



Experienced Mercy Family Counseling Staff



Kellie Alexander, LISW*

Kellie Alexander is a Licensed Independent Social Worker with the State of Iowa. Special interests: depression, anxiety, children, adolescents, parenting with young children, trauma, STEPPS.



Rene Duregger, MD

Dr. Duregger provides assessment and treatment of mental, emotional and behavioral disorders through a combination of evaluations and medication management.



Ann Alliger, CADC, LMHC*

Ann Alliger is a Licensed Mental Health Counselor with the State of Iowa. Special interests: working with children, adolescents and adults struggling with anxiety, depression, stress, addictions and disability management.



Scott Eilers, PsyD

Dr. Eilers provides psychodiagnostic testing including assessment of intellectual disabilities, learning disorders and ADHD. He also provides psychotherapy for individuals with post-traumatic stress disorder and/or eating disorders. He works with individuals age 6 and up. He offers cognitive-behavioral therapy, dialectical behavior therapy, exposure therapies, and Christian integration into psychotherapy if desired.



Karen Bierman, LISW*

Karen is a Licensed Independent Social Worker with the state of Iowa. Skilled in EMDR, STEPPS as well as NAVIGATE psychosis. Special interests include multicultural work, psychosis, trauma work, anxiety, self esteem, stress and grief.



Luke Hansen, PsyD

Dr. Hansen is a licensed clinical psychologist and works with individuals ages 6 through adulthood. Special interests include: health psychology, behavioral pain management, and psychological assessment to include evaluations for ADHD, learning disorders, intellectual disabilities, differential diagnosis, and psychological readiness for various surgical interventions.



Michael Caudill, LISW*

Mike is a Licensed Independent Social Worker with the state of Iowa. Special interests: depression, anxiety, veterans' issues, marital and family issues and substance abuse.

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Cyndi Hemesath, LISW*

Cyndi is a Licensed Independent Social Worker. Special interests: adolescents, adults and families struggling with abuse, ADHD, anxiety, depression, grief, parenting, relationships, stress and trauma.



Lisa Lahr, LMHC, IADC, SAP*

Lisa is a Licensed Mental Health Counselor, Certified Alcohol and Drug Counselor and Substance Abuse Professional with the state of Iowa, working with adults, couples and families. Special interests: depression, anxiety, grief, life transitions, addiction and couples counseling.



Nancy Howe, ARNP

Nancy is an Advanced Registered Nurse Practitioner licensed by the state of Iowa. Special interests: a full range of primary mental health services, including diagnostic assessment and ongoing medication management. Sees children and all ages across the life span.



Mallory Markwitz, LISW*

Mallory is a Licensed Independent Social Worker with the state of Iowa, working with adolescents and adults. Special interests: anxiety, depression, stress management, grief, trauma, couples and family counseling.



Brenda Keenan, LISW, RPT, CADC*

Brenda is a Licensed Independent Social Worker, Registered Play Therapist and Drug and Alcohol Counselor with the state of Iowa. Special interests: all ages, post-trauma, depression, anxiety, grief/loss, women's concerns, substance abuse issues and spirituality.



Maureen McDonagh DNP, PMHNP-BC, FNP-C

Maureen has a Doctor of Nursing Practice. She received her education through the University of Iowa and is board certified in Psychiatry and Family practice. Treatment focus: the full range of psychiatric assessments/diagnosis and medication management for individuals across the life span with special interest in geriatric mental health.



Jenna Ladd, LMHC, NCC*

Jenna is a Licensed Mental Health Counselor with the state of Iowa and a National Certified Counselor. She works with individuals aged 14 and older and couples. Special interests: trauma, anxiety, depression, LGBTQ+ issues, and EMDR.

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Katie Moon, LMHC, CADC*

Katie is a Licensed Mental Health Counselor with the state of Iowa working with adolescents, adults, and couples. Special interests: depression, anxiety and stress management.



Caroline Moniza, PsyD, LP

Dr. Moniza is a child clinical psychologist specializing in early childhood mental health and development. Special interests include: assessment and intervention for children ages 2 through adolescents with autism spectrum disorders.



Sundara Munagala, MD, MRC Psych

Dr. Munagala completed his psychiatry residency at the University of Missouri. He is board-certified by the American Board of Psychiatry and is a Member of the Royal College of Psychiatrists (MRC Psych). He provides comprehensive prevention, diagnosis and treatment for a wide variety of psychiatric disorders, including specialization of the general adult population and geriatrics. Dr. Munagala also provides transcranial magnetic stimulation (TMS) therapy for major depression.



Ronald Ridder, PhD, Licensed Neuropsychologist

Dr. Ridder is a licensed neuropsychologist who works with patients, school-aged through geriatric. Special interests include: neuropsychological evaluations, ADHD, psychological evaluations, learning disabilities, individual therapy with adults, developmental with neurological/disabilities and medical conditions.



David Ross, LISW*

An LISW with decades of experience and a broad range of interests including but not limited to working with mood disorders, stress, communications (workplace, couples, etc.), chronic health and aging. Sees ages from young adults up utilizing CBT and other strategies as indicated.



Sarah Romano, LMHC(t)

Sarah's MS in Clinical Mental Health Counseling was obtained from Capella University. Special interests include: depression, anxiety, borderline personality disorder, addiction/co-occurring disorders, life transitions, couples counseling, and stress management.

Population: Adults and adolescents

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Bruce Sieleni, MD



Dr. Sieleni has been in mental health for more than 30 years. He provides diagnosis and treatment to patients ages 16 and older with mental, emotional and behavioral disorders using medication management and psychotherapeutic treatments.

Callie Smith, LISW*



Callie is Licensed Independent Social Worker within the state of Iowa. She has additional training in EMDR. She works with individuals ages 14 and older and couples. Her interests include: depression, anxiety, trauma, grief, aging, stress management and intuitive eating.

Jamie Smith, ARNP



Jamie is certified by American Nurse's Credentialing Center as a Family Psychiatric Mental Health Nurse Practitioner. Special interests: mental health diagnostic assessments and treatment to individuals of all ages and ongoing medication management.

Brittany Smelser, PA-C



Brittany holds a Master of Physician Assistant Studies from the University of Nebraska Medical Center College of Allied Health and has a Bachelor of Science from South Dakota State University. She is a fellow member of the American Academy of Physician Assistants, is part of the Iowa Physician Assistant Society and holds an Iowa Board of Physician Assistants license. She specialized in adult psychiatry.

Ellie Snavelly, Ph.D.



Ellie Snavelly, Ph.D. Licensed Psychologist. Dr. Snavelly is a licensed psychologist/neuropsychologist who works with ages 10 through geriatric. Special interests include neuropsychological evaluations, neurodegenerative disorders such as dementia and strokes, learning disabilities, traumatic brain injury, individual therapy with adults with neurological disorders, and working as a team with the Mercy Memory Clinic.

Shawn Stepp, LMHC, CADC*



Shawn is a Licensed Mental Health Counselor and Certified Alcohol and Drug Counselor with the state of Iowa. Special interests: individual and couples counseling, depression, anxiety, addictions, women's issues, self-esteem and EMDR.

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Tamara Taylor-Hillyer, LISW*

Tamara is a Licensed Independent Social Worker who works with adults and adolescents. Special interests: couples and family counseling, depression, anxiety, stress management, grief and trauma.



Mary Tharp, LISW*

Mary is the Director of Behavioral Services at Mercy Medical Center and Clinical Supervisor at Mercy Family Counseling and a Licensed Independent Social Worker who works with all ages. Special interests: child development, relationships, depression, anxiety, life transitions, family therapy, grief and trauma.



Gretchen Thompson, LISW*

Gretchen is a Licensed Independent Social worker in the State of Iowa. She has almost 40 years of experience delivering outpatient mental health services through direct patient care. She enjoys working with ages 15 through adult, both individually and providing couples therapy. Gretchen has been trained to provide EMDR therapy. Gretchen has a special interest in trauma recovery, family of origin issues, mood disturbances, chemical dependence and grief issues.

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