



Healing Hearts • Restoring Relationships • Liberating Lives

Life is Difficult. My client, a young adult male, came to counseling because he was feeling sad, angry and ashamed that he had lost his girlfriend. He felt his friends were disrespecting him and he was experiencing loneliness in his transition to moving away from home. Someone once said, “Difficulty in life is no respecter of persons”. It will visit everyone. It is common to all people to at times be in the midst of a trial, just coming out of a trial, or about to go into one. Though it occurred long ago, the effects and consequences of the Fall in the Garden of Eden continue to be experienced today through hardships and the “thorns and thistles” of life.

People Hurt. My client’s deep emotional wounds, inflicted unwittingly by his parents through a series of unfortunate events, continue to discourage, harass and keep him in bondage. He would be deeply depressed at times and alternately have feelings of invincibility at others. He could not seem to escape the cycle. We recognize that we are all imperfect, broken people living in an imperfect, fallen world. We understand how this brokenness often causes us to experience struggle and pain as individuals and in our relationships. Whether it is suffering through an unwanted divorce, grieving the loss of a loved one, experiencing loneliness, or dashed hopes, we experience great emotional pain and are confronted with tremendous challenges that test even our best abilities to respond, cope, and live out the Greatest Commandment to love God and others (Mt 22:37).

We Understand. Through the “window” of my own personal history of difficulty and struggle in living out life in a fallen world I, with empathy, winsomeness, and compassion, come alongside my clients and their struggles. Because we at Wellspring Christian Counseling have personally and significantly experienced God’s healing love, hope, and grace in the midst of our own brokenness and struggles, we have a passion to help and comfort the people God graciously brings into our lives. In all we do we seek to continually live out the comfort that we have received from our Lord by helping and comforting others in their times of difficulty (2Cor 1:2-3).

Jeff Oberle, LPC, Staff Counselor
Wellspring Christian Counseling

Meet the Counselor:

Jeff Oberle is a Licensed Professional Counselor (LPC) in the state of Missouri. He earned his Master of Arts in Counseling (MAC) from Covenant Theological Seminary in St. Louis, Missouri. He completed his internship at Wellspring Christian Counseling and joined the staff in 2005.

Jeff is a member of the American Association of Christian Counselors (AACC). Areas of special interest and expertise include difficult problems and adjustments in first and second marriages; helping and guiding second marriages blend into caring, supportive, and unifying families; and helping parents and adolescents through this challenging transition in life. Issues commonly addressed include anger, intimacy, communication, conflict resolution, infidelity, pornography, addictions, finances, and depression. Jeff also has a passion for helping adults, adolescents, and children heal from the ravaging wounds of divorce. Additionally, he facilitates a grief support group (GriefShare), helping those who have lost significant relationships walk through their personal journey of grief.

Before earning his Master's degree, Jeff received a BS in Education from the University of Michigan. He owned and operated a successful small business in St Louis for 18 years. Jeff has been married for 28 years to his wife, Heidi, has two grown children, and welcomed his first grandchild in 2007. Jeff enjoys sailing, reading and running 5k races.