

Bill Wing, MSW, LCSW

Areas of Emphasis

- Couples/Marriage counseling
- Divorce Recovery
- Blended family issues
- Men's issues
- Adolescent issues
- Anxiety and depression

About Me

I work with men, women, adolescents, couples, and families on a variety of issues including anxiety, depression, and relationship troubles.

I use my years of personal and professional experience with blended family issues to provide a knowledgeable and supportive environment for nontraditional families to thrive. I work extensively with adolescents, offering a welcome outlet for your teenager to work through depression, unload frustrations, and build goals, confidence, and mental clarity. I also specialize in men's issues, offering private therapy and facilitating men's groups on topics of depression, anxiety, and relationship/job stress.

A large portion of my practice is dedicated to helping couples, both through counseling and through the periodic PAIRS Relationship Mastery Courses I teach along with my wife Linda. In general, my therapeutic technique involves active listening/discussion and a wealth of information/education to help you find a more positive life path.

My office hours are Monday through Friday.

Call me at (314) 983-0070 (option 1) to make an appointment.

Certifications

- Licensed Clinical Social Worker, 1991-Present
- Gottman Institute Training Certifications (Parts 1 & 2), 2004
- Gottman Institute Training Certification Part 3, 2008
- PAIRS Education Training, 1997
- Gestalt Training Certificate, 1984-1987
- Hypnosis Training Certificate, 1986
- Transactional Analysis Training Certificates, 1980-1981

Professional Affiliations

- Member, Psychotherapy St. Louis, 2003-Present

- Member, Academy of Certified Social Workers, 1984-Present
- Member, National Association of Social Workers, 1980-Present

Selected Presentations

PAIRS Relationship Mastery Course

Sixteen 120-hour courses, St. Louis, Missouri, 1996 to Present

How to Have a Great Relationship

The Relationship Center of St. Louis, St. Louis, Missouri, August 2009

Relationships and Recovery

Harris House Inpatient and Outpatient Alcohol and Substance Abuse Treatment Center, St. Louis, MO, April 2009

A Skill-Based Approach to Helping Couples 'Fall in Love' Again

St. Louis EAPA annual conference at The Hyland Center at St. Anthony's Medical Center, St. Louis, MO, February 2008.

Irresolvable But Not Terminal: How Difficult Issues between Partners Can Lead to Greater Intimacy

Care and Counseling, St. Louis, MO, October, 2007

Passage to Intimacy

Renaissance Hotel, Valentine's Day special weekend workshop, World President's Organization, St. Louis, MO, February 2006

Conflict Regulation

The St. Louis Archdiocese Marriage Enrichment Group, St. Louis, MO, August, 2005, February 2006

Antidotes for Four Common Mistakes That Can Poison Your Marriage

Elliot Chapel, St. Louis Chapter of the Association of Couples on Marriage Enrichment, Kirkwood, MO, January 2005

Building Intimate Relationships

St. Louis University, Three-day Workshops for the Bosnian Community, The Cana Institute, St. Louis, MO, May 2004

Improving Communication Skills with Co-workers

Childcare Center of Webster Groves, St. Louis, MO, February 2003

The Eight Traits of Thriving Couples

REPAIRS, St. Louis, MO, November & December 2000

Blended Families

Kids in The Middle, Kirkwood, MO, May 1999

The Work of a Relationship

Central Presbyterian Church Singles Group, St. Louis, MO, February 1998

How to Have a Healthy Relationship

St. Timothy's Episcopal Church, PRSD, Singles and Divorced Group, St. Louis, MO, October, 1998

Parenting Teens: A Time to Say 'No,' A Time to Let Go

- St. John's Mercy Medical Center ABTEC Support Group, St. Louis, MO
- Clayton High School PTO Workshop, Clayton, MO
- St. Anthony's Medical Center, Hyland Training Institute, St. Louis, MO
- St. Louis Association for Counseling and Development Meeting
- Washington University Annual Parenting Fair Seminar, St. Louis, MO

Tough Love and Choosing Your Battles with Your Adolescent

- Wydown Middle School Seminars for Teachers and Parents, Clayton, MO
- Central Presbyterian Church's Singles' Conference at Trout Lodge

Taking Time to Talk...and Listen: An Evening for Couples

Healthy Connections Workshop at Christian Hospital Northwest, St. Louis, MO

The Special Challenges of Parenting After Divorce

- Kids in the Middle, Inc. Parent Education Series, St. Louis, MO
- Single Parent and Blended Family Conference at Shaare Emeth Temple, St. Louis, MO
- 3rd Annual Conference for Separated and Divorced, Single & Widowed at the National Shrine of Our Lady of the Snows, St. Louis, MO
- Fall event for singles at Lindenwood College, St. Louis, MO

Helping Children Cope with Divorce

- St. Mary's Health Center Seminar for Parents and Professionals, St. Louis, MO
- Kids in the Middle, Inc., Parent Education Series, St. Louis, MO
- Youth Emergency Service (YES) Volunteer Training Seminar, St. Louis, MO
- Jewish Community Centers Association Staff Training
- Single Professionals Association Meeting

Coping with Teenagers in a Stepfamily

Conference on Remarriage and Blending Families at the National Shrine of Our Lady of the Snows, St. Louis, MO

Working with the Blended Family

- Kids in the Middle, Inc. Building Healthy Families Series, St. Louis, MO
- St. Louis Association for the Education of Young Children Program, St. Louis, MO
- University of Missouri-St. Louis Counseling Service Staff Meeting, St. Louis, MO
- St. Mary's Health Center Seminar for Professionals Lunch Lecture, St. Louis, MO
- Parkway School District Training for Teachers and School Counselors
- Washington University Annual Parenting Fair Seminar

Potential Problems and Solutions Facing the Families of the Future

The Missouri Association for Marriage and Family Therapy Annual Conference

Building Family Strengths through Positive Parent-Child Relationships

Keynote Speaker at the Scott Air Force Base Family Support Center

How to Prevent Burnout

St. Louis Community College at Florissant Valley Seminar for Practicum Supervisors,
Florissant, MO

Print Publications

- "The Big Bad 4: Sex, In-Laws, Money, Chores," *St. Louis Post Dispatch*
- "Step-Families and PAIRS," an article in the book *Building Intimate Relationships*
- "Divorce Expert Encourages Fathers to Stay Involved in Children's Lives," *Northwest Journal*
- "Time is in Short Supply for Single Parents," *Suburban Journal*
- "Parenting Teens – A Time to Say No, A Time to Let Go," *Parenting Fair Resource Guide*
- "You Know You're a Non-Custodial Father When...," *Growing Times*
- "Advice Shared at Fair: Therapist, Parents Pool Knowledge," *St. Louis Post Dispatch*
- "Why Stepfamilies are Special," *Parenting Fair Resource Guide*
- "Communicating with your Adolescent," *St. Louis Jewish Light*
- "Open Mind Column Advice Regarding a Boy in Second Marriage who Shows Jealousy and Abuses Siblings," *St. Louis Post Dispatch*

MEDIA PRESENTATIONS:

- KSD-TV, "Relationship Experts Weigh in on Tiger Woods' Apology," Jennifer Blome show, February 2010
- KSD-TV, "Why Do Couples Cheat?" Jennifer Blome show, January 2010
- KSD-TV, "How to Have a Great Relationship," Jennifer Blome show, July 2009
- STL-TV, "Gateway to a Healthy Marriage," October 2008.
- KDHX Radio, The Clinical Hour, "The Challenges of the Blended Family"
- KLOU Radio, "Choosing Your Battles with your Adolescent."
- KMOX Radio, At Your Service: "Helping Children Cope with Divorce."
- KSHE Radio, "Effects of Divorce on the Teenager."
- KSD-TV, Evening News, "Materialistic Kids and Their Pushover Parents."
- KTVI-TV, Evening News, "Dealing With Stepfamily Changes."
- NBC-TV, White Paper, "Divorce is Changing America."
- KSD-TV, Metro Journal, "Stepfamily Challenges."
- KSD-TV, Briefing Session, "How to Live in a Stepfamily".
- KPLR-TV, Gateway Tonight, "Kids in the Middle of Divorce."