



LIST OF RECOMMENDED COUNSELORS

Our counseling philosophy is based on two main ideas. First, God did not intend for us to do life alone. Second, we can only be as healthy and whole as we possibly can be when we have a place where we can be ruthlessly honest about ourselves.

We have developed relationships with some wonderful Christian counselors and therapists in the area. There is a cost involved on your part, but these are professionals we trust who will give you great guidance and Godly principles. Feel free to contact them to check on price and availability.

HOW TO USE THIS LIST:

The counselors and therapists are listed by location first then alphabetically. Some professionals may be listed more than once. Under their contact info you will see the types of clientele they are willing to see such as teens, married couples, etc. You will also see what they have determined to be their top five areas of specialization. Please read their bios to learn which other topics or struggles they are able to assist with.

If you need assistance with this list, please contact us at care@hopefellowship.net.

If you are looking for a group counseling environment, please visit plantingseedstx.com/current-groups-offered for some great suggestions.

All of these professionals come with their own set of credentials. In the Appendix at the end of this document you will find a brief description of the degrees or certifications (LPC, EMDR, CBT, etc).

TABLE OF CONTENTS

TABLE OF CONTENTS	2
VIRTUAL / TELEHEALTH.....	3
ALLEN	8
CARROLTON	10
DALLAS	12
FRISCO	14
LEWISVILLE	24
MCKINNEY	25
PLANO.....	26
PROSPER.....	28
APPENDIX.....	34

VIRTUAL / TELEHEALTH



ANDREA ADAMS, MA, LPC, CCTP, EMDR

Planting Seeds Counseling and Coaching

andrea@plantingseedsntx.com

469.667.8034

CLIENTELE: Adults 18+, Families

SPECIALTIES: Anxiety and/or Depression, Grief / Loss, Infertility /
Pregnancy Loss / Infant Loss, Trauma, Childhood Trauma

Andrea Canon-Adams is a Licensed Professional Counselor and Certified Clinical Trauma professional who offers counseling services based on a cognitive-behavioral approach combined with a grace-based perspective for individuals ages 17 and above. She incorporates skills and therapeutic techniques gained over 25 years of experience in the mental health field to address a variety of concerns and levels of need. Her experience in caring has included working with area hospices, mental health clinics, inpatient acute care hospitals, long term residential care facilities, specialty children's hospitals and behavioral health managed care. She has been active in leading Divorce Care for Kids community support group and has a background in preschool education. A graduate of Stephen F. Austin State University, Andrea has been licensed in the state of Texas since 2002.

Andrea understands that we all have a mosaic of different experiences throughout our lives and places emphasis on the importance of our perceptions of those events. She believes it is the perception of life events that greatly influence us and can control our thinking, moods, and behaviors. It is Andrea's desire to help each person find their way through the difficult circumstances of life by offering hope in healing, sincere and honest counsel, and a path towards developing faith-based resiliency. She believes that each individual's health and welfare are important and approaches the care of everyone desiring change with great respect. Through her work experience and education, she is committed to providing professional care.

EDUCATION: Stephen F. Austin State University: M.A. in Counseling; University of Southern Mississippi.: B.S. in Psychology

LICENSES AND CERTIFICATIONS: Licensed Professional Counselor (TX license #17901); EMDR trained through EMDRIA; Certified Clinical Trauma Professional Professional

ASSOCIATIONS: American Counseling Association International Association for Trauma Professionals; American Association of Christian Counselors

THERAPEUTIC SPECIALTIES: Grief and loss, Trauma, Stress, Anxiety, Depression, Parent coaching, life transitions, and adult issues. Types of Therapy: CBT, EMDR, IFS, CPT

AREAS OF FOCUS: Grief and Loss, Trauma, Anxiety, Depression, Life Transitions, Stress, Parenting, Adult Issues, Young Adult Issues, Women's Issues

CLIENT FOCUS: Adults, Teens (17+), Seniors



DR. COREY ALLAN, PhD, Family Therapy, LMFT

Passionately Married

corey@smr.fm

214.629.6133

CLIENTELE: Adults 18+, Dating/Engaged Couples, Married Couples

SPECIALTIES: Blended Families, Family Issues (Conflict, Communication, etc), Relational Issues / Relational Distress, Self Growth / Self Care, Sex Issues

Dr. Allan began in private practice in 2002 and seeks to assist couples and individuals in living fully alive. There are many things that get in the way of the life and marriage we want to live. By discovering the natural processes of relationships, you can begin to harness the energy already present in order to have the marriage you may not have thought possible.

Dr. Allan also offers marriage intensives as an alternative to weekly sessions for those in need of a more time-effective and intensive therapy approach. There is also a focus on working with men and parenting issues. Check out his website (smr.fm) for other helpful resources and access to Sexy Marriage Radio, a weekly podcast (there are over 12 years of episodes available).



KIMBERLY HANSLEY, LPC, EMDR, Perinatal Mental Health, Prepare-Enrich, PACT, TBRI, Autplay

kimberlyhansley.com
therapy@kimberlyhansley.com

CLIENTELE: Children 5-9 yrs, Adolescents 10-12 yrs, Teenagers 13-17 yrs old, Adults 18+, Married Couples, Dating / Engaged Couples

SPECIALTIES: Blended Families, Trauma, ADHD, Infertility / Pregnancy Loss / Infant Loss, Relational Issues / Relational Distress, Stress

Kimberly Hansley is a Licensed Professional Counselor who graduated in 2010 with a degree in Christian Counseling Education from SWBTS, and in 2017 with a professional counseling degree from Amberton University. Kimberly has worked with individuals in the ministry setting and is currently working in private practice. She specializes in trauma, perinatal mental health, divorce and separation, couples, and children/adolescents/parenting. Kimberly has sought out training courses for TBRI, perinatal mental health, PACT (psychobiological approach to couples counseling), Autplay, Prepare/Enrich, is EMDR trained, high conflict divorce, and has completed numerous trainings in play therapy. Kimberly enjoys taking pieces from her training and creating a model and treatment plan that is specific for each client's needs.

Kimberly sees individuals 3+. Kimberly's passions lie with those who struggle with anxiety, depression, boundary and limit setting, ADHD, autism, moms, and those needing divorce care (children and adults alike). Kimberly strives to connect individually with her clients and provide an empathic space for them to learn more about themselves and how to relate to the world around them. Kimberly is currently not in network with any insurance panels, but she can provide superbills for clients to submit on their own.



JAMIE SCHLEGEL, M.MFT, LPC

Olive Counseling, PLLC

jamie@olivecounselingtx.com

214.247.6837

CLIENTELE: Teenagers 13-17 yrs, Adults 18+, Females Only

SPECIALTIES: Anxiety and/or Depression, Codependency, Family Issues (Conflict, Communication, etc), Grief / Loss, Self Growth / Self Care, Stress

Jamie is a Licensed Professional Counselor with a undergraduate degree in Psychology and a minor in Bible, as well as a Masters in Marriage and Family Therapy, all from Abilene Christian University. She completed her studies in 2004. She has held her LPC license in Texas since 2005. After taking a break from seeing clients to raise her two boys, she is excited to be back following her professional passion: coming alongside women to encourage hope and healing. She has worked in a private practice setting and specializes in working with adolescent girls and women.

Jamie focuses on partnering with her clients to help them grow in their identity and find tools to live a life in community with themselves and others. Her heart is to work with adolescent girls and women 13+ who need a safe and compassionate space to work through feelings of identity, loss/grief, mild to moderate anxiety, mild to moderate depression, boundary setting, codependency, forgiveness work, and relationships. She does not do crisis management and cannot adequately assess a crisis using online counseling.

Jamie's therapeutic approach is a unique mix of faith-based, solutions-focused, and family systems. She believes when an individual becomes healthier, they can help create a healthier system and healthier relationships around them. She works with individual residents of Texas using an online HIPPA secure platform.



LAN NGUYEN, LCSW, TF-CBT

lannguyenlcsw.com | Virtual across Texas and California

lan.nguyen.lcsw@gmail.com

657.220.6129

CLIENTELE: Teenagers 13-17 yrs, Adults 18+, Dating / Engaged Couples, Married Couples, Families

SPECIALTIES: Anxiety and/or Depression, Childhood Trauma, Codependency, Grief / Loss, Relational Issues / Relational Distress

Lan Nguyen, LCSW is a mental health therapist and counselor who provides virtual therapy across Texas and California for AAPI and BIPOC millennials who feel “stuck” in life. Sometimes, we are burdened by childhood, complex, or intergenerational trauma: we people please, we feel empty or numb, we can’t stop worrying, or we feel trapped in unhealthy relationships. Sometimes, we experience a loss that is too heavy to shoulder alone. This is where Lan comes in— Lan helps people break the cycle of trauma and painful pasts so that they can feel more authentic and comfortable using their voice. You can finally live more confidently with less fear!

Lan takes a holistic approach to therapy, honoring how God created us as mind, body, and spirit. Lan’s services are led by the Holy-Spirit and rooted in the Word of God, prophetically demonstrating both truth and love. Lan is privileged to witness her clients deepen their relationship with God and receive His healing and restoration through her therapy and counseling services.

Lan Nguyen is certified in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Lan’s thesis, “Media Campaign for Vietnamese Americans against Mental Health Stigma: A Grant Proposal,” was published in 2018.



SALLY ZURAIKAT, MA, LMFT

Collin Care Counseling

1125 Raintree Cir Ste 180, Allen, TX 75013

info@collincarecounseling.com

972.677.8102

CLIENTELE: Adults 18+, Married Couples,
Dating / Engaged Couples

SPECIALTIES: Relational Issues / Relational Distress, Trauma,
Stress, Self Growth / Self Care, Abuse (physical, emotional, etc)
and/or Domestic Violence

Sally is a licensed Marriage and Family Therapist, an EMDR & IFS trained trauma therapist serving in person and virtual clients. Sally is also a Gottman trained couples and marriage therapist. She has experience working with couples, individuals, and families. She has worked in church settings, outpatient and inpatient facilities, nonprofit organizations, and now in her private practice.

She has traveled to many countries providing support and coaching to individuals struggling with a wide range of life issues. Her passion is to serve the body of Christ in a safe place using biblical principles. Her areas of specialties are couples (lack of communication, infidelity, betrayal, empty nesters, unmet needs), trauma, depression, anxiety, and life transitions. Sally is currently not in network with any insurance panels, but she can provide superbills for clients to submit on their own.

Sally provides counseling in English and Arabic language. She and her husband have three teenagers, one of whom attends Abilene Christian University! Go WILDCATS!!



TUCKER BANKSTON, LPC

Inspired Counseling

1125 Raintree Cir Ste 180, Allen, TX, 75013

tuckerbankston.counseling@gmail.com

972.332.1912

CLIENTELE: Adolescents 10-12 yrs old, Teenagers 13-17 yrs old, Adults 18+, Married Couples, Dating / Engaged Couples, Families

SPECIALTIES: Family Issues (Conflict, Communication, etc), Addictions (drugs, sex, alcohol, etc), Divorce Recovery, ADHD, Self Growth / Self Care

Tucker Bankston is a Licensed Professional Counselor and National Certified Counselor located in Allen, TX. He offers counseling services for adolescents (12 and up), adults, and families. He loves to incorporate faith into sessions, which can include processing and exploring one's faith alongside their journey to improved mental health. Tucker earned a Bachelor's degree in Ministry and a Master's in Clinical Mental Health Counseling from Harding University and has experience working in youth groups and with parents. He uses mostly Cognitive Behavioral Therapy, Person-Centered, and Brief Solution-Focused therapy.

Tucker has experience working at the residential, partial hospitalization, intensive outpatient, and outpatient levels of treatment. In these settings, he counseled young men struggling with substance use, suicidal and self-harm thoughts and behaviors, and general mental health issues. In his practice, Tucker helps individuals struggling with depression, anxiety, self-esteem, and suicidal and self-harm thoughts and behaviors. He supports families through resolving family conflict, improving communication, and life transitions. One final thing to note is, Tucker loves nature and enjoys incorporating the outdoors into therapeutic activities to facilitate change.



JARED PARRISH, MA, LPC, EMDR

Parrish Family Therapy

4221 Medical Pkwy Ste 400, Carrollton, TX 75010

jared@parrishfamilytherapy.com

CLIENTELE: Adults 18+, Married Couples, Dating / Engaged Couples, Families

SPECIALTIES: Premarital Counseling, Grief / Loss, Parenting Issues, Divorce Recovery, Blended Families

Jared is a Licensed Professional Counselor who graduated from UTD with a BA in Criminal Justice and recently attended Amberton University, graduating with an MA in Professional Counseling. During his graduate practicum, he worked with Carrollton Springs Hospital where he helped provide Group Counseling services to patients who were mainly dealing with addiction challenges. Jared also works in a private practice and works with populations who are struggling with depression, anxiety, relationship distress, addiction, and trauma. Having been in recovery for nearly 5 years, Jared has a heart for people struggling with all types of addiction.

Whether it be substance, pornography, eating, or unhealthy attachments to individuals, addiction is a tough deal and nobody should have to go through it alone. My own journey to recovery consisted of having a strong network of counselors, becoming involved in local ministries and attending 12-Step meetings. I encourage all people who are struggling to take action and start doing the work that will lead to a healthier, more self-actualized existence. The great theologian, C.S. Lewis once wrote, "The gates of hell are locked from the inside," so whether we like it or not, whether we believe it or not, we are more often than not, our own worst enemy. The good news? There are tools to help you get out of your own way and start building a relationship with the loving God who created us. I'd love to help you discover and utilize these tools to help towards building the life you truly deserve.

Jared is currently not in network with any insurance panels but can provide superbills for clients to submit on their own.



KIMBERLY HANSLEY, LPC, EMDR, Perinatal Mental Health, Prepare-Enrich, PACT, TBRI, Autplay

kimberlyhansley.com

4221 Medical Pkwy Ste 400, Carrollton, TX 75010

therapy@kimberlyhansley.com

CLIENTELE: Children 5-9 yrs, Adolescents 10-12 yrs, Teenagers 13-17 yrs old, Adults 18+, Married Couples, Dating / Engaged Couples

SPECIALTIES: Blended Families, Trauma, ADHD, Infertility / Pregnancy Loss / Infant Loss, Relational Issues / Relational Distress, Stress

Kimberly Hansley is a Licensed Professional Counselor who graduated in 2010 with a degree in Christian Counseling Education from SWBTS, and in 2017 with a professional counseling degree from Amberton University. Kimberly has worked with individuals in the ministry setting and is currently working in private practice. She specializes in trauma, perinatal mental health, divorce and separation, couples, and children/adolescents/parenting. Kimberly has sought out training courses for TBRI, perinatal mental health, PACT (psychobiological approach to couples counseling), Autplay, Prepare/Enrich, is EMDR trained, high conflict divorce, and has completed numerous trainings in play therapy. Kimberly enjoys taking pieces from her training and creating a model and treatment plan that is specific for each client's needs.

Kimberly sees individuals 3+. Kimberly's passions lie with those who struggle with anxiety, depression, boundary and limit setting, ADHD, autism, moms, and those needing divorce care (children and adults alike). Kimberly strives to connect individually with her clients and provide an empathic space for them to learn more about themselves and how to relate to the world around them. Kimberly is currently not in network with any insurance panels, but she can provide superbills for clients to submit on their own.

DALLAS



DYLAN DAUGHERTY, MS, EMDR

Curis Functional Health

4801 Frankfort RD, Ste 300, Dallas, TX 75287

ddaugherty@gocuris.com

214.390.3259 (Curis reception)

214.308.5955 (Dylan work)

CLIENTELE: Teenagers 13-17 yrs old, Adults 18+

SPECIALTIES: Abuse (physical, emotional, etc) and/or Domestic Violence / Anxiety and/or Depression / Childhood Trauma / Stress / Trauma

Dylan is a Licensed Professional Counselor who graduated from Abilene Christian University with an M.S. in Counseling Psychology. Dylan specializes in treating adolescents and adults, with an emphasis on young adult males, using Cognitive-Behavior Therapy and Eye Movement Desensitization and Reprocessing (EMDR) to identify how you think, feel and behave. We all hold beliefs about life and ourselves. When they become unhealthy, we tend to develop poor thinking and behaving patterns. Dylan specializes in working with mood disorders, anxiety, trauma and relationship issues for individuals.

Dylan likes to incorporate Christian discipline into his counseling sessions at a pace that he and the client deem appropriate. This could include Scripture reading and prayer. Clients will never be pressured into these practices, but you will be encouraged to identify how your spiritual beliefs may be relevant to the problems you face.

He takes private pay clients as well as the following insurances: Blue Cross/BlueShield, UnitedHealthcare, Cigna, Aetna



KIMBERLY HANSLEY, LPC, EMDR, Perinatal Mental Health, Prepare-Enrich, PACT, TBRI, Autplay

kimberlyhansley.com

4221 Medical Pkwy Ste 400, Carrollton, TX 75010

therapy@kimberlyhansley.com

CLIENTELE: Children 5-9 yrs, Adolescents 10-12 yrs, Teenagers 13-17 yrs old, Adults 18+, Married Couples, Dating / Engaged Couples

SPECIALTIES: Blended Families, Trauma, ADHD, Infertility / Pregnancy Loss / Infant Loss, Relational Issues / Relational Distress, Stress

Kimberly Hansley is a Licensed Professional Counselor who graduated in 2010 with a degree in Christian Counseling Education from SWBTS, and in 2017 with a professional counseling degree from Amberton University. Kimberly has worked with individuals in the ministry setting and is currently working in private practice. She specializes in trauma, perinatal mental health, divorce and separation, couples, and children/adolescents/parenting. Kimberly has sought out training courses for TBRI, perinatal mental health, PACT (psychobiological approach to couples counseling), Autplay, Prepare/Enrich, is EMDR trained, high conflict divorce, and has completed numerous trainings in play therapy. Kimberly enjoys taking pieces from her training and creating a model and treatment plan that is specific for each client's needs.

Kimberly sees individuals 3+. Kimberly's passions lie with those who struggle with anxiety, depression, boundary and limit setting, ADHD, autism, moms, and those needing divorce care (children and adults alike). Kimberly strives to connect individually with her clients and provide an empathic space for them to learn more about themselves and how to relate to the world around them. Kimberly is currently not in network with any insurance panels, but she can provide superbills for clients to submit on their own.



ANDREA ADAMS, MA, LPC, CCTP, EMDR

Planting Seeds Counseling and Coaching

3535 Victory Group Way, Bldg. 5, Ste. 500, Frisco, TX 75034

andrea@plantingseedsntx.com

469.667.8034

CLIENTELE: Adults 18+, Families

SPECIALTIES: Anxiety and/or Depression, Grief / Loss, Infertility /
Pregnancy Loss / Infant Loss, Trauma, Childhood Trauma

Andrea Canon-Adams is a Licensed Professional Counselor and Certified Clinical Trauma professional who offers counseling services based on a cognitive-behavioral approach combined with a grace-based perspective for individuals ages 17 and above. She incorporates skills and therapeutic techniques gained over 25 years of experience in the mental health field to address a variety of concerns and levels of need. Her experience in caring has included working with area hospices, mental health clinics, inpatient acute care hospitals, long term residential care facilities, specialty children's hospitals and behavioral health managed care. She has been active in leading Divorce Care for Kids community support group and has a background in preschool education. A graduate of Stephen F. Austin State University, Andrea has been licensed in the state of Texas since 2002.

Andrea understands that we all have a mosaic of different experiences throughout our lives and places emphasis on the importance of our perceptions of those events. She believes it is the perception of life events that greatly influence us and can control our thinking, moods, and behaviors. It is Andrea's desire to help each person find their way through the difficult circumstances of life by offering hope in healing, sincere and honest counsel, and a path towards developing faith-based resiliency. She believes that each individual's health and welfare are important and approaches the care of everyone desiring change with great respect. Through her work experience and education, she is committed to providing professional care.

EDUCATION: Stephen F. Austin State University: M.A. in Counseling; University of Southern Mississippi.: B.S. in Psychology

LICENSES AND CERTIFICATIONS: Licensed Professional Counselor (TX license #17901); EMDR trained through EMDRIA; Certified Clinical Trauma Professional Professional

ASSOCIATIONS: American Counseling Association International Association for Trauma Professionals; American Association of Christian Counselors

THERAPEUTIC SPECIALTIES: Grief and loss, Trauma, Stress, Anxiety, Depression, Parent coaching, life transitions, and adult issues. Types of Therapy: CBT, EMDR, IFS, CPT

AREAS OF FOCUS: Grief and Loss, Trauma, Anxiety, Depression, Life Transitions, Stress, Parenting, Adult Issues, Young Adult Issues, Women's Issues

CLIENT FOCUS: Adults, Teens (17+), Seniors



HILLARY MARVIN, LPC, MA, TBRI Practitioner

Restore Christian Counseling

6942 Ash Street, Frisco, TX 75034

hillary@restorechristiancounseling.com

CLIENTELE: Females Only, Children 5-8 yrs, Adolescents 10-12 yrs, Teenagers 13-17 yrs old, Adults 18+

SPECIALTIES: Adolescent Issues, Anxiety and/or Depression, Childhood Trauma, Parenting Issues, Stress

Hillary is a Licensed Professional Counselor and a Trust-Based Relational Intervention Practitioner (TBRI), a modality of therapy geared toward children from hard places. Hillary enjoys counseling children, adolescents, and female adults presenting with behavioral challenges, depression, anxiety, self-harming behaviors, abuse, grief, trauma, divorce, stress, life transitions, parenting, attachment issues, and spiritual development. She takes a holistic approach to counseling, taking into consideration that God created us as mind, body, and spirit. Biblical counseling is rooted in the Word of God, aimed at the heart, and guided by the Spirit. She is passionate about people experiencing healing from God through the process of counseling. Hillary uses a variety of interventions including play and expressive art activities. Hillary also has a background in the arts, as she graduated from the English National Ballet School with a degree in Professional Classical Ballet. Hillary enjoys spending time with her husband and daughters, yoga, swimming, and traveling.



KAITLEN FORMAN, LPC

Valley x Mountain Co

4645 Avon Lane, Suite 320, Frisco, TX 75033

kaitlen@valleytomountain.co

469.892.8842

CLIENTELE: Adolescents 10-12 yrs, Teenagers 13-17 yrs old,
Adults 18+, Families, Dating / Engaged Couples

SPECIALTIES: Adolescent Issues, Anxiety and/or Depression,
Self Growth / Self Care, Stress, Identity Issues

Kaitlen is a Licensed Professional Counselor serving Frisco, TX and surrounding cities. She offers counseling services for teens and young adults (ages 10 to 30) who are struggling and need help figuring out how to move out of the valleys of life. She gets it... life doesn't always look like butterflies and rainbows. Stress, depression, emptiness, anxiety, and self-judgment are constantly knocking at our doors. It's the worst, but the good news is it doesn't have to stay that way!

Her goal is to listen and equip you. Because you can get through this, and anything else life throws at you. She's simply here to help you figure out how you can move from the valley to the mountain and gain the confidence to keep moving on.



KELLY HOXSEY, MS, LPC, EMDR, Gottman Level 3

Kelly Hoxsey Growth Therapy | kellyhoxsey.com

9555 Lebanon Rd. Ste 903, Frisco, TX 75035

kellyhoxseylpc@gmail.com

972.625.0039

CLIENTELE: Adolescents 10-12 yrs, Teenagers 13-17 yrs old,
Adults 18+, Families, Married Couples, Dating / Engaged Couples

SPECIALTIES: Anxiety and/or Depression, Relational Issues /
Relational Distress, Adolescent Issues, Abuse (physical, emotional,
etc) and/or Domestic Violence, Infidelity Recovery

Kelly Hoxsey is a Licensed Professional Counselor in Frisco. She assists clients to lead a fulfilling and satisfying life, free from negative intrusive thoughts, feelings, and self-limiting behaviors. She integrates various treatment models to help clients achieve their unique goals and improve their overall well-being. Her focus is on helping clients work through the issues they bring to therapy using evidence-based tools and techniques. Kelly understands that spirituality and faith are an important aspect of a person's life and welcomes faith in the therapy process.

Kelly's approach to therapy is flexible, collaborative, and tailored to meet the specific needs of each individual, couple, or family. She strives to create a safe and supportive environment where my clients can feel comfortable exploring their thoughts and emotions and working towards positive change.

Kelly is a trauma specialist and EMDR Certified, she treats adolescents, couples, individuals and families.



**LAUREN MOORE, LPC, MABC, Prepare-Enrich, OCD trained,
member of Association of Biblical Counselors**

Lauren Moore Counseling

2591 Dallas Parkway, Suite 300, Frisco, TX 75034

lauren@laurenmoorecounseling.com

940.636.5708

CLIENTELE: Adults 18+, Families, Married Couples, Dating /
Engaged Couples

SPECIALTIES: Anxiety and/or Depression, Codependency,
Infidelity Recovery / Relational Issues / Relational Stress,
Obsessive Compulsive Disorder

Lauren Moore is a Licensed Professional Counselor and serves people through a biblical counseling relationship. She integrates Biblical truth with cognitive behavioral techniques and exercises. She is equipped to work with individual adults, couples, and families. Her areas of specialty include anxiety, OCD, depression, disordered eating, communication, identity, grief, codependency, abandonment and attachment issues, parenting, marital and premarital counseling. She is a certified Prepare/Enrich facilitator for premarital counseling.

Philippians 3:10-14 is the heartbeat of her counseling approach because it speaks to our identity and proclaims who Christ is and who we are in Him. The passage points to the mighty power of God who abundantly overflows with all of the resources we need for change in our lives. We are all in need of a process to experience healing from our past wounds, to seek freedom from our chains, and to become more like Him in our thoughts, words and actions. Lauren is honored to get to walk alongside people as they dive into what is difficult and work to achieve their desired goals.



LIZELLE FISCHER, MA, LPC

Providing Hope Through Counseling

5850 Town & Country Blvd, Suite 301, Frisco, TX 75036

LizelleFischer@gmail.com

972.793.3380

CLIENTELE: Teenagers 13-17 yrs old, Adults 18+, Families,
Married Couples, Dating / Engaged Couples

SPECIALTIES: Adolescent Issues, Anxiety and/or Depression,
Family Issues (Conflict, Communication, etc), Infertility /
Pregnancy Loss / Infant Loss, Stress

Lizelle is a biblically based licensed therapist. She brings years of experience in therapy, having been trained in mental health in a variety of areas, helping adults, teens, children and families explore and work through habitual patterns or an unexpected crisis. She will help you identify content that may be weakening yourself and your relationships. Through the healing process, you can build self-assurance, develop loving and satisfying connections with others, and create a life of greater happiness and success.



PAUL MYERS, MA, LPCS

Intentional Counseling

5850 Town and Country Blvd, Suite 301, Frisco, TX 75034

paulmyers@intentional-counseling.com

972.345.6788

CLIENTELE: Children 5-9 yrs, Adolescents 10-12 yrs, Teenagers
13-17 yrs old, Adults 18+, Families, Married Couples, Dating /
Engaged Couples

SPECIALTIES: Adolescent Issues, ADHD, Anxiety and/or
Depression, Addictions (drugs, sex, alcohol, etc), Relational Issues
/ Relational Distress

Paul is a biblically based licensed professional counselor specializing in the following:

- Marriage and Relationship Counseling
- Premarital Counseling
- Children and Adolescents
- Anxiety
 - * Depression
 - * Addictions
 - * Abuse and Trauma

Paul is an "In network provider" for Blue cross blue shield and Cigna insurances. He also accepts private pay clients during evenings and weekends.



RENNE CAGLE, LPC, NCC, Retired RN, EMDR, Emotionally Focused (Attachment Based) Couples Provider

PS Counseling Frisco

9555 Lebanon Rd Building 4, Suite 402, Frisco, TX 75035

renee@pscounselingfrisco.com

469.630.8560

CLIENTELE: Teenagers 13-17 yrs, Adults 18+, Dating/Engaged Couples, Married Couples, Families

SPECIALTIES: Childhood Trauma, Family Issues (Conflict, Communication, etc), Relational Issues / Relational Distress, Trauma, Codependency

Renee's practice is named "PS Counseling" because she believes everyone has the ability to continue to revise their life story up until the day they meet our Heavenly Father.

People are not responsible for WHAT happened to us in their childhood, but they ARE responsible for what they do with it as adults. People will be remembered for what they did with what was given to them, both the blessings and the pains. Did they pass it on or did they end the generational trauma?

Renee specializations in:

- Mother Wounds/Family of Origin Wounds/Generational Trauma
- Marriage/Couples/Relationship Healing (including parent/child)
- Medical/Health Concerns
- Parenting Support
- PTSD and Complex PTSD

Professionally, Renee is a retired nurse who went on to become a Licensed Professional Counselor. She has completed all levels of training in Emotionally Focused Therapy (EFT), which is an attachment-based approach to relationship repair; and, she is EMDR trained, which is a method for healing both big and small traumas. She uses a system and attachment-based approach, which translates to: She believes our past influences our present. However, this does not mean a client has to relive all their past hurts. Rather, she is primarily seeking take-away(s) from significant past events. She believes in working together, with the goal of exploring what is under the surface, what is unspoken and unknown.

Research says that the MOST IMPORTANT factor that influences the outcome of counseling is the connection between the client and the therapist. Nearly everyone is nervous at the beginning of counseling. This is why Renee always tells clients that if by the 3rd session they are not looking forward to coming in, then they need to consider if she is a good match for them. Renee believes that one's body will tell them, and they should trust it. Fortunately, her clients report this is one of her greatest gifts – relatability.

Renee married her high school sweetheart in 1991 and went on to have 4 children in 6 years. She currently has 3 in college (YIKES!). She was born and raised in Peoria, Illinois and has had the opportunity to live in Belgium and several states before settling in Texas almost 11 years ago. That will explain why one might hear her say "You guys" instead of "Y'all." Renee worked as a nurse for many years and in time she chose to be a full-time mom. At one point, she had 4 teenagers! Mothers of teens/young adults who are challenging you, Renee knows both your frustration and fear. She is a lifelong Christian who has a gay child (shared with his permission). He is a beautiful reminder that every day we should choose love as we are commanded and that no sin is greater than another.

EDUCATION:

- Northern Illinois University, BS in Nursing
- Texas A&M Commerce MS in Counseling
- MDR trained Bio: <https://compassionworks.com/consultant/renee-cagle-2/>
- FT trained thru ICEEFT Bio: You must enter Renee Cagle and Frisco to find my bio. <https://members.iceeft.com/therapist-search/find-an-eft-therapist.php>



RHETT SMITH, LMFT, Restoration Therapy, Executive Coaching, Prepare-Enrich, Marriage Strong, Relate Strong, Leadership Circle Profile, Collective Leadership Assessment

rhettsmith.com

5300 Town and Country Blvd, Suite 240, Frisco, TX 75034

rhett@rhettsmith.com

CLIENTELE: Teenagers 13-17 yrs old, Adults 18+, Families, Married Couples, Dating / Engaged Couples

SPECIALTIES: Anxiety and/or Depression, Grief / Loss, Infidelity Recovery, Relational Issues / Relational Distress, Sex Issues

Rhett Smith is a Licensed Marriage and Family Therapist in private practice in Frisco. He holds a Master of Science in Marital and Family Therapy, a Master of Divinity (both from Fuller Theological Seminary) and is certified as an Executive Coach (Southern Methodist University). He works with individuals (age 14 and up), couples, families, and groups in the contexts of pastoral, clinical and corporate settings, and specializes in the areas of relationships, mental health, and performance.

Rhett utilizes his education, training, and experience to help clients achieve wholeness in all areas of their lives – physical, emotional, mental, and spiritual. His personal experience and expertise on anxiety led him to write a book called *The Anxious Christian*, and he continues to collaborate with organizations around the country to improve mental health through coaching, speaking, and workshops. His passion for marital work came out of the four years he co-led marriage intensives at The Hideaway Experience. Rhett is a certified Restoration Therapy clinician, personally trained under the founder and marriage and family therapy pioneer, Terry Hargrave. Rhett and Terry continue to develop nationwide anxiety intensives and train therapists in the anxiety-intensive model.

In his clinical practice, people most often come to see Rhett when they want to transform their anxiety and depression into a catalyst for good changes in their lives. Or when they are struggling in their relationships and want to grow, specifically in marriage. The four areas in which Rhett enjoys working with clients the most are anxiety, marriage, faith, and transitions. You can find out more about Rhett's work at his website www.rhettsmith.com.



SIMONE MARTENS, MS, LPC

Embrace Freedom Counseling PLLC

7000 Parkwood Blvd Suite D1000, Frisco, TX 75034

simone@embracefreedomcounseling.com

469.731.0446

CLIENTELE: Adults 18+

SPECIALTIES: Anxiety and/or Depression, Relational Issues / Relational Distress, Trauma, Abuse (physical, emotional, etc) and/or Domestic Violence, Parenting Issues

Simone is a Licensed Professional Counselor working individual adults ages 25+ who have experienced traumatic events, abusive relationships, and chronic stress. She has training and experience using trauma-informed approaches that can help with anxiety, depression, and building skills for healthy boundaries and stress management. Her goal is to help clients experience a greater sense of healing and purpose in their lives, becoming more connected with God and loved ones. She believes that relational wounds, particularly those from childhood, can prevent people from connecting with God and maturing spiritually. She enjoys helping clients experience the freedom that Christ has already conquered on their behalf (John 8:36).

Therapy in English & Portuguese.

INSURANCES: United Health Care, Aetna, Optum EAP

LEWISVILLE



LAUREN MOORE, LPC, MABC, Prepare-Enrich, OCD trained, member of Association of Biblical Counselors

Lauren Moore Counseling

2681 MacArthur Blvd, Suite 302, Lewisville, TX 75067

lauren@laurenmoorecounseling.com

940.636.5708

CLIENTELE: Adults 18+, Families, Married Couples, Dating / Engaged Couples

SPECIALTIES: Anxiety and/or Depression, Codependency, Infidelity Recovery / Relational Issues / Relational Stress, Obsessive Compulsive Disorder

Lauren Moore is a Licensed Professional Counselor and serves people through a biblical counseling relationship. She integrates Biblical truth with cognitive behavioral techniques and exercises. She is equipped to work with individual adults, couples, and families. Her areas of specialty include anxiety, OCD, depression, disordered eating, communication, identity, grief, codependency, abandonment and attachment issues, parenting, marital and premarital counseling. She is a certified Prepare/Enrich facilitator for premarital counseling.

Philippians 3:10-14 is the heartbeat of her counseling approach because it speaks to our identity and proclaims who Christ is and who we are in Him. The passage points to the mighty power of God who abundantly overflows with all of the resources we need for change in our lives. We are all in need of a process to experience healing from our past wounds, to seek freedom from our chains, and to become more like Him in our thoughts, words and actions. Lauren is honored to get to walk alongside people as they dive into what is difficult and work to achieve their desired goals.



DEIDRE WILSON, LMFT, LPC

Family Results

8951 Synergy Drive, Suite 227, McKinney, TX 75070

(Office is inside the First Guaranty Bank Building)

deidremwilson@msn.com

972.998.5589

CLIENTELE: Adults 18+, Married Couples, Dating / Engaged Couples

SPECIALTIES: Relational Issues / Relational Distress, Family Issues (Conflict, Communication, etc), Infidelity Recovery, Self Growth / Self Care, Anxiety and/or Depression

Deidre is a Licensed Marriage and Family Therapist in private practice in McKinney, TX. She specializes in helping individual adults, couples, and families restore peace in their most important relationships. Deidre helps those whose relationships are struggling and those who just want to optimize certain areas of an already good relationship. Her expertise includes helping couples on the brink of divorce, high-conflict couples, healing from different forms of betrayal, infidelity and emotional affairs, as well as anxiety management, and coaching on self-growth and self-care.

PLANO



MATT MCKINNEY, MA, LPC, Prepare-Enrich, SYMBIS

Journey On Counseling

8105 Rasor Blvd Suite 103, Plano, TX 75093

journeyoncounseling@gmail.com

972.588.4007

CLIENTELE: Adults 18+, Families, Married Couples, Dating / Engaged Couples

SPECIALTIES: Relational Issues / Relational Distress, Grief / Loss, Special Needs (already diagnosed), Premarital Counseling, Identity Issues

Matt McKinney is a Licensed Professional Counselor serving North Texas. With over 16 years of experience, Matt has a passion for walking alongside individuals, couples, and families, and helping them find hope in their time of need. His desire is to help bring about change by pointing people to God when they are stuck or struggling with a particular issue. Matt integrates cognitive/behavioral therapy with Biblical principles in order to equip his clients to have the right tools to work on areas of struggle. Matt's areas of expertise include: Premarital Counseling/ Assessment, Communication, Conflict Resolution, Divorce Recovery, Identity/Self-Worth, Men's Issues, Anger, Anxiety/ Fear, Grief/ Loss, Depression, and Personal Growth.

Journey on Counseling is now accepting Blue Cross & Blue Shield and United Healthcare.



DR. R. SCOTT GORNTO, PhD, MDiv, LMFT, EMDR, CST

Auxano Counseling & Wellness

drscottgornto.com

6101 Chapel Hill Blvd Suite 200, Plano, TX 75093

admin@auxanocounseling.com

972.312.8893

CLIENTELE: Teenagers 13-17 yrs old, Adults 18+, Families, Married Couples, Dating / Engaged Couples

SPECIALTIES: Anxiety, Trauma/Addiction, Couples/High Conflict, Infidelity Recovery, Performance Coaching

Dr. R. Scott Gornto, PHD, MDIV, LMFT, EMDR holds a PhD in Psychotherapy, Psychology & Marriage and Family Therapy and is a trained psychotherapist, counselor and peak performance coach. He is a Licensed Psychotherapist (Individual, Marriage and Family), a EMDR Trained Trauma Therapist, Certified Sex Therapist and has extensive training in the behavioral sciences and personal development. He is also a former Pastor/Church Planter. Dr. Gornto is in private practice and has been practicing in North Texas since 2000. He works with individuals, couples/marriages, adolescents (12-17 yrs old), families, groups, churches, executives and entrepreneurs/leaders. During that time, he has seen over 40,000 hours of individual, couple/marriage, family, and group therapy.

Dr. Gornto specializes in the following areas of therapy, counseling & coaching:

- Abuse (Physical, Sexual, Emotional/Psychological, Verbal, Financial, Spiritual, Neglect and Self-Neglect)
- Addiction and Recovery (Chemical, Process, Relationship, Love and Sexual Addiction)
- Anxiety
- Anger
- Boundaries
- (Neuroscience) Brain Training
- Coaching (Executive, Leadership, Peak Performance and Marriage)
- Codependency
- Communication
- Conflict Resolution
- Couples/Marriage Counseling
- Depression
- Emotional Intelligence
- Grief and Loss
- Infidelity Repair
- Parenting & Blended Family
- Relational Intelligence
- Relationship with Self/Self-Acceptance Work
- Sex Therapy
- Trauma/PTSD/CPTSD (EMDR Trained Therapist)

He offers one-hour sessions as well as intensives for individuals and couples. He is the author of *The Stories We Tell Ourselves™* and is a columnist for the Huffington Post and Psychology Today.



CRAIG BUNCK, MA, LPC, EMDR, SYMBIS

Planting Seeds Counseling and Coaching

805 East 1st St., Prosper, TX 75078

craig@plantingseedsntx.com

469.481.6965

CLIENTELE: Teenagers 13-17 yrs old, Adults 18+, Families, Married Couples, Dating/Engaged Couples

SPECIALTIES: Infidelity Recovery, Suicidal Ideation, Stress, Self Growth / Self Care, Relational Issues / Relational Distress

Craig is a Licensed Professional Counselor who graduated from Midland University with a BA in Art and recently attended Amberton University, graduating with an MA in Professional Counseling. During his graduate practicum, he worked with Hope Fellowship providing pre-marital, individual and group marital counseling. Craig also worked with inmates at the Rockwall County jail providing counseling and support for individuals who suffered from drug addiction, PTSD, and childhood issues.

Ten years ago Craig went through challenges in his own marriage. During these challenges, he and his wife sought help from a counselor. That counselor gave them the tools they needed to change their marriage and opened Craig's eyes to his passion. He realized how vital a healthy mental outlook is to all aspects of life. Whether your struggles are from your past, your present or about your future Craig would love to partner with you on your journey.



DEAN WISDOM, ThM, MEd, LPC-S, RPT

Prosper Counseling

102 East 3rd St., Prosper, TX 75078

deanwisdom.prospercounseling@gmail.com

214.212.3008

CLIENTELE: Children up to 9-yrs, Adolescents 10-12 yrs,
Teenagers 13-19 yrs, Adults 18+, Families, Dating/Engaged
Couples, Married Couples

SPECIALTIES: ADHD, Divorce Recovery, Family Issues (Conflict,
Communication, etc), Parenting Issues, Relational Issues /
Relational Distress

Dean is a Licensed Professional Counselor Supervisor, Registered Play Therapist and National Certified Counselor. He holds a Master of Theology from Dallas Theological Seminary and a Master of Education in Counseling from the University of North Texas. Dean has spent 20 years in the marketplace in banking and consulting and began a second career in counseling in 2008 both in his own private practice and now with Prosper Counseling since 2023. He sees clients of all ages across the lifespan which gives him a special insight into helping people navigate different challenges of their life.

Dean sees adults, couples and children. He specializes in working with adults through relational issues, couples' counseling, parenting, and play therapy. He has extensive training and experience in Emotionally Focused Therapy for couples and Child-Centered Play Therapy for children. He helps couples get unstuck from negative cycles with each other and learn to rebuild safe and vulnerable communication where hurts and longings can be safely expressed and then reconnect on an emotional level that builds trust and intimacy. He extensive experience working with children and teens and helps parents with complex parenting issues.

Dean is also a proud Girl-Dad with four amazing teen daughters, serves in the children's and student youth ministries at the Hope Fellowship Church Prosper campus as well as a weekly men's group.



NICK DIETRICK, MS, LPC

Planting Seeds Counseling and Coaching

805 East 1st St., Prosper, TX 75078

nick@plantingseedsntx.com

469.481.6965

CLIENTELE: Teenagers 13-17 yrs old, Adults 18+, Families, Married Couples

SPECIALTIES: Adolescent Issues, Anxiety and/or Depression, Parenting Issues, Self Growth / Self-Care, Suicidal Ideation

Nick Dietrick is a Licensed Professional Counselor who graduated from Southern Methodist University with a Master's of Science in Counseling. Nick has experience as both a school counselor and as a private practitioner. If you're feeling anxious, nervous, stressed, depressed, or overwhelmed, you've come to the right place. At times in our life we all feel the desire to be healthier. Using evidence-based treatment and modalities including Cognitive Behavior Therapy (CBT) and Solution-Focused theories, Nick is an empathetic clinician who can help you work to overcome and/or better manage your anxieties, stress, relationship issues, improve communication with others, set healthy boundaries, parent your children more effectively, navigate the teenage school years, and many other issues we are all presented with in life.

Nick is in network with Blue Cross & Blue Shield insurance.



JENI SEXTON, MSW, LCSW

Prosper Counseling

102 E. 3rd St., Prosper, TX 75078

jeni.prospercounseling@gmail.com

469.278.5934

CLIENTELE: Children 5-9 yrs old, Adolescents 10-12 yrs old, Teenagers 13-17 yrs old, Adults 18+, Families, Married Couples, Dating/Engaged Couples

SPECIALTIES: Abuse (physical, emotional, etc) and/or Domestic Violence, Anxiety and/or Depression, Trauma, Grief / Loss, Relational Issues / Relational Distress

Jeni Sexton is an independent psychotherapist who works with individuals of all ages as well as couples in Prosper and the surrounding areas. Jeni believes that a healthy therapeutic relationship can help develop insight and skills to overcome the struggles that we are sometimes faced with in our lives. Jeni seeks to partner with her clients to help them reach their goals in a manner that affects positive and lasting change. Upon receiving her Master's degree Jeni completed an extensive post Master's fellowship program at Yale Medical School and has over 25 years of experience in the field across a variety of settings which include schools, hospitals and private practice.

Some of Jeni's areas of specialization include:

- Anxiety/depression/OCD
- PTSD
- Job-related stress
- Grief/loss
- Trauma/codependency
- Sexual abuse
- Marital issues/domestic violence
- Divorce support
- Women's issues (such as postpartum depression, neonatal morbidity, infertility)
- Faith-based counseling

Jeni is currently accepting private pay clients weekdays 8 AM - 3 PM Monday - Friday (limited weekend/evenings) and tele-health within Texas is also available.



TARA WEDEMEYER, MS, LPC, NCC, EMDR

Planting Seeds Counseling and Coaching

805 East 1st St., Prosper, TX 75078

tara@plantingseedsntx.com

469.481.6965

CLIENTELE: Teenagers 13-17 yrs old, Adults 18+, Married Couples, Dating/Engaged Couples

SPECIALTIES: Trauma, Premarital Counseling, Grief / Loss, Family Issues (Conflict, Communication, etc), Childhood Trauma

Tara is a Licensed Professional Counselor who works with adolescents, adults, and couples. She received her Master's in Counseling and Development from Texas Woman's University and her Bachelor of Science from the University of North Texas. Tara has experience in individual, group, couples, and family therapy and has worked in a variety of settings, including private practice, psychiatric, inpatient hospital, and high-risk adolescents in schools and detention centers.

Tara is Internal Family Systems (IFS) informed and trained in trauma; grief and loss; the mind- body-spirit paradigm; Eye Movement Desensitization and Reprocessing (EMDR), through EMDRIA; and stress and relaxation therapy. Tara's work is underwritten and informed by her holistic methodology and background, woven together by research-based, integrative, somatic, and creative modalities and interventions. She believes this approach allows her clients to feel supported as they achieve their goals, gain better balance and insight, and overcome difficulties, thus facilitating cognitive, emotional, and behavioral growth.

Tara is committed to joining her clients on their journey to more optimal health and healing. She's passionate about life and people and creates a warm and safe environment.

Therapeutic Specialties and Modalities:

- Trauma
- Grief and Loss
- Communication
- Boundaries
- Shame
- Perfectionism
- Anxiety
- Mood disorders
- Parenting
- Chronic disease
- Mindfulness
- IFS Parts Work
- Polyvagal Theory
- Eye Movement Desensitization and Reprocessing (EMDR)
- Cognitive Behavioral Therapy (CBT)

PROFESSIONAL ASSOCIATIONS: National Board of Certified Counselors Texas Counseling Association

DIRECT CONTACT INFO: 940-390-4742



TOM COSTELLO, MA, LPC-Associate

Planting Seeds Counseling and Coaching

805 East 1st St., Prosper, TX 75078

tom@plantingseedsntx.com

469.481.6965

CLIENTELE: Male Teenagers 13-17 yrs old, Adults 18+,
Married Couples

SPECIALTIES: Anxiety and/or Depression, Grief / Loss, Relational
Issues / Relational Distress, Trauma, Adolescent Issues

Tom is a Licensed Professional Counselor Associate supervised by Ashley Keuhne, LPC-S, LCDC. Tom received his Master's in Clinical Mental Health Counseling from Franciscan University of Steubenville. In his internship experience at Chrysalis Health, Tom worked with adolescent and adult clients experiencing anxiety, depression, trauma, and relational issues. Tom utilizes evidence-based practices such as cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), eye movement desensitization reprocessing (EMDR), and positive psychology principles to help individuals reach their fullest potential. Tom believes in a holistic approach to counseling, establishing a safe and comfortable atmosphere in which individuals can achieve their emotional, physical, spiritual, and mental health goals. Tom works with teenage boys and individual adults as well as couples.

APPENDIX

Below is a list of the certifications or qualifications that our recommended counselors hold. This list is meant to help you understand what these abbreviations stand for and what type of therapy the certifications enable the counselors to engage.

- **AutPlay®** - AutPlay® Therapy is an integrative family play therapy approach for working with autistic other neurodivergent children, as well as children with developmental and physical disabilities.
- **CCTP** - Certified Clinical Trauma Professional
- **Collective Leadership Assessment** - an assessment tool that enables better understanding of leadership effectiveness of teams or organizations
- **CST** - Certified Sex Therapist
- **EMDR** - Eye Movement Desensitization and Reprocessing, a psychotherapy that helps people heal from symptoms and distress caused by traumatizing experiences
- **Executive Coaching** - Learning approach that aims to promote self-awareness and transformative change.
- **Gottman Level 3 Trained** - highest level of training in the Gottman Method Couples Therapy, which is a research-based approach that aims to improve communication, intimacy and empathy in couples.
- **FS** - Internal Family Systems, psychotherapy that focuses on accessing and healing a person's protective and hurt inner self.
- **LCSW** - Licensed Clinical Social Worker
- **Leadership Circle Profile** - an assessment tool aimed at helping leaders better understand their underlying beliefs and assumptions that affect their habits
- **LMFT** - Licensed Marriage and Family Therapist
- **LPC / LPCS** - Licensed Professional Counselor
- **LPC-Associate** - Formerly called an "intern," this professional is accruing supervised clinical experience.
- **M.MFT** - Master of Marriage and Family Therapy
- **MABC** - Master of Arts in Biblical Counseling
- **Marriage Strong / Relate Strong** - theological and psychological based tools that aids couples in regulation skills and healthy relating
- **MDiv** - Master of Divinity

- **MEd** - Masters in Education
- **MS** - Master of Science
- **MSW** - Master of Social Work
- **NCC** - National Certified Counselor
- **OCD trained** - qualifies a therapist to diagnose and treat obsessive compulsive disorder.
- **PACT** - Psychobiological Approach to Couples Therapy, an attachment-focused form of therapy aimed to help improve interactions between couples.
- **Perinatal Mental Health** - Counseling that focuses on mental health during pregnancies and in the first few postnatal years.
- **PhD Family Therapy** - Doctor of Philosophy in Family Therapy
- **Prepare-Enrich** - Premarital and Marriage assessment used by counselors and pastors to help evaluate and strengthen relationships.
- **Restoration Therapy** - marriage and family therapy that focuses on identity and safety patterns while enabling client emotional regulation and a mindfulness for behavioral change.
- **RN** - Registered Nurse
- **RPT** - Registered Play Therapist
- **SYMBIS** - Saving Your Marriage Before It Starts, a premarital counseling assessment
- **TBRI** - Trust Based Relational Intervention, an attachment-based aimed to help children who have experienced harm, trauma, or high levels of stress caused by adults.
- **TF-CBT** - Trauma-Focused Cognitive Behavioral Therapy, a form of therapy specifically designed for children or adolescents who have suffered from abuse, violence or grief.
- **ThM** - Masters in Theology