

COUNSELOR REFERRAL LIST



PRESTONTRAIL
community church

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
www.rondabarneytherapy.com
8641 South 5th St., W3
Frisco, TX 75034
945-223-8213

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*

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 psychiatrics, 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
214-459-0515

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 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
info@thornandrosecounseling.com
2770 Main Street
Frisco, TX 75033
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 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 first make sense of our story.

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

Education: Southern Methodist University

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. 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.

Kristin Goodwin LPC, CEDS - Licensed Counselor and Certified Eating Disorder Specialist

In-office or Telehealth
kristinjunegoodwin@gmail.com
www.kristinjunegoodwin.com
8105 Rasor Blvd., Suite 110
Plano, TX 75024
972-754-8086

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

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 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

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 the state of Texas. Marcia has been meeting with people for 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 their 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

<https://www.laurenmoorecounseling.com/>

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

2681 MacArthur Blvd., Suite 201
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 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, BTTI certified, 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

Located near Custer and Eldorado on the border of McKinney and Frisco

8951 Synergy Drive

McKinney, Tx 75070

(469) 209-9779

www.tnccounseling.com

Contact@tnccounseling.com

Emily is a fun and relatable therapist who works with teens and adults who struggle with anxiety, school and self-esteem issues, perfectionism, people-pleasing, stress, friendship and dating relationships, and spirituality. Her lived experience with social anxiety in high school and college and ADHD means she doesn't just talk about symptoms – she *gets it*. Emily integrates clinically proven interventions, faith in God, and a touch of humor into each client's therapy experience.

Outside of therapy, Emily loves playing with her cockapoo, Darcy Elizabeth (who attends therapy sessions with her).

Reach out to Emily today for a free 15-minute phone consultation. See if she or one of her team is the right fit for you! They offer a sliding fee scale upon request to make therapy accessible to everyone.

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. Additionally, 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 Professional, 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 a master's level intern.

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. She draws on concepts from person-centered, narrative, and cognitive behavioral therapy.

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 challenges. Emily provides empathetic care to those looking for support with trauma and life adjustments. Emily offers a unique blend of sound mental health knowledge and care, with a strong Christian foundation.

Areas of Specialization: anxiety, depression, life transitions, pre/postpartum
Education: University of North Texas

Jamie Schlegel, M.MFT, LPC

Olive Counseling, PLLC | olivecounselingtx.com

Sessions 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 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 HIPPA-secure platform.

Amissa Sharrock, LPC

Virtual Sessions-Evenings & Weekends

469-226-5845

Amissa.Sharrock@outlook.com

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

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 co-parenting 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 judgement in a safe environment.

Chrissy Smith M.A., LPC

Offering in-person and virtual counseling
15441 Knoll Trail, Suite #200
Dallas, TX 75248
(972)733-0050, Ext. #9

Chrissy has been a Licensed Professional Counselor working in professional counseling centers and in church settings for over 30 years. She has served in various ministries, including being a part of leadership on a large church staff for 21 years.

As part of Nikaō Counseling Center, Chrissy offers a safe space for those who are seeking growth, guidance, and healing. She believes we are all on a journey and have opportunities to become more of who we are created to be when we have others walking alongside us through our trials and triumphs. Chrissy offers encouragement and acceptance to her clients as she helps equip them with skills and tools needed to reach their goals.

Areas of Specialty:

- Couples Counseling
- Grief and Loss
- Trauma
- Spiritual Growth
- Parenting, particularly for those who have special needs children of all ages

- Life Transitions (adulthood, marriage, midlife and aging)
- Anxiety and Depression

Chrissy Smith, Spiritual Direction

In-person and virtual

Chrissygsmith25@gmail.com

Besides her counseling practice, Chrissy has served as a Spiritual Director for the past five years. She walks with those who long for a deeper, more intimate relationship with the Lord.

A Spiritual Director journeys through life alongside you to pray, listen, and encourage without judgement. Chrissy's 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, Chrissy utilizes God's Word, spiritual practices, prayer and spiritual formation to encourage a deeper relationship and experience with God.

Rhett Smith, LMFT, MSMFT, MDIV

5300 Town and Country Blvd. #240

Frisco, TX 75034

469-304-9022

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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 helps 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*.

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—specifically in marriage—and want to grow. The four areas in which Rhett enjoys working with clients the most are anxiety, marriage, faith, and transitions.

Watershed Initiative – Kingdom-minded counseling

The Watershed Initiative is made up of a group of Christian therapists who are 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.

- 40+ Christian therapists clinically trained in various specialties
- 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.

To get started, visit www.watershedinitiative.com or call/text 214-414-0378.

Check out our helpful resource: "[How to Find the Right Counselor for You!](#)"

Tara Wedemeyer, MS, LPC, NCC

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

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 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.

Areas of specialization: Trauma, grief and loss, mood disorders, anxiety, ADHD, chronic disease, and women's issues. Tara is known for creating a warm and safe environment for her clients.

Amanda Young, MA, LPC

Planting Seeds Counseling & Coaching, PLLC
Online and in office therapy
3535 Victory Group Way, Bldg 5, Suite 500
Frisco, TX 75034
Direct (214) 597-9918
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. She graduated from Dallas Christian College with her BA in Ministry & Leadership and then attended Dallas Baptist University, graduating with her 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 at 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