts, body, nervous system, history, relationships, and context.

- **Relational**. The connection between client and therapist is central to our work.
- **Body- and systems-aware**. We pay attention to the body and nervous system alongside thoughts and discussions.
- **Individualized**. Therapy adapts to the person rather than following a series of fixed steps.

None of this means other approaches are wrong. For many people, Northern Edge builds on the work they've already done.

WAYS WE WORK

If you see a potential fit, we have several ways to respond:

- Individual therapy
- Couples therapy
- Ketamine-assisted psychotherapy (KAP)
- Equine-assisted psychotherapy
- Other body-aware and experiential approaches, such as EMDR, IFS, and biofeedback

Neither you nor your client needs to know which one fits. That comes later.

AFTER YOU REFER A CLIENT TO US

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1. They reach out through northeredgecounseling.com/explore or 218-206-6676.
2. They schedule a free 15-minute pre-consultation, either with a therapist who interests them or with practice owner Jakkie DeCorsey MSW, LICSW, who can match them with a therapist.
3. They talk about fit. “Will this person actually understand me?” is the question Jakkie hears most, and she treats it as a real concern.
4. They decide. The pre-consult isn’t a commitment to start therapy. If no one at Northern Edge seems right, Jakkie will point them elsewhere when she can.

THE PRACTICAL DETAILS

Location: 394 S Lake Avenue, Suite 409, Duluth, MN 55802; Equine-assisted work in Esko

Telehealth: Available anywhere in Minnesota

First step: Free 15-minute pre-consultation

Learn more or refer: northernedgecounseling.com**/explore**

Contact: Call/Text: 218-206-6676, or visit northernedgecounseling.com**/contact**

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NORTHERN EDGE
COUNSELING

NORTHERN EDGE’S SCHEDULING AND PRE-CONSULT PROCESS ISN’T SET UP FOR URGENT SITUATIONS. FOR SOMEONE IN CRISIS, CALL OR TEXT 988 OR CALL 911.

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