

English

Dr. Corey Allan

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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

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Jennifer, a Licensed Professional Counselor-Supervisor and Certified Clinical Trauma Professional, provides counseling services rooted in a growth-oriented approach to children aged 6-18, parents, families, couples, and individual adults seeking transformative experiences. Nationally certified, she has extensive experience across various settings, including elementary, middle, and high schools, as well as universities. Additionally, she has supported women and children affected by domestic violence.

A dynamic public speaker, Jennifer addresses topics such as resilience, grief, forgiveness, stress management, chronic illness, shame, suicide, marriage, parenting, and emotional intelligence. Certified in utilizing EQi 2.0 and EQ 360 emotional intelligence assessments in both counseling and corporate contexts.

Jennifer, a graduate of Oklahoma State University and licensed in Texas since 1999, emphasizes the importance of relationships and their impact on our lives. Drawing from her faith, education, professional background, and personal experiences as a wife and mother, she connects with clients to provide tailored solutions that inspire hope and foster positive change.

Residing in Frisco, TX with her family, Jennifer specializes in trauma, grief and loss, life transitions, forgiveness, cognitive-behavioral therapy, mindfulness, stress, anxiety, depression, parenting, women's issues, education, and professional associations.

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

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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

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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

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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
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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
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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

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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

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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

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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!

Bilingual/Bilingüe

Vilma Cea, M.A., LMFT-S
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Vilma Cea, a Licensed Marriage and Family Therapist (LMFT) fluent in both Spanish and English, holds a Master's degree in Clinical Psychology. Since 2000, Vilma has been dedicated to offering therapeutic support to individuals of all ages, including children, teenagers, adults, and families.

With a commitment to fostering a safe and nurturing environment, Vilma endeavors to empower individuals in their journey of growth and self-discovery, reconnecting them with their inherent strengths and aspirations.

Vilma addresses a diverse range of client concerns, including but not limited to grief, depression, anxiety, trauma, life transitions, eating disorders, and behavioral challenges. Collaborative in her approach, Vilma works closely with clients and their support networks to ensure comprehensive and personalized care.

Recognizing the significance of family dynamics, Vilma incorporates family therapy techniques as needed, recognizing its potential for facilitating lasting positive change.

Vilma Cea, una Terapeuta Matrimonial y Familiar bilingüe (español e inglés) licenciada, LMFT, con una Maestría en Psicología Clínica, ha estado ofreciendo servicios terapéuticos a niños, adolescentes, adultos y familias desde el año 2000.

Su objetivo es crear un entorno seguro y enriquecedor donde las personas puedan recibir apoyo en su proceso de cambio y crecimiento, reconectándose con sus fortalezas y sueños.

Atiende a clientes por una variedad de motivos, incluyendo duelo, depresión, ansiedad, trauma, cambios en la vida, trastornos alimentarios y dificultades de conducta.

Vilma colabora con otros profesionales para brindar el mejor nivel de atención posible y, cuando es necesario, incorpora trabajo familiar, reconociendo su poder para generar cambios duraderos.

Español

Consejeros

Jennifer Aguirre
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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

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Jenny Konvicka

Hope Clinic

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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.