

DISCOVERING DIRECTION

Annie Viers

Written By Amy Morgan

M.A, L.M.F.T.-S., L.P.C.-S.,

Many people in hurting marriages harbor ambivalent feelings about whether to proceed with divorce or try to work things out. Quite a few hold on to some hope for reconciliation, but they need help knowing how to take the first steps and in which direction to head.



Annie Viers, M.A, L.M.F.T.-S., L.P.C.-S., is trained and certified in a relatively new modality called Discernment Counseling for couples considering divorce. This counseling is short term and results directed. Unlike traditional therapy that works to solve problems, Discernment Counseling specifically focuses on seeing if marital problems have the potential to be solved. Some key differences:

- Unlike traditional marriage counseling that assumes that both people are willing to work on the marriage, discernment counseling helps people decide whether to work on their marriage or move towards divorce.
- Unlike individual counseling that usually takes one person's side, the discernment counselor works to understand both partners, even if they see things very differently. Sometimes, a professional will recognize the need for counseling as a family, whether a couple is divorcing or not. Annie also provides therapy to help all members of a family cope with issues impacting them. She can direct them to different resources they may not have thought of during the midst of their emotional crisis. If they decide after to transition to reconciliation, Annie uses a restorative therapy model based on the book, 5 Days to a New Marriage, by Terry Hargrave, Ph.d. & Shawn Stoeber, Ph.d.

“It is one of the most effective forms of marriage counseling I have found,” she says. “Even the most challenging individuals can see their place and take responsibility for their own pain cycle.” She says the therapy helps couples realize it is not just their spouse creating havoc, then learn tools and how to practice a new peace cycle. Annie has been trained in this program and is scheduled to begin the certification process. She is encouraged by the progress saving marriages these newer modalities have afforded.

Annie’s strong Christian faith can be incorporated in her treatment if desired by their clients. However, clients of all faiths or no faith are welcome, and their beliefs are respected.

The Vine Wellness Group lists their services and philosophy on the website: www.thevinewellness.com. “Our core belief is that every person can live a well rounded, fulfilling life that has purpose. We want to help you in your journey toward healing and growth.” The cooperative includes trauma informed movement yoga, massage therapy, psychological testing for definitive diagnosis, and specialists addressing theological counseling, seniors and addictions.

Annie has been practicing since the early 2000s and founded the Vine Wellness

Group she co-owns in 2009.

She earned her Bachelor’s degree in Psychology from Baylor University in 1998, and a Master’s degree in Marriage and Family Therapy from St. Mary’s University in 2001. She is a Licensed Professional Counselor, a Licensed Marriage and Family Therapist and is also certified as a P.R.E.P.A.R.E and E.N.R.I.C.H./S.Y.M.B.I.S. facilitator, programs that provide premarital counseling and/or marriage enrichment. Annie is a clinical member of the American Association of Marriage and Family Therapy. She is an LPC clinical supervisor for Master’s Level Interns and an LMFT supervisor for LMFT Associates, which means she supervises interns who work in their practice as well as licensed individuals who are advancing their training. Annie is married and has three children.

The Vine Wellness Group, 14802 Jones Maltsberger Road, Suite 1101, 78247. 210-490-4419, www.thevinewellness.com