

ecclesia

****If you, or someone you know, is experiencing a mental health emergency, please consider these urgent care resources:**

Mental Health Emergency Hotline - call or text: 988

Houston Crisis Emergency Hotline: 832-416-1177

Houston Crisis Emergency Hotline for Teens: 832-416-1199

Crisis Text Line: Text "TX" to 741741

The Trevor Project (LGBTQ+ Crisis Support): 1-866-488-7386

The Harris Center Crisis Line: 713-970-7000 **The Harris Center is the designated crisis support provider by DHHS in our service area

Menninger Clinic: 713-589-5860 (non-crisis line)

Counselor Referrals:

Katy Smyth, LCSW, EMDR

Email: kathrynsmyth@pinkertonpsychotherapy.com

Phone: 713-800-6999 License #: 106275

Website: <https://pinkertonpsychotherapy.com/>

Location: 9575 Katy Freeway Suite 370, Houston, TX 77024

Specialties: Children, youth, and young adults. I specialize in adolescent mental health and trauma. I am certified in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and EMDR. Childhood abuse, neglect, trafficking, domestic violence, immigration-related issues, LGBTQ+ related issues, and childbirth trauma/infertility/infant loss. *Does not take insurance, but can provide a superbill for insurance reimbursement. **Bilingual-Spanish

Melissa Ramsey, LPCS, EMDR

Email: info@reverecw.com

Phone: 832-241-0023

Address: 701 North Post Oak Road Suite 335 Houston, Texas 77024

Website: <http://www.melissaramseylpc.com>

License #: 70028

Specialties: EMDR; trauma; Individual Therapy for all ages to address emotional, developmental, and behavioral issues and concerns, including play therapy for children; Family Therapy to improve communication and help generate cohesion among family members, while providing a safe space to have dialogue; Group Therapy to support clients emotionally and to help improve social skills. *Does not take insurance

Katie Ashby, MA, LPC, EMDR

www.memorialfamilyconnections.com

Phone: 713-581-9100

Email: katie@memorialfamilyconnections.com

Address: Memorial Family Connections: 9575 Katy Freeway, Suite 220 Houston, TX 77024

License #: 74790

Specialties: Women and men around anxiety, depression and relationship issues; trauma using EMDR. Couples who are seeking relationship enhancement or help with communication and conflict.

Robyn Whitaker, LPC

Whitaker Counseling

Phone: 832-377-5649

Email: robyn@whitakercounseling.net

Address: 123 Blue Heron Drive, Suite 200C, Box 7, Montgomery, TX 77316

License #: 84176

Specialties: Individuals; trauma, childhood trauma (how the past effects the here and now), PTSD, depression, anxiety, and life transitions. *limited availability for reduced rate

Kelly Boothe, LCSW

Email: kellyboothe84@gmail.com

Phone: 832-713-7774

Location: Currently 100% Virtual

License #: 60682

Specialties: I work with individuals and couples who are seeking support with depression, anxiety, bipolar, trauma recovery and relationship issues.

Insurance accepted. In-network for Aetna, BlueCross BlueShield, Cigna/Evernorth, Oscar Health, Oxford and United Healthcare.

Laurette Presley, LPC

Email: laurette.presley.lpc@gmail.com

Phone: 713-775-4822

Website: www.laurettepresleylpc.com

Address: 824 Bering Drive #5207 Houston, TX 77057

License #: 68278

Specialties: Anxiety disorders, Depression, Relationship Issues, Grief, Trauma, difficult transitions in life (including but not limited to job loss and divorce). I work with adults, individual and couples counseling.

I work with a whole person approach, mental, physical and spiritual while incorporating CBT.

Nancy Wilson, LPC-S, EMDR

Email: nancy@wilsoncounseling.org

Phone: 713-565-0922

Address: Bellaire TX

Website: www.wilsoncounseling.org

License #: 61954

Specialties: Anxiety, Disordered Eating, Couples, PTSD, Trauma/EMDR, Sex therapy, Infertility, LGBTQ+ counseling

*can do sliding scale- Does not take insurance

Hannah Castle, LCSW

Website: www.hannahcastlelcsw.com

Phone: 860-463-1817

Email: hannahcastleLCSW@gmail.com

Address: Currently 100% virtual

License #: 58184

Specialties: Women's issues, Adults, and Parenting, Trauma, Sexual Abuse, Helping parents with children with behavioral issues.

*Does not take insurance

Carey Boodell, MA, LPC

Email: cboodell@gmail.com

Phone: 281-844-1357

Address: 5959 West Loop South, Suite 180 Bellaire, TX 77401

License #: 67989

Specialties: Trauma, Depression, Anxiety

*Does not take insurance

Audrey Omenson, MA, LPC-S

Email: counseling@audreyomenson.com

Phone: 713-804-8393

Address: Spring Street Studios [but currently available only via Telehealth]

License #: 67068

Email: Website: <https://www.audreyomenson.com/>

Specialties: Supporting adult clients looking to process major life transitions (divorce, leaving/changing religious settings, personal identity/meaning, etc), deal with burnout and boundaries, improve self-care practices, and address religious or spiritual trauma (including Religious Trauma Syndrome). *can do sliding scale

Phylis Tomlinson, LPC, LMFT

Email: phylisomlinson@gmail.com

Phone: 713-253-9044

Address: 5215 Mimosa Drive, Bellaire, TX 77401 (home/office)

Website: www.phylisomlinson.com

Licenses: LPC #6738; LMFT #2322-038367; ATR-BC #87-063

Specialties: Board certified art therapist, marriage and family therapy

*can do sliding scale- Does not take insurance. Works in person or on Zoom.

Sarah Burkhart, MA, LPC, EMDR

Anthology Counseling and Wellness: www.anthologycw.com

Email: sarah@anthologycw.com

Phone: 713-987-3161 ext 109

License #: 71443

Specialties: Anxiety (generalized anxiety, panic, OCD, etc), depression, life transition, spiritual questioning, trauma processing (trained in EMDR), relationship difficulties. Currently only taking adult clients.

*Out of network for insurance

Rochelle Bridges, LMFT

Email: rochelle@Friendswoodfamilycounseling.com

Phone: 281-819-0144

Address: 1414 S Friendswood Drive Building A Friendswood, TX 77546

License #: 201944

Website: www.friendswoodfamilycounseling.com

Specialties: I am a Licensed Marriage and Family Therapist and an Enneagram accredited practitioner; I work with individuals, couples and families who want to use that information in therapy sessions to set up a path of self-discovery and personal growth.

Notes: Anxiety, depression, grief, marital conflict, difficult relationships, understanding shame and coping with it, developing coping strategies, developing conflict resolution strategies. Premarital counseling.

*Does not take insurance; out of network for all insurance companies.

Josh Berger, LPC-S, EMDR

Rivers Edge Counseling and Wellness

Phone: 713-628-8197

Website: www.riversedgecw.com

Email: office@riversedgecw.com

Address: 1638 W Alabama St, Suite 1, Houston, Tx 77006

License #: 72353

Specialties: People who struggle with anger; affairs; teens and children as young as 3; trauma; a wide range of other areas including marriage and family therapy.

*We do not take insurance up front, but provide invoices to submit to insurance *need-based sliding scale

Elizabeth Wilmot, LPC-A, EMDR

Rivers Edge Counseling and Wellness

Phone: 713-628-8197

Website: www.riversedgecw.com

Email: elizabeth@riversedgecw.com

Address: 1638 W Alabama St, Suite 1, Houston, Tx 77006

License #: 88953

Specialties: Couples, teenagers, individual young adults and adults. I also love integrating faith and counseling when the client likes that.

*We do not take insurance up front, but provide invoices to submit to insurance

*need-based sliding scale, available upon request.

Jason Duenas, M.A., LPC-S, MAC

Master Addiction Counselor

Website: www.collaborativechanges.com

Phone: 281-628-4194

Email: jasonduenas@collaborativechanges.com

Appointments: <https://collaborativechanges.clientsecure.me>

Office location: Teletherapy

License #: 75825

Specialties: I see people with general mood disruption but specialize in helping people with their relationships, trauma, addictions, and integrating faith with mental/social/relational health. For couples I use Gottman Methods and Emotion Focused Therapy. Psychoeducation is included throughout.

Leslie Peacock, LPC

Email: leslie.peacock@christtheking.com

Phone: 713-400-6715

Address: Christ the King Counseling Center 1201 Silber Rd, Houston, TX 77055

Website: www.christtheking.com/counseling

License #: 76747

Specialties: Women struggling with anxiety, depression, grief, identity, relationship issues, boundaries, sexual abuse, self-harm, family of origin issues, and life transitions.

*Can do sliding scale.

Ashley Bendickson, MEd, LPC

Email: nextsummitcounseling@gmail.com

Phone: 832-713-6350

Office location: Virtual office

Website: nextsummitcounseling.com

License #: 80795

Specialties: individuals (18+) and couples; depression, anxiety, family concerns, and relationship problems; leadership development including cultivating emotional maturity, mitigating burnout, navigating compassion fatigue, and expanding skills for assertiveness and boundary setting. Couples: help to explore and understand how to navigate core differences, further develop communication skills, disrupt unhelpful relationship patterns, and reignite appreciation, friendship, and intimacy. I have considerable experience helping individuals process spiritual and religious concerns

*Does not take insurance. *Sliding scale available up to \$100K income.

Heidi Heard

Phone: (505) 362-1926

Email: heidifheard@gmail.com

Location: 77007

License #: LCDC 11329

Specialties: Addictions of all kinds, life transitions, codependency, adult child and family of origin issues, marriage and family and parenting issues, and spirituality issues.

Melanie Sutton, MA, LPC, EMDR

Email: mel@melsutton.com

Phone: 713-352-7996

Address: 4306 Yoakum Blvd., Ste. 570, Houston, TX 77006

Website: www.melsutton.com

License #: 71289

Specialties: I work with individuals and couples, and my specialty is sex therapy & trauma recovery, including EMDR.

*Does not take insurance

Tammer Malaty, MS, LPC-S, EMDR

Website: www.malatytherapy.com

Phone: 713-628-3966

Email: tammer@malatytherapy.com

Address: 9575 Katy Fwy. Suite 290, Houston, Tx, 77024

License #: 71535

Specialties: Substance use, trauma, failure to launch, anxiety, depression. I work primarily with adolescents and young adults 18-35; EMDR

*Can do sliding scale. *Out of network provider for insurance purposes

Jeffrey Rice, LMFT, LPC-S, CSAT

Email: jeffrey@lunarecovery.com

Phone: 832-910-9837

Address: Luna Recovery 5757 Woodway Drive, Suite 110, Houston, TX 77057

Website: <https://lunarecovery.com/team/>

License #: 60096 (LPC-S) & 200906 (LMFT)

Specialties: Sex & Love addiction, Partner Trauma Recovery, Codependence, Family of Origin Trauma, Attachment issues, Marriage and Family Therapy, Students with Autism and/or Learning Disabilities, Pre-marital Therapy, Cancer Survivors and Spiritual Seekers

*Does not take insurance

Deniece Christ-Rice LCSW-S

deniece@christ-ricecounseling.com

Phone: 832-910-9599

Address: 5311 Kirby Dr, Suite 112, 77005 (corner of Kirby & Bissonett)

Website: www.christ-ricecounseling.com

License #: 41106

Specialties: Depression, Anxiety, Bipolar, Trauma, Couple's/Families, Mind/Body work, Relaxation & Mindfulness

*Does not take insurance

Dr. Kathy Galvin, LP

Email: drkatg@gmail.com

Phone: 281-844-2527

License #: 23336

Notes: Ecclesian

Specialties: Psychologist, Former Adjunct Professor Texas A&M University, Former Director of UBA Center for Counseling; At this point, all sessions are via Telehealth.

Dr. Chelsea MacCaughelty, LCSW-S, EMDR, CDWF

Website: www.rileypsychservices.com

Phone : 832-819-2349

Email: chelseamacphd@gmail.com

Address: 3100 Wesleyan St, Suite 368 Houston, Texas 77027

License #: 52179

Specialties: eating disorders, personality disorders, relationship problems, mood disorders, substance use disorders, complicated grief and loss, trauma, and shame resilience. I have training in a variety of treatment methods, but overall emphasize the importance of attachment and relational connections. I have worked with individuals across the lifespan. I primarily enjoy working with young adults and adults, professionals, college students, those in the midst of life transitions. I do have experience with adolescents, couples, and families as well. Willing to meet in person, or via Telehealth.

*Does not take insurance

Doug Sorensen, LCSW, CSAT-S, CCF-C

Website: <http://www.dougsorensen.net>

Email: schedule@dougsorensen.net

Phone: 713-528-8577

Specialties: Men Struggling with Sex Addiction

License #: 12077

Tim Mavergeorge, M.A., LPC, LMFT, LCDC

Director, Houston Center for Christian Counseling

Phone: 281-277-8811

Website: <https://www.christiancounselinghouston.com/counselors/tim-mavergeorge>

License #: 10070

Specialties: Anxiety/depression, marital issues, stress, boundaries, trauma/abuse/ptsd, sexual addiction, loss/grief. I also see a lot of pastors and ministry leaders. *Accepts insurance.

Houston Center for Christian Counseling has a wide range of counselors available, with a variety of specialties: <https://www.christiancounselinghouston.com>

Aaron Bunker, MA, LPC

Phone: (832) 780-3986

Address: Cypress, TX 77429

License #: 70721

Specialties: Marriage, Family, Sex Therapy, Those wrestling with their relationships and their sexuality.

Website: <https://www.psychologytoday.com/us/therapists/aaron-bunker-cypress-tx/182760>

Dilek Wise, PhD, LMFT - S

The Affairs Clinic Houston
Clinic: 1507 Dunlavy St. Houston, TX, 77006
Website: www.dilekwise.org
Phone: 713 294 8090
License #: 5017

Working with betrayal/affairs recovery is one of my main specialties. Couples/families and adult individuals.

Todd Parish, LPC

Rivers Edge Counseling and Wellness
Phone: 713-628-8197
Website: www.riversedgecw.com
Email: office@riversedgecw.com
Address: 1638 W Alabama St, Suite 1, Houston, Tx 77006
License #: 83112

Specialties: anxiety, effects of past trauma, grief, relationship issues, sexual identity concerns, and spiritual confusion

*We do not take insurance up front, but provide our clients with invoices to submit to their insurance company on their own.

*need-based sliding scale, available upon request.

Dr. Ekpedeme Wade - MD, LPC

Twelve Two Christian Counseling
www.twelvetwocounseling.com
info@twelvetwocounseling.com
(281) 846-4616

522 Brooks Street
Sugar Land, TX 77478

Specialties: Treating the whole person; as an MD, she can handle medication management.
Lic #75138

Hannah Jordan Kiniry - LPC, EMDR

Twelve Two Christian Counseling
www.twelvetwocounseling.com
hjordan@twelvetwocounseling.com
(281) 846-4616

522 Brooks Street
Sugar Land, TX 77478

Specialties: teens, individual adults, couples, children, trauma. My philosophy for therapy is mostly focused on identity and meaning, so less about age or stage of life and more about type of person or issue.
Lic# 80661

Renee Armstrong, LPC-S, NCC

Email: rarmstronglpc@gmail.com
Phone: 832-799-8587
Web Address: www.blossom-behavioral-health.com
License #: 61020

*takes several insurance plans
Virtual appointments available.

Dr. Daniel Garcia, PhD, M.T.S.

The MendCenter

Our highly specialized clinicians provide mental health treatment to individuals with chronic and severe forms of mental illness. Our aim is to help patients achieve a more dignified experience of their choosing. This begins by establishing a safe physical and psychological space where each person's experience is accommodated and welcomed.

Offering residential and outpatient treatment.

<https://www.mendcenter.org>

519 Heights Blvd.

Houston, TX 77007

(832) 491-7052

Lic# 36323

*Sliding scale

For Children:

McKenzie H. Palmer, M.Ed., LPC

Website: finnegancounseling.org

Phone: 713-402-5046

Email: scheduling@finnegancounseling.org

Office Location: 2714 Joanel St., Houston, TX 77027

License #: 76965

Specialties: Children, adolescents/teens, young adults; ADHD, Emotion regulation/behavior concerns, Divorce/co-parenting, Depression, Anxiety, Grief, Social skills

*Can do sliding scale - Also accepts insurance (BCBS, Aetna, Cigna, UHC, Beacon Health Options)

Michele Kamerman, M.A., LPC, RPT

Heights Family Counseling, Lead Child Psychotherapist and Play Therapist

Website: www.heightsfamilycounseling.com

Phone: 713.380.1151

Email: michelekamerman@heightsfamilycounseling.com

License #: 69770

Ann Marie Denson, LPC

Rivers Edge Counseling and Wellness

Phone: 713-628-8197

Website: www.riversedgecw.com

Email: annmarie@riversedgecw.com

Address: 1638 W Alabama St, Suite 1, Houston, Tx 77006

License #: 88948

EMDR certified, Restoration Therapy Level 1 trained, Trust-Based Relational Intervention Practitioner; play therapy, individual therapy ranging from young children to adults, family therapy, adopted children, college-aged women, eating disorders/disordered eating, trauma and identity work

*We do not take insurance up front, but provide our clients with invoices to submit to their insurance company on their own. *need-based sliding scale, available upon request.

Angela Martinez, LPC-A

Rivers Edge Counseling and Wellness

Phone: 713-628-8197

Website: www.riversedgecw.com

Email: angela@riversedgecw.com

Address: 1638 W Alabama St, Suite 1, Houston, Tx 77006

License #: 86705 *Bilingual

Psychiatrists

Dr. Cassidy Gillaspie

713-973-1007

929 Gessner Road #2000

*Ecclesian

*Boarded in adult psychiatry, child/adolescent psychiatry and addiction medicine.

"I'm a big believer in using the least amount of pharmacological intervention needed to achieve maximum results. I also enjoy doing second opinions to help clarify diagnosis and streamline medication regimens. I enjoy working along with therapists and believe that therapy is a very important tool to use along with medications."

Dr. Kara Kahan

713-218-0100

6750 West Loop South Suite 360 Bellaire TX 77401

Psychiatrist - Children & adults

Coaches

Karen Peery

Working with teens and parents to realize possibilities, solve problems, and live well encompassed my school counselor career and remains at the core of my coaching business. In addition, I use the Enneagram to help clients gain self-understanding by discovering who they are, why they see and relate to the world in the way they do, improve relationships, and take positive action in life. My clients range anywhere from teens to adults who feel stuck and are wanting to make positive changes in their lives.

Website: www.karenpeerycoaching.com

*Ecclesian

Jim Freeze

Leadership & Transition Coach

Phone: 919-986-0505

Website: peoplelaunching.com

I love to help people discover their calling, explore possibilities for how to best use their gifts and talents, to avoid burnout in their current role, and continue to grow in health and effectiveness in life and leadership. That is among the most life-giving things in the world for me, and it would be a joy for me to provide that for fellow Ecclesians.

Invitation to feedback:

We would love to learn about any experiences you may have with any of the counselors on this list.

Whether your encounters with them are good or bad, helpful or unhelpful, please feel free to reach out to Paul Randall: paul@ecclesiahouston.org.

Complaints

Should you have any ethical or professional concerns regarding your care from any of these practitioners, please go directly to the appropriate state authorities:

<https://www.bhec.texas.gov/discipline-and-complaints/index.html>

We also have available a *Spiritual Director Referral List*. For more information, email Paul Randall: paul@ecclesiahouston.org.