

Dr. Corey Allan

214.629.6133

corey@smrnation.com

smrnation.com (Sessions held online via Zoom)

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

Dr Allan also offers marriage intensives as an alternative to weekly sessions for those in need of a more time-effective and intensive therapy approach. There is also a focus on working with men and parenting issues. Check out his website for other helpful resources and access to the Sexy Marriage Radio weekly podcast (there are over 10 years of episodes available).

Jennifer Bradt, MS, LPC-S, NCC

Planting Seeds – Frisco

3535 Victory Group Way, Bldg 5, Suite 500, Frisco, TX 75034

Planting Seeds - Prosper

805 East First Street Prosper, TX 75078

469.287.5502 Frisco

469.481.6965 Prosper

www.plantingseedscc.com

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 as well as two 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 has spoken on 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 is able to connect with her clients and offer effective, individualized solutions which instill hope and encourage positive change. Jennifer resides in Frisco, TX 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

Brent Dunn, LMFT, LPC MMFT

2591 Dallas Pkwy., Suite 300 Frisco, TX 75034

214.459.0515

www.legacyhope.com

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

Dr. R. Scott Gornto, PhD, MDIV, LMFT, CST

6101 Chapel Hill Blvd., Ste. 200, Plano, TX 75093

972.312.8893

www.rscottgornto.com

admin@auxanocounseling.com

Dr. Gornto is a Licensed Marriage and Family Therapist, former Pastor/Church Planter, Certified Sex Therapist, Speaker and Author based in Frisco/Plano, Texas. He holds a PhD degree in Marriage and Family Therapy and a MDIV degree Psychology and Theology. Since 1998, Dr. Gornto has worked with individuals, couples/marriages, adolescents, families, groups, churches, executives, and leaders. During that time, he has seen over 35,000 hours of individual, marriage, family, and group therapy.

His areas of specialization include: Addiction (behavioral, chemical), Boundaries/Codependency, Communication/Conflict Resolution, Couples Therapy, Anxiety/Depression, Infidelity Repair, Trauma/PTSD and Sex Therapy.

He's the creator of the Auxano Approach© to relationships, The Truth About Marriage© workshops and intensives for couples, the RQ Relational Intelligence program for C-level executives, entrepreneurs and leaders and the author of The Stories We Tell Ourselves.™

KJ Hurt, M.A., LPC

2600 Eldorado Pkwy Suite 230 McKinney, TX 75070

214.802.3168

www.kjhurt.com

KJ Hurt offers professional counseling to children, teens, and adults in McKinney and surrounding areas. She is a Licensed Professional Counselor dedicated to providing her patients with the highest levels of psychotherapy counseling in the North Texas area. KJ approaches counseling with a Cognitive-Behavioral Therapy mindset that has proven to be successful in treating a number of conditions like depression, anxiety, mood disorders, and stress management. Cognitive-Behavioral Therapy, or CBT, aims to help clients increase insight about how their thoughts, feelings, and behaviors relate to each other.

Rhett Smith, LMFT

5404 W Plano Parkway, Ste. 210 Plano, TX 75093

469.304.9022

www.rhettsmith.com

admin@rhettsmith.com

Rhett is a licensed marriage and family therapist and former pastor with over 19 years of experience helping people transform their lives and relationships. Rhett works with individuals, couples and families; specializing in relational issues (dating, premarital, marriage), anxiety, self-care/wellness. His goal is to help you become aware of what holds you back, and then empower you to learn, grow and connect as a person, and in relationships with others. Rhett is the author of What it Means to be a Man and The Anxious Christian.

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.plantingseedsc.com

tara@plantingseedsc.com

Tara is a Licensed Professional Counselor, who works with adolescent and adult populations. 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. She utilizes her knowledge and skills in order to help people achieve their goals, gain better balance, and overcome difficulties, thus facilitating cognitive, emotional, and behavioral growth. She has experience in individual, group, and family therapy. Tara uses research-based approaches and is trained in relaxation therapy, substance abuse, and play therapy. She is committed to joining her clients on their journey to health and wholeness.

Tara is passionate about life and people and creates a warm, safe, and creative environment.

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

8668 John Hickman Parkway, Suite 802, Frisco, TX 75034

469.414.5800

www.jodanavarilek.com

Jodie has 20 years of experience working with children, adolescents and adults who have experienced trauma, grief, abuse, depression, and anxiety, as well as those 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 uses creativity in her sessions, utilizing multiple modalities such as play, yoga, art, and movement.

Sliding scale rates are available for those who qualify.

Matt McKinney, LPC
Journey On Counseling

Frisco and Plano
8105 Razor Blvd., Suite 103, Plano, Texas 75024
972.588.4007

Matt McKinney is a Licensed Professional Counselor serving North Texas. Matt has a passion for walking alongside individuals, couples and families and helping them find hope in their time of need. Matt believes the only way to experience true change is for God to change a person's heart. His desire is to help bring about that change by pointing people to God when they are stuck or struggling with a particular issue. Areas of Matt's expertise include: Communication and Conflict Resolution, Divorce Recovery, Identity/Self-Worth, Men's Issues, Anger, Anxiety and Fear, Grief and Loss, Personal Growth and Depression.

Journey on Counseling is now accepting Blue Cross & Blue Shield.

Wayne Cagle, LPC-S
Lifeworks

2625 N. Josey Ln., Suite 250, Carrollton, Texas 75007
972.466.2800
<https://www.lifeworkscc.com/our-therapists/wayne-cagle/>

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 Masters in Theology in Pastoral Leadership. In 2004, he added a Masters in 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. He is a Gottman Approved Member and utilizes research-supported interventions for maximum effectiveness in therapy. He also works with individuals and families as well. Areas of focus include, but are not limited to: communication, conflict management, mood disorders, and addictions.

Todd Daenhart
214.509.7149
todd@dcllp.us
daehnertcounseling.com

We provide holistic individual counseling (adults and adolescents), marriage counseling (marital and pre-marital), and family counseling for all of Collin county including Fairview, Allen, McKinney, Wylie, Lucas, TX and surrounding areas. We see clients seeking help with issues ranging from addictions (sex/porn addictions in particular for both men and women), mood disorders (depression and bipolar disorder), anxiety disorders, infidelity in marriages, and more.

As noted above, we believe in treating the whole (emotional, mental, physical, and spiritual) person as everything usually ties together.

Stonebriar Counseling Associates

972.943.0400
Stonebriarca.com

Stonebriar Counseling Associates (SCA) is purposefully passionate in providing quality psychotherapy from a Christian perspective that influences the treatment of psychological, emotional, and mental health issues. Our therapists are licensed professional counselors, interns, and psychologists engaged in providing quality mental health care, marriage counseling and educational services to clients in the Frisco, Texas area.

Gregory Donihoo Ph.D., LMFT

469.362.8004, x256
info@thecouchpsychology.com
thecouchpsychology.com

We specialize in **men's issues**. I've always felt pushed to be a "lone-wolf" and culture told me to "be a man" or "get over it" when it came to my emotions. As men, when we have a problem, we deal with it on our own, often by using pornography, drinking, playing video games, or searching elsewhere for affection. We lie, we defend, we run. We constantly look for peace and acceptance, even if it's temporary or fake.

"You can't go back and change the beginning, but you can start where you are and change the ending." – C.S. Lewis

Once we understand a process, it's easier to change it. We won't judge you. We all do and say things that make sense to us at the time. And we all need a safe guide to help us navigate through life when we need a new direction.

316 Counseling Center

469.421.9181
316counselingcenter.org

A non-profit organization existing to strengthen families through faith, counseling, and support.

For Children – Play therapy, Group therapy, and summer camps.

For Teens – Individual therapy, Group therapy, Support groups, and summer camps.

For Adults – Individual therapy, Group therapy, Support groups, Parenting classes, Couples therapy.

316 Counseling center offers sliding scale counseling for children and caregivers and free parenting classes.

Dr. Becki Welsh has nearly 30 years' experience working with children and their caregivers.

Coaching

Sonia Schwalen, Ph.D., LP, NCSP, LSSP

469.294.9075

drschwalen@nextstepsww.com

www.nextstepsww.com

Next STEPS Worldwide is an outpatient clinic providing psychological, therapeutic, and nutritional services across the lifespan. From the youngest infant to the oldest adult and to families and individuals in between – we believe the best version of you is within reach. Our team of experts includes psychologists, therapists, and dietitians, allowing Next STEPS to meet all of your needs within one clinic. Contact us today!

Español

Consejeros

Jennifer Aguirre

972.984.9310

jennifer.p.aguirre@gmail.com

Jennifer ofrece consejería individual para adolescentes y adultos, así como consejería matrimonial, prematrimonial y familiar. Está certificada como facilitadora de Prepare and Enrich. En el asesoramiento individual, su enfoque principal es la ansiedad, la depresión, la ira y el manejo del estrés, y hacer frente a los cambios repentinos en la vida. Sus áreas especiales de interés incluyen temas de adolescentes, problemas de identidad étnica, atención de divorcio y consejería de trauma.

Jennifer tiene una licenciatura en Psicología y Ciencias de la Tierra de la Universidad de Texas A&M y un MABC en Consejería del Seminario Teológico de Dallas.

Marisol Celis

Hope for the Heart

972.212.9152

mcelis@hopefortheheart.org

Jenny Konvicka

Hope Clinic

469.712.4246 x3

jenny@hopeclinicmckinney.org

Hope Clinic of McKinney es una clínica médica, de visión y de salud conductual gratuita que atiende a familias de bajos ingresos sin seguro del condado de Collin. Compartimos el amor de Cristo al asociarnos con nuestra comunidad para brindar atención médica compasiva y de calidad por parte de médicos y enfermeras voluntarios con licencia. Los servicios van desde el asesoramiento hasta la atención primaria.

Terapeutas

Franchesca M. Sanchez

FMS Therapy & Christian Counseling Associates
469.993.0955

Consejero Profesional Licenciado totalmente bilingüe, con experiencia en terapia individual, de pareja y familiar. Trabajar principalmente con mujeres y la comunidad hispana / latina desde niños hasta adultos. Experiencia previa en el campo de la Educación como Consejero Escolar y Maestro en todos los niveles.