PRESTONTRAIL
community church

COUNSELOR
REFERRAL LIST

Counselors

(in alphabetical order)

Jenny Arntson, MA, LPC

Spero Counseling Services | www.sperocs.com
5601 Democracy Drive, Suite 255
Plano, TX 75024
940.765.9029

Jenny Arntson is a Licensed Professional Counselor in the state of Texas, where she earned her Master of Arts in Biblical Counseling from Dallas Theological Seminary in 1999. Jenny has counseled adults and couples who struggle with anxiety, depression, grief, relational conflict, and parenting, as well as many other social and emotional issues. In addition, Jenny can also offer spiritual guidance to those who seek it.

She enjoys using the Enneagram to help clients understand their strengths and personality. She also has a fondness for artists and the creative community as they try to navigate life as the reflectors of beauty and truth in the world. Jenny loves to hear people's stories and is always excited to meet the next person who walks in her office.

Therapeutic specialties: Grief and loss, life transition, forgiveness, stress, anxiety, depression, parenting and women's issues
Education: Master of Arts in Biblical Counseling, Dallas Theological Seminary

Ronda Barney, LCSW, RD, EMDR – Trauma Therapist & Dietitian

Online and In-Person Therapy & Nutrition Services
8641 South 5th St., W3
Frisco, TX 75034
945.223.8213
www.rondabarneytherapy.com

With more than 20 years of experience, Ronda loves working with adults who are facing unexpected and painful challenges in life. She has served as a clinical therapist at Meier Clinic in Fairfax, Virginia, and as a registered dietitian at Georgetown University Hospital and George Washington University Hospital in Washington, DC.

As a therapist and dietitian, Ronda understands the powerful connection between the mind, body, and spirit, and how they synergistically work together to heal and create change. She believes we are healthiest when every part of our being—body, soul, and spirit—is being nurtured.

Ronda helps you feel safe, seen, and supported as you look at the emotional, relational, and spiritual root causes of your struggles. She guides you in putting the pieces back together in a way that facilitates change and allows you to live a vibrant, healthy life.

Whether you suffer from anxiety, depression, grief, spiritual issues, painful life events/change, trauma, cancer, or chronic illness, Ronda can help you sort through

your concerns. Using proven therapeutic tools such as EMDR, she can show you how to create a path of healing that integrates the beauty of faith with therapy.

Therapeutic specialties: Anxiety, depression, trauma, stress, grief and loss, spiritual issues, divorce recovery, chronic illness, women's issues, functional nutrition
Treatment approaches: Integrative, faith-based counseling; Cognitive-Behavioral Therapy, mindfulness, ACT, EMDR, internal family systems, nutrition counseling
Education: BS in Nutrition, Liberty University; Master of Social Work, Virginia Commonwealth University
Author: *Dear Susan, Letters of Comfort, Hope, and Peace for Women Facing a Life-Changing Illness*

Marcy Blake, LPC

Licensed Professional Counselor
Website: Marcy Blake - Cottonwood Creek Church
Phone: 214.542.6208
In-person + Virtual sessions

Marcy has had the privilege of walking alongside children, teens and adults as they seek change through healing and understanding. She believes that everyone can benefit from the counseling process and a counselor relationship. She finds it particularly rewarding to see clients learn new ways of thinking and healthy, effective ways of coping that can be used to mend past hurts, solve present problems and be called upon for future struggles. Using a cognitive behavioral approach, she strives to help clients identify negative thought patterns and replace them with truthful, healthy thoughts and behaviors. When requested, Marcy will incorporate Biblical truths and faith into her counseling sessions.

Marcy finds it particularly rewarding to work with stressed out, anxious teens struggling to manage unrealistic expectations. It can be so difficult to be a teenager. Watching them weave together new ways of thinking, coping skills and a strong sense of self to become a stronger, more whole person is a beautiful process.

With a Master of Arts in Counseling and licensure as a Professional Counselor in Texas, Marcy has extensive experience treating a wide range of concerns.

Marcy sees clients at Cottonwood Creek Church in Allen, TX and is in-network with Blue Cross Blue Shield, Aetna, Cigna, United Healthcare and more.

Areas of interest: Anxiety, Depression, OCD, Grief and loss, Parenting struggles, Self-image/self-worth, Family conflict, Social anxiety, Stress.

Jennifer Bradt, MS, LPC-S, NCC

Planting Seeds – Frisco | www.plantingseedsntx.com
3535 Victory Group Way, Bldg 5, Suite 500
Frisco, TX 75034
469.287.5502

Jennifer is a Licensed Professional Counselor-Supervisor and Certified Clinical Trauma Professional who offers counseling services to children ages 6-18, parents, families, couples, and individual adults who are looking to experience change in their lives. She is a nationally certified counselor who has worked in a variety of settings, including elementary, middle and high schools, and universities. In addition, she has worked with women and children whose lives have been impacted by domestic violence.

Jennifer is an engaging and informative public speaker who addresses topics such as resilience, grief, forgiveness, stress management, chronic illness, shame, suicide, marriage, parenting, and emotional intelligence. Jennifer is certified to utilize the EQi 2.0 and the EQ 360 assessments of emotional intelligence in both counseling and corporate environments.

A graduate of Oklahoma State University, Jennifer has been licensed in Texas since 1999. She believes that our lives are centered around the relationships we create and our perception of how well they are working. We will all experience relational struggles and challenges during our lives, beginning with sibling rivalry, playground/peer difficulties and strained familial relationships.

Through her faith, education, professional training, and experience as a wife and mom, Jennifer can connect with her clients and offer them effective, individualized solutions which instill hope and encourage positive change. Jennifer resides in Frisco, Texas, with her husband and children.

Therapeutic Specialties: Trauma, grief and loss, life transition, forgiveness, cognitive behavioral therapy, mindfulness, stress, anxiety, depression, parenting and women's issues
Education and Professional Associations: B.A. in Psychology, University of Tulsa; Master of Science in Applied Behavioral Studies, Oklahoma State University

Wayne Cagle, LPC-S

Authentic Rhythms Counseling, LLC
5300 Town and Country Blvd., Suite 240
Frisco, TX 75034
wayne@arccounseling.net
469.909.0564

Wayne Cagle is a Licensed Professional Counselor-Supervisor and a Certified Professional Life Coach. He attended Philadelphia College of Bible where he received a B.S. in Bible/Pastoral Leadership. He graduated from Dallas Theological Seminary with a Master of Theology in Pastoral Leadership. In 2004, he added a Master of Education in

Counseling from the University of North Texas. Wayne is EMDR trained through an EMDRIA-approved curriculum.

Wayne has functioned in a variety of helping roles, including small groups pastor, youth pastor, and hospital chaplain. He has experience working in a psychiatric hospital providing services for children and adolescents, adult psychiatric patients, individuals suffering from mood disorders and those dealing with substance abuse.

Wayne specializes in marriage and couples counseling (including related comorbidities), and trauma-focused therapy using EMDR. He is a Gottman Approved Member and utilizes research-supported interventions for maximum effectiveness in therapy. He also works with individuals and families. Areas of focus include communication, conflict management, mood disorders, and addictions.

Brent Dunn, LMFT, LPC, MMFT

www.legacyhope.com
2591 Dallas Pkwy., Suite 300
Frisco, TX 75034
214.549.0515

Brent is a Licensed Marriage and Family Therapist (LMFT) and Licensed Professional Counselor (LPC) practicing in Frisco, Texas. He helps couples, families, and organizations seeking to improve relationship dynamics.

Brent's passion areas include helping people resolve anxiety issues, emotional aspects driving financial problems, and all issues related to achieving a better marriage and/or significant relationship.

Renee' Dunn, M.S., LPC

www.legacyhope.com
2591 Dallas Pkwy., Suite 300
Frisco, TX 75034
214.549.0515

Renee' is a Licensed Professional Counselor (LPC) practicing in Frisco, Texas. She enjoys helping individuals, couples, and families gain insight about themselves and their problems, while empowering them with resources to grow through life's challenges. Her main areas of expertise include anxiety, depression, grief, relationship issues, self-esteem, and women's issues. Every client's journey is personal, and Renee' is humbled to be a small part of her clients' treks.

Samantha Earley, MS, LPC, NCC

Thorn & Rose Counseling, PLLC | www.thornandrosecounseling.com
2770 Main Street
Frisco, TX 75033
info@thornandrosecounseling.com
972.908.0754

Samantha is a Licensed Professional Counselor and owner of Thorn & Rose Counseling, a therapy practice focused on helping teens and young adults find freedom from anxiety, trauma, and attachment concerns. Samantha is a nurturing therapist who uses both science-backed and biblically based perspectives to help clients find healing from trauma and anxiety. We are storytelling creatures, and when we are struggling with mental illness or change, the stories we tell ourselves can be very negative.

Depression, anxiety, perfectionism, grief, and stress are just a few "thorns" that clients bring into therapy. Samantha's goal is to help you find hope and freedom in life again, so you can start to see the "roses." Like the apostle Paul, we can use our thorns to bring people closer to Christ, but only if we make sense of our story first.

Areas of Specialization: Anxiety, perfectionism, career counseling, teenagers, young adults, and dating/relationships
Education: Southern Methodist University

Kleina Fellemende, LCSW

www.friscocounselingservices.com
2770 Main St. #135
Frisco, TX 75033
214.585.1445

Kleina is a genuine, compassionate, and caring person who feels called to help hurting people. She brings years of life experience as well as formal education to her sessions and is constantly reading and attending continuing education classes to stay on the cutting edge of today's issues.

Kleina brings hope and humor to the sessions while offering concrete steps to move the client forward. Even when dealing with painful issues, clients often say they feel better when leaving a session than they did when they came in. Kleina believes the Bible is correct when it states that "without a vision, the people perish," and she strives to help her clients see beyond their present difficulties.

Donna Gill, M.S., LPC, NCC, LCDC
Owner – Life by Design Counseling Group
Online and in-person sessions available
15305 Dallas Parkway, Suite #1227
Addison, TX 75001
214.960.3632
https://www.lifebydesigncounselinggroup.com/
Donna@lifebydesigncounselinggroup.com

Life by Design, Not by Default

You're successful on the outside—but internally, you may feel stuck, overwhelmed, or uncertain about what's next. Whether you're facing burnout, anxiety, career indecision, or a major life transition, it can be difficult to move forward when your mental health and/or career feel out of sync.

Donna Gill graduated from Southern Methodist University (SMU) with her Master of Science in Counseling. She is a Licensed Professional Counselor, and National Certified Counselor, as well as a Licensed Chemical Dependency Counselor who specializes in mental health and career, working with clients ages 14 to 114 who are navigating important life and work transitions. With over 25 years of corporate experience, she understands the pressure to perform, the weight of expectations, and the fear of making the wrong move. Using evidence-based career assessments alongside therapy, she helps you better understand your interests, strengths, values, personality, and goals while addressing the internal barriers that may be holding you back.

As a breast cancer survivor, she brings both professional expertise and lived experience to those navigating chronic illness and the impact it can have on work, purpose, and sense of self.

Her approach is warm and goal-oriented, blending CBT, strengths-based, and solution-focused strategies to help you move forward with clarity, confidence, and intention.

Specialties: Career Counseling, Anxiety, Depression, Grief, Chronic Illness, Burnout, Failure to Launch, Perfectionism, Addictions, Spiritual Issues, and Negative Self-Dialogue—especially as they relate to self and identity, career and school.
Education: Master of Science from Southern Methodist University
Author: *Practical Human Resources for Public Managers (The intersection of Mental Health and Career)* – Publishing 2026

Kristin Goodwin, LPC, CEDS (Certified Eating Disorder Specialist)

In-office or Telehealth
8105 Rasor Blvd., Suite 110
Plano, TX 75024
972.754.8086
kristinjunegoodwin@gmail.com
www.kristinjunegoodwin.com

Kristin Goodwin is a Licensed Professional Counselor and Eating Disorder Specialist in Plano, Texas. She began her career in the non-profit sector working primarily with indigent individuals struggling with mental health issues. After leading a team of mental health workers in this capacity for several years, she became interested in the treatment of eating disorders. She was one of the founding primary therapists at the Eating Recovery Center of Dallas. Kristin opened her private practice in 2015.

Through this work, Kristin has been inspired by the bravery her clients have shown in finding growth and healing through therapy. She loves hearing people's stories and coming to understand each person's unique experience. She is then able to help her clients see themselves in a new way. Kristin considers herself fortunate to walk alongside people who are in search of support, encouragement, and empowerment.

When requested by clients, Kristin finds immense value in allowing their faith to play a central role in their mental health. She is a Next Gen Connections team member at Preston Trail Community Church and has a passion for helping others feel seen and accepted as they lean on their faith for healing and support.

Specialties: Preteens/teens/young adults, adults**,** eating disorders (anorexia, bulimia, binge eating, avoidant restrictive food intake disorder)**,** body image issues**,** anxiety**,** depression**,** obsessive-compulsive disorder**,** self-harm and suicidal ideation

Dr. R. Scott Gornto, PhD, MDiv, LMFT, EMDR

Auxano Counseling and Wellness
https://www.drrscottgornto.com/
IG: @drrscottgornto
6101 Chapel Hill Blvd. Suite 200
Plano, TX 75093
972.312.8893

Dr. R. Scott Gornto 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 in Texas and Arizona), an EMDR trained Trauma Therapist and has extensive training in the behavioral sciences and personal development. Dr. Scott is in private practice and has been practicing in North Texas since 1999. He works with individuals, couples, adolescents (12 yrs old and up), families, groups, entrepreneurs/leaders and businesses from Plano, Frisco, McKinney, Allen, Prosper and Dallas and the surrounding areas.

At home, Dr. Scott is an American abstract artist and enjoys travel, golf, tennis, soccer, hiking, scuba diving, snow skiing, reading, writing, faith/spirituality and spending time with his family.

Specialties: Abuse, Addiction and Recovery, Anxiety and Depression, Anger Management, Boundaries and Codependency, Neuroscience, Communication/Conflict Resolution, Concierge Therapy, Couples/Marriage Counseling, Divorce Counseling, Emotional/Relational Intelligence, Grief/Loss, Infidelity Repair, Parenting & Blended Family, Personality Disorders, Relationship with Self, Sex Therapy, Trauma, 2nd Half of Life
Education: Baylor University, Fuller Theological Seminary, Southern Methodist University, Texas Wesleyan University
Author: *The Stories We Tell Ourselves,* 2014

Kelsey Haka, LPC – Supervisor, National Certified Counselor, Registered Play Therapist

In-office or Telehealth
8105 Rasor Blvd., Suite 231
Plano, TX 75024
972.754.8340
www.whiterockcreektherapy.com
whiterockcreektherapy@gmail.com

Kelsey Haka is a Licensed Professional Counselor - Supervisor located in Plano, Texas. She opened her private practice, White Rock Creek Therapy, in 2017 after working in treatment centers and group private practice.

Kelsey understands that we are all different, and therapy needs to be tailored to meet each individual's needs. Kelsey creates a strong therapeutic relationship with clients and then utilizes cognitive behavioral therapy (CBT) to promote healing by challenging negative thought patterns and finding individualized counter thoughts and coping skills for clients to use.

When requested by clients, Kelsey loves to help bridge the gap between faith and mental health. Kelsey volunteers as an eighth-grade girls' small group leader at Preston Trail Community Church and has a passion for teaching faith in a practical way that can help her clients in their everyday struggles. Kelsey believes faith is the strongest coping skill we can have through some of life's hardest seasons, and she encourages her clients to lean into their faith so they can grow to be the person they want to be.

Specialties: Preteens/teens/young adults, adults, eating disorders (anorexia, bulimia, binge eating, avoidant restrictive food intake disorder), body image issues**,** play/activity-based therapy, anxiety**,** depression**,** obsessive-compulsive disorder**,** self-harm**,** suicidal ideation

HopeWorks Counseling

Individual Counseling, Couples Counseling and Family Therapy – Ages 4+
700 East Park Boulevard, Suite 206
Plano, TX 75074
972.212.9175
Office@hopeworkscounseling.org
https://hopeworkscounseling.org/

HopeWorks Counseling is a faith-based group practice with a diverse team providing therapy and medication management. The licensed professional counselors and life coaches at HopeWorks offer compassionate care and sound guidance based on biblical truth and psychological wisdom. They provide a safe and judgment-free environment where you can share your story and struggles. You will be treated with care and respect as you receive the guidance and tools needed to heal, grow, and achieve your goals.

HopeWorks offers a *free* 15-minute consultation with therapists who will answer questions you may have about counseling services. You can also utilize the search bar at https://hopeworkscounseling.org to find a clinician who is the right fit for you. Several HopeWorks therapists accept insurance to make sessions more affordable. The practice has also partnered with Great Pathways Psychiatry to provide medication management.

Therapeutic Specialties: Anxiety, depression, trauma, stress management, grief and loss, spiritual issues, women's issues, men's issues, substance use, divorce and court issues, anger management, parenting, veterans, behavioral issues
Treatment approaches: Integrative faith-based counseling, cognitive-behavioral therapy, EMDR, dialectical behavioral therapy, play therapy, medication management, couples counseling, family therapy, premarital counseling

Marcia Hotchkiss, Spiritual Director

marcia@abbeyonlovers.org

Marcia trained at HeartPaths DFW, one of the oldest training programs for spiritual directors in Texas. She has been helping people with spiritual direction since 2016, both in-person and virtually. She participates monthly in a supervision group for spiritual directors where her skills as a spiritual companion are honed and sharpened. She is also a member of Spiritual Directors International and attends its conferences and others to keep current in the field. Marcia has been teaching spiritual formation classes for over 30 years and is an author and a retreat speaker on contemplative spirituality.

Matt McKinney, LPC

Journey On Counseling
Frisco and Plano
8105 Rasor Blvd., Suite 103
Plano, Texas 75024
972.588.4007 (call or text for appointment)
www.journeyoncounseling.org

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. Matt integrates cognitive/behavioral therapy with biblical principles to equip his clients to have the right tools to work on their individual challenges.

Journey On Counseling accepts Blue Cross & Blue Shield and United Healthcare.

Areas of expertise: Premarital counseling/assessment, communication, conflict resolution, divorce recovery, identity/self-worth, men's issues, anger, anxiety/fear, grief/loss, depression, and personal growth

Lauren Moore Counseling – LPC

2591 Dallas Parkway, Suite 300
Frisco, TX 75034
lauren@laurenmoorecounseling.com

2681 MacArthur Blvd., Suite 302
Lewisville, TX 75067
940.636.5708

Lauren Moore is a Licensed Professional Counselor serving adults 18 and over, families, married couples, dating and engaged couples. She counsels from a Christian perspective, integrating biblical truth with cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), exposure and response prevention (ERP), and inference-based cognitive behavioral therapy (I-CBT).

Areas of specialty: Anxiety, OCD, depression, disordered eating, communication, identity, grief, codependency, infidelity, abandonment and attachment issues, parenting, marital and premarital counseling
Certifications and memberships: MABC, Prepare-Enrich Certified, OCD trained, member of Christian Therapists of North Texas and International OCD Foundation

Emily Pennington, Licensed Marriage and Family Therapist Supervisor

Founder and Owner of The Next Chapter Counseling
In-Office or Telehealth
8951 Synergy Drive (near Custer and Eldorado)
McKinney, TX 75070
469.209.9779
www.tnccounseling.com
contact@tnccounseling.com

Emily is a fun and relatable therapist who works with teens or adults. She enjoys finding new and fresh ways to approach life's challenges. Her personal experience with social anxiety and ADHD in high school and college means she doesn't just talk about symptoms—she *gets it*. Through the process of understanding your challenges and overcoming them, Emily integrates clinically proven interventions, faith in God, and humor into each therapy experience.

Specialties include anxiety and self-esteem issues, perfectionism, people-pleasing, stress, school issues, friendship struggles, dating/relationship challenges, spirituality, difficult family dynamics, and harmful or maladaptive behaviors or patterns.
Emily is ready to help you start overcoming hurdles and living a resilient and fulfilling life. Call for a *free* 15-minute phone consultation to see if Emily or one of her therapists is the right fit for you! They offer a sliding fee scale upon request making therapy accessible to you and your family.

Outside of therapy, Emily loves reading, writing, playing board games, running, trying to keep her plants alive, playing with her cockapoo, Darcy Elizabeth (who attends therapy sessions with Emily), going on traveling adventures with friends, and growing closer in her relationship with God daily.

Wendy Pierce, MA, LPC-S, NCC

The Nourishment Center – Frisco
www.thenourishmentcenter.com
5850 Town & Country Blvd, Ste 603
Frisco, TX 75034
214.973.6312
Wendy.pierce@thenourishmentcenter.com

Wendy is a Licensed Professional Counselor who specializes in the assessment and treatment of eating disorders. She is an approved counseling supervisor in the state of Texas. Wendy is a nationally certified counselor with a master's degree in professional counseling from Liberty University (2011). She has worked as a counselor in domestic violence, sexual assault, eating disorders, general counseling centers, Christian counseling centers, private practice, and hospital settings. In addition to her specialty in eating disorders, Wendy has experience working with depression, anxiety, trauma, and adjustment disorders.

Wendy is the founder and owner of The Nourishment Center in Frisco—an outpatient treatment center dedicated to meeting the needs of patients and families entering treatment or stepping down from higher levels of care. The Nourishment Center offers intake/assessment services, individual counseling, nutrition counseling, and a variety of group programs to provide meal support, skill development, and connection. The Nourishment Center also offers the Trinity Program, a Christian treatment program for eating disorders, which includes distinctively Christian counseling as well as a Christian support group.

Therapeutic Specialties: Adolescents (10 years and older), adults, eating disorders (anorexia, bulimia, binge eating, unspecified, avoidant restrictive food intake disorder), disordered eating, body dysmorphia, depression, anxiety, cognitive processing therapy (CPT) for trauma, Christian counseling, acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT/CBT-eating disorders), family based treatment (FBT)
Education: B.A. in Communications, College of Charleston; M.A. Professional Counseling, Liberty University
Associations: International Association of Eating Disorder Professionals (IAEDP); American Association of Christian Counselors (AACC)

Krista Plasky, MA, LPC Associate

Supervised by Tara G. Wedemeyer, MS, LPC-S, NCC
Planting Seeds Counseling and Coaching
805 E. First Street
Prosper, TX 75078
469.481.6965
krista@plantingseedsntx.com

Do you ever feel like you are the only one? The only one who feels this way, the only one who struggles with (you name it), the only one who wonders if there is anyone who can help? Krista is a firm believer that every person's story is unique and worthy of sharing. She understands that our experiences impact how we perceive ourselves, our lives, our journeys, and our relationships. She has experience working with individuals, couples, and late teens with a wide array of concerns including depression, anxiety, grief, addiction, trauma, communication, and developmental differences. She is currently working as an LPC Associate.

Krista believes that counseling is a highly individualized process, created through collaboration and trust between herself and her clients. She incorporates diverse therapeutic philosophies to create a personalized treatment plan for each individual. Krista seeks to create an empowering and supportive environment and make the process as comfortable as possible for her clients.

Krista is captivated by the effect of quality communication in all types of relationships. She has seen how effectively listening to and understanding others fosters healing and connection. God continues to open doors for Krista to support others in their journeys.

Krista has extensive experience facilitating groups for women struggling with betrayal and supporting individuals facing trauma, grief, hardships and struggles of all kinds. Her faith is the foundation of her work and guides her in all she does.

Lisa Rattner, LCSW – Christian Counseling & Coaching

Exclusively Virtual
214.425.9571

Lisa provides biblically based, Christ-centered counseling services in an atmosphere of acceptance, understanding, and prayer. She works with people who long to be set free from destructive patterns, disabling depression, anxiety, doubt, fear, rejection, and/or unhealthy relationships.

As an interactive therapist, and as clients feel comfortable, she uses scripture and Bible study, teaching videos and homework assignments to help renew the mind and revive the spirit. Her hope is that through this process, clients will develop a deeper relationship with God and find health, healing, and wholeness. The Lord performs miracles in people's lives!

"God can do anything, you know—far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us" (Ephesians 3:20-21 The Message).

Clinical focus: Grief, loss, pre-marital counseling, couples, family, adoption, divorce, post-abortion, addictions, sexual abuse, mental and emotional problems
Specialties: Marital and premarital counseling, women's issues, grief, adoption, anger management, anxiety, career counseling, codependency, coping skills, depression, divorce, faith-based struggles, family conflict, infidelity, life coaching, life transitions, relationship issues, self-esteem, sexual abuse, spirituality, stress, trauma, and PTSD
Education: New York University
Qualifications: More than two decades in practice

Emily Runnels

emily@thornandrosecounseling.com

Emily is an LPC-Associate supervised by Jenee Dusza, LPC-S. Emily works with Thorn & Rose Counseling to provide therapy for teens and young adults, primarily working with anxiety, perfectionism, transition and adjustment, and pre/postpartum care. Emily helps those looking for support with trauma and life adjustments. Having worked at church camps most of her life, Emily blends a strong Christian foundation with sound mental health knowledge.

Education: University of North Texas

Jamie Schlegel, M.MFT, LPC

Olive Counseling, PLLC | olivecounselingtx.com
Sessions held online via secure platform SimplePractice (like Zoom)
214.247.6837
jamie@olivecounselingtx.com

Jamie is a Licensed Professional Counselor with an undergraduate degree in psychology and a minor in Bible, and a master's in marriage and family therapy, all from Abilene

Christian University. She has held her LPC license in Texas since 2005. After taking a break to raise her two boys, Jamie is excited to be back following her professional passion: coming alongside adolescent girls and women to encourage hope and healing.

Jamie partners 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 women and girls 13 and up 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, and relationships. She does not do crisis management and cannot adequately assess a crisis using online counseling.

Therapeutic approach: A unique mix of faith-based, solution-focused, and family systems theory. When an individual becomes healthier, they can help create healthier systems and relationships around them. She works with individual residents of Texas using an online HIPAA-secure platform.

Amissa Sharrock, LPC

Virtual Sessions – Evenings & Weekends
469.226.5845
Amissa.Sharrock@outlook.com
Book An Appointment

Amissa Sharrock has been licensed by the State of Texas as a Professional Counselor since 2000. She obtained her master's degree in counseling from Amberton University in 1998. In addition to her private practice, she also has worked at an outpatient psychiatric clinic as an IOP Lead Program Therapist since May of 2009. As a divorced, single mom of a special-needs daughter, Amissa also understands the importance of coparenting beyond divorce.

Experience/Specialties: Amissa has 25 years of clinical experience and specializes in helping adults struggling with workplace issues, everyday stressors, depression, anxiety/obsessive worry/panic attacks, relationship issues, divorce, unhealthy boundaries, toxic boss, job burnout, lack of work/life balance, conflict/criticism/difficult people, grief/loss, dysfunctional family, shame/guilt, healing past pain/hurts, trauma/ PTSD, decreased self-esteem/confidence, and chronic pain.
Therapeutic Approach: Her therapeutic focus involves helping clients identify their current struggles, obstacles, and any negative thinking/behavior patterns that are keeping them stuck. The goal is to help them develop better coping strategies, which will lower their anxiety level, increase their ability to better manage stressors, improve mood management, and allow them to have a better quality of life.
Therapeutic Interventions: Amissa's therapeutic interventions include cognitive behavioral therapy (CBT), reality-based, motivational interviewing, mindfulness, compassion, problem-solving tools, psychoeducational approaches, as well as providing empathy and guidance without judgment in a safe environment.

Chrissy Smith, M.A., LPC and Spiritual Director

In-person and virtual counseling

15441 Knoll Trail, Suite #200
Dallas, TX 75248
972.733.0050 Ext. #9

A Licensed Professional Counselor for over 30 years, Chrissy has practiced in professional counseling centers as well as church settings. She has served in various ministries and in leadership on a large church staff for more than 20 years.

Chrissy is a part of Nikaō Counseling Center where she offers a safe space for those seeking growth, guidance, and healing. She believes we are all on a journey and have opportunities to become more of who we were created to be when we have others walking alongside us through our trials and triumphs. Chrissy trusts in an open and honest counseling relationship and offers encouragement and acceptance to equip clients with the skills and tools they need to reach their goals.

Chrissy applies an integrative approach to counseling paying special attention to the mind, body, soul, and spirit. She believes we all can find hope in being made in the image of God as He invites us to better know our identity and value.
Chrissy and her husband, Scott, have been married since 1992 and have two adult children. She has served in her local church and loves spending time with family and friends, exploring new places, and offering hospitality to others.

Areas of Specialty

- Couples Counseling
- Grief and Loss
- Trauma
- Spiritual Growth
- Parenting, particularly for those who have children with special needs of all ages
- Life Transitions (adulthood, marriage, midlife and aging)
- Anxiety and Depression

Chrissy is also a spiritual director offering in-person and virtual appointments.

Chrissygsmith25@gmail.com

Chrissy has been a Spiritual Director for the past five years and delights in walking with others in their journey towards a deeper, more intimate relationship with the Lord. Life is full of choices and opportunities to shape our life and identity. The Lord has provided his word, his Holy Spirit and other believers to encourage and offer wisdom along the way.

Chrissy's role as a Spiritual Director is to journey alongside you—to pray, listen, and encourage without judgment. Her desire is to offer a safe and confidential environment that encourages and guides you to discover your life of faith in God. Through Spiritual Direction, you and Chrissy will consider God's Word, spiritual practices, prayer, and spiritual formation to encourage a deeper relationship with God.

Rhett Smith, LMFT, MSMFT, MDiv
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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 and a Master of Divinity—both from Fuller Theological Seminary. Rhett also has been certified as an executive coach by 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 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.

Rhett's 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 who personally trained under 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 positive changes in their lives. He also works with those who 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 www.rhettsmith.com.

Watershed Initiative – Kingdom-minded counseling

The Watershed Initiative is a group of Christian therapists passionate about serving the mental health needs of the local church. Their vision is to empower the church to be the first and best option to access mental health resources.

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- Therapy for individuals of all ages, couples, and groups
- A range of price points that can work within your budget, including therapists who take insurance
- Offices in Allen, Cedar Hill, Frisco, Plano/Richardson. In-person and virtual available.

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Check out our helpful resource: "How to Find the Right Counselor for You!"

Tara Wedemeyer, MS, LPC, NCC

Planting Seeds Counseling & Coaching | www.plantingseedsntx.com
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Tara is a Licensed Professional Counselor who works with adolescents and adults. She received her master's degree in Counseling and Development from Texas Woman's University and her Bachelor of Arts from the University of North Texas. Tara utilizes research-based, integrative and creative approaches to help people achieve their goals, gain better balance, and overcome difficulties, thus facilitating cognitive, emotional, and behavioral growth.

Besides her private practice, Tara has worked in hospitals and with high-risk adolescents in schools. She has experience in individual, group, couples, and family therapy. Tara is trained in eye movement desensitization and reprocessing (EMDR) through EMDRIA, stress and relaxation therapy, trauma, and grief.

Areas of specialization: Trauma, grief and loss, mood disorders, anxiety, ADHD, chronic disease, and women's issues. She is committed to joining her clients on their journey to health and healing. Tara is passionate about life and people and is known for creating a warm and safe environment for her clients.

Amanda Young, MA, LPC

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amanda@plantingseedsntx.com

Amanda Young is a Licensed Professional Counselor. Born and raised in the Lone Star State, Amanda spent 17 years in the medical field before returning to school to pursue her passion for helping others through counseling. She graduated from Dallas Christian College with a BS in Ministry & Leadership, then attended Dallas Baptist University, where she earned an MA in Professional Counseling. During her graduate practicum, she worked at University Behavioral Health. There she provided crisis counseling, psychological education classes and group counseling for adolescents and adults.

Amanda is passionate about serving each client and working together to identify areas of concern, create goals that will inspire progress and design an individualized treatment plan that will address their mind, body and spirit.

Amanda and her husband have been married for 20 years and have one son who is a third-year student at the University of California, San Diego.

Therapeutic Specialties: Trauma, grief and loss, life transition, forgiveness, cognitive-behavioral therapy, mindfulness, stress, anxiety, depression, parenting and women's issues, adolescent struggles
Education: MA in Counseling, Dallas Baptist University
BS in Ministry & Leadership, Dallas Christian College