

COUNSELOR REFERRAL LIST



PRESTONTRAIL
community church

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

Ronda loves working with adults who are facing the unexpected and painful things life throws their way. With over 20 years of experience, she has worked as a Clinical Therapist at Meier Clinic in Fairfax, Va., and as a Registered Dietitian at Georgetown University Hospital & George Washington University Hospital in Washington, DC.

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

In a space where you will feel safe, seen, and supported, Ronda will help you to look at the emotional, relational, and spiritual root causes of your struggles and put the pieces back together in a way that facilitates change and allows you to live a vibrant and healthy life.

Whether you are facing anxiety, depression, grief, spiritual issues, painful life events/change, trauma, cancer, or chronic illness, with proven therapeutic tools such as EMDR, Ronda can help you sort through your concerns and 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: Liberty University, BS in Nutrition; Virginia Commonwealth University, Master of Social Work

Author: *Dear Susan, Letters of Comfort, Hope, and Peace for Women Facing a Life-Changing Illness*

Jennifer Bradt, MS, LPC-S, NCC

Planting Seeds – Frisco | www.plantingseedstx.com

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Frisco, TX 75034

469-287-5502

Jennifer is a Licensed Professional Counselor-Supervisor and Certified Clinical Trauma Professional who offers counseling services based on a growth-oriented model 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 also 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. University of Tulsa – Psychology

M.S. Oklahoma State University – Applied Behavioral Studies

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 and received a B.S. in Bible/Pastoral Leadership. He then attended Dallas Theological Seminary and graduated 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 training 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 various populations: children and adolescents, adult psychiatrics, mood disorders and 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, but are not limited to, communication, conflict management, mood disorders, and addictions.

Brent Dunn, LMFT, LPC MMFT

www.legacyhope.com

2591 Dallas Pkwy., Suite 300
Frisco, TX 75034
214-459-0515

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 more 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.

Kleina Fellemede, 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. Clients often say they feel better when leaving a session than they did when they came in even when dealing with painful issues. 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.

Kristin Goodwin LPC, CEDS - Licensed Counselor and 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 people see themselves in a way they may not have before. Kristin has witnessed so much resiliency and strength in her clients and 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

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. Kelsey opened the 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 is an 8th 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

Samantha Hoover, MS, LPC, NCC

Thorn & Rose Counseling, PLLC | www.thornandrosecounseling.com
4645 Avon Lane, Unit 320, Frisco, TX 75034
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 story-telling creatures, and sometimes 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 we come into therapy with. 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, Dating/Relationships, Teenagers & Young Adults

Education: Southern Methodist University

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)

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 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 now accepts Blue Cross & Blue Shield and United Healthcare. For more information, check out www.journeyoncounseling.org

Wendy Pierce, MA, LPC-S, NCC

The Nourishment Center – Frisco

www.thenourishmentcenter.com

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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; it is 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. College of Charleston – Communications; M.A. Liberty University – Professional Counseling

Professional Associations: International Association of Eating Disorder Professionals (IAEDP); American Association of Christian Counselors (AACC)

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

Jamie Schlegel, M.MFT, LPC

Olive Counseling, PLLC | olivecounselingtx.com

Session held online via secure platform Simple Practice (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 Masters in Marriage and Family Therapy, all from Abilene Christian University. She completed her studies in 2004 and 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 women to encourage hope and healing. In her private practice setting, Jamie specializes in working with adolescent girls and women.

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 adolescent girls and women 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.

Jamie's therapeutic approach is a unique mix of faith-based, solution-focused, and family systems theory. She believes 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 HIPPA-secure platform.

Amissa Sharrock, LPC

Phone: #469-226-5845 (*Virtual Sessions-Evenings & Wkds)

Email: Amissa.Sharrock@outlook.com

Psychology Today Profile/Photo: <https://www.psychologytoday.com/profile/1185887>

Population: Adults, Individuals, Couples/Relationship, Family

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/Specialty: 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 life overall.

Therapeutic Interventions: Amissa's therapeutic interventions include CBT (Cognitive Behavioral Therapy), Reality Based, Motivational Interviewing, Mindfulness, Compassion, Problem Solving Tools, Psychoeducational approaches, as well as providing empathy and guidance without judgement in a safe environment.

Rhett Smith, LMFT, MSMFT, MDIV

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rhett@rhettsmith.com

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

Jodana "Jodie" Varilek, MSW, LCSW, LSSW, LCWS

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Frisco, TX 75034
469-414-5800
www.jodanavarilek.com

For more than 20 years, Jodie has worked with children, adolescents, and adults who have experienced trauma, grief, abuse, depression, and anxiety. She also helps people who struggle with medical and learning challenges.

With a master's degree in social work, Jodie has served with Child Welfare to assist families in reunification and adoption. She brings creativity to her sessions, utilizing multiple modalities such as play, yoga, art, and movement.

Sliding scale rates are available for those who qualify.

Tara Wedemeyer, MS, LPC, NCC

Planting Seeds Counseling & Coaching | www.plantingseedsntx.com
805 East First Street
Prosper, TX 75078
469.481.6965 (main) | 940.390.4742 (direct)

Tara is a Licensed Professional Counselor who works with adolescents and adults. 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 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.

Some of her areas of specialization include 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.