

# COUNSELOR DIRECTORY

Christ Fellowship — Counseling Resources

Updated 2026

## INDIVIDUAL COUNSELORS

### Jennifer Aguirre

**SPECIALTIES:** Anxiety, Depression, Anger & Stress Management, Life Transitions, Adolescent Issues, Ethnic Identity Issues, Divorce Care, Trauma

Jennifer offers individual counseling for adolescents and adults, as well as marital, premarital, and family counseling. She is a certified Prepare and Enrich facilitator. Jennifer holds a B.A. in Psychology and Earth Sciences from Texas A&M and an MABC in Counseling from Dallas Theological Seminary.

📞 972.984.9310 | ✉️ [jennifer.p.aguirre@gmail.com](mailto:jennifer.p.aguirre@gmail.com)

### Emily Glenn

**SPECIALTIES:** Grief, Anxiety, Depression, Anger, Difficult Life Transitions, Spiritual Issues, Marriage, Premarital

Emily provides counseling through Restore Christian Counseling.

✉️ [emily@restorechristiancounseling.com](mailto:emily@restorechristiancounseling.com) | 🌐 [restorechristiancounseling.com](http://restorechristiancounseling.com)

### Hillary Marvin

**SPECIALTIES:** Depression, Anxiety, Self-Harming Behaviors, Abuse, Grief, Divorce, Stress Management, Identity, Child & Adolescent Issues

Hillary provides counseling through Restore Christian Counseling.

✉️ [hillary@restorechristiancounseling.com](mailto:hillary@restorechristiancounseling.com) | 🌐 [restorechristiancounseling.com](http://restorechristiancounseling.com)

### Dr. Corey Allan

**SPECIALTIES:** Marriage & Couples Counseling, Men's Issues, Parenting

Dr. Allan began in private practice in 2002 and assists couples and individuals in living fully alive. He offers marriage intensives as an alternative to weekly sessions. He also hosts the Sexy Marriage Radio podcast with over 10 years of episodes available.

📞 214.629.6133 | ✉️ [corey@smrnation.com](mailto:corey@smrnation.com) | 🌐 [smrnation.com](http://smrnation.com) (Sessions via Zoom)

## Todd Daenhart

**SPECIALTIES: Sex/Porn Addiction, Mood Disorders (Depression, Bipolar), Anxiety, Infidelity, Marital & Premarital, Family Counseling, Holistic Treatment**

Todd provides holistic individual counseling (adults and adolescents), marriage counseling, and family counseling throughout Collin County including Fairview, Allen, McKinney, Wylie, Lucas, TX and surrounding areas, with over 20 years of experience. He believes in treating the whole person — emotional, mental, physical, and spiritual.

📞 214.509.7149 | ✉️ [todd@dcllp.us](mailto:todd@dcllp.us) | 🌐 [daehnertcounseling.com](http://daehnertcounseling.com)

---

## Matt McKinney LPC — Journey On Counseling (Frisco & Plano)

**SPECIALTIES: Communication & Conflict Resolution, Divorce Recovery, Identity/Self-Worth, Men's Issues, Anger, Anxiety & Fear, Grief & Loss, Personal Growth, Depression, Premarital & Marriage**

Matt is a Licensed Professional Counselor serving North Texas, walking alongside individuals, couples, and families to find hope. He has a faith-based approach and believes lasting change comes through God working in a person's heart. Journey On Counseling now accepts Blue Cross & Blue Shield.

8105 Rasor Blvd., Suite 103, Plano, TX 75024

📞 972.588.4007 | 🌐 [journeyoncounseling.org](http://journeyoncounseling.org)

---

## Luigi Leos

**SPECIALTIES: Trauma (EMDR, IFS), Couples Communication (EFT — Emotion Focused Therapy), Scripture Integration for Pastors & Mental Health**

Luigi practices at Stanford Couples Counseling, specializing in helping men and women translate what they are saying to each other, and in incorporating Scripture with mental health treatment.

🌐 [psychologytoday.com/us/therapists/luigi-leos-mckinney-tx/233987](http://psychologytoday.com/us/therapists/luigi-leos-mckinney-tx/233987)

---

## Sarah Stocking LPC Associate — Stanford Couples Counseling

**SPECIALTIES: Marriage & Couples Counseling**

Sarah is an LPC Associate at Stanford Couples Counseling.

🌐 [stanfordcouplescounseling.com/teams/sarah-stocking/](http://stanfordcouplescounseling.com/teams/sarah-stocking/)

---

## Trinity Wilson LPC — Stanford Couples Counseling

**SPECIALTIES: Marriage & Couples Counseling**

Trinity is a Licensed Professional Counselor at Stanford Couples Counseling.

🌐 [stanfordcouplescounseling.com/teams/trinity-wilson/](http://stanfordcouplescounseling.com/teams/trinity-wilson/)

---

## Ashleigh Wilson LMFT Associate — The Next Chapter Counseling

**SPECIALTIES: Children & Families, Teens, Stress, Relationship Challenges, Play Therapy, Parent Coaching**

Ashleigh is a Licensed Marriage and Family Therapist Associate in McKinney, TX. She has a special passion for working with children and parents to heal their hearts and home — both as individuals and as a whole family. Through play therapy and parent coaching, she provides practical tools to support family connection and peace.

8951 Synergy Drive, Suite 240, McKinney, TX 75070

📞 469.209.5272 | 🌐 [tnccounseling.com/ashleigh](http://tnccounseling.com/ashleigh)

---

## Jennifer Bradt MS, LPC-S, NCC — Planting Seeds Counseling

**SPECIALTIES: Trauma (CCTP), Grief & Loss, Life Transitions, Forgiveness, Anxiety, Depression, Stress & Chronic Illness, Parenting, Women's Issues, CBT, Mindfulness, Emotional Intelligence (EQi 2.0)**

Jennifer is a Licensed Professional Counselor-Supervisor and Certified Clinical Trauma Professional providing counseling to children (ages 6–18), parents, families, couples, and individual adults. She is a dynamic public speaker addressing topics such as resilience, grief, forgiveness, shame, suicide, marriage, and emotional intelligence. She has supported women and children affected by domestic violence.

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

*Prosper: 805 East First Street, Prosper, TX 75078*

☎ 469.287.5502 (Frisco) | 469.481.6965 (Prosper) | 🌐 [plantingseedscc.com](http://plantingseedscc.com)

---

## Brent Dunn LMFT, LPC, MMFT — Legacy Hope

**SPECIALTIES: Anxiety, Marriage & Relationship Improvement, Emotional Aspects of Financial Problems, Couples & Family Dynamics**

Brent is a Licensed Marriage and Family Therapist and Licensed Professional Counselor practicing in Frisco, TX. He helps couples, families, and organizations improve relationship dynamics, with a passion for resolving anxiety and addressing issues related to achieving a better marriage or significant relationship.

*2591 Dallas Pkwy., Suite 300, Frisco, TX 75034*

☎ 214.459.0515 | 🌐 [legacyhope.com](http://legacyhope.com)

---

## Dr. R. Scott Gornto PhD, MDiv, LMFT, CST

**SPECIALTIES: Addiction (Behavioral & Chemical), Boundaries/Codependency, Communication & Conflict Resolution, Couples Therapy, Anxiety & Depression, Infidelity Repair, Trauma/PTSD, Sex Therapy**

Dr. Gornto is a Licensed Marriage and Family Therapist, former Pastor/Church Planter, Certified Sex Therapist, Speaker, and Author. Since 1998 he has accumulated over 35,000 hours of therapy with individuals, couples, adolescents, families, groups, churches, executives, and leaders. He is the creator of the Auxano Approach© and author of *The Stories We Tell Ourselves*.

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

☎ 972.312.8893 | ✉ [admin@auxanocounseling.com](mailto:admin@auxanocounseling.com) | 🌐 [rscottgornto.com](http://rscottgornto.com)

---

## KJ Hurt M.A., LPC

**SPECIALTIES: Depression, Anxiety, Mood Disorders, Stress Management — Cognitive-Behavioral Therapy (CBT)**

KJ Hurt offers professional counseling to children, teens, and adults in McKinney and surrounding areas. She approaches counseling with a Cognitive-Behavioral Therapy mindset, helping clients understand how their thoughts, feelings, and behaviors relate to each other.

*2600 Eldorado Pkwy, Suite 230, McKinney, TX 75070*

☎ 214.802.3168 | 🌐 [kjhurt.com](http://kjhurt.com)

---

## Rhett Smith LMFT

**SPECIALTIES: Relational Issues (Dating, Premarital, Marriage), Anxiety, Self-Care & Wellness, Men's Issues**

Rhett is a licensed marriage and family therapist and former pastor with over 19 years of experience. He works with individuals, couples, and families. He is the author of *What It Means to Be a Man* and *The Anxious Christian*.

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

☎ 469.304.9022 | ✉ [admin@rhettsmith.com](mailto:admin@rhettsmith.com) | 🌐 [rhettsmith.com](http://rhettsmith.com)

---

**Tara Wedemeyer** MS, LPC, NCC — Planting Seeds Counseling & Coaching

**SPECIALTIES: Adolescent & Adult Issues, Substance Abuse, Play Therapy, Relaxation Therapy, Individual, Group & Family Therapy**

Tara is a Licensed Professional Counselor working with adolescent and adult populations. She uses research-based approaches including relaxation therapy, substance abuse treatment, and play therapy. She creates a warm, safe, and creative environment and is committed to joining clients on their journey to health and wholeness.

805 East First Street, Prosper, TX 75078

☎ 469.481.6965 (main) | 940.390.4742 (direct) | ✉ [tara@plantingseedsc.com](mailto:tara@plantingseedsc.com) | 🌐 [plantingseedsc.com](http://plantingseedsc.com)

---

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

**SPECIALTIES: Trauma, Grief, Abuse, Depression, Anxiety, Medical & Learning Challenges, Child Welfare, Adoption & Family Reunification**

Jodie has 20 years of experience working with children, adolescents, and adults. She uses creativity in her sessions through multiple modalities such as play, yoga, art, and movement. She has served with Child Welfare to assist families in reunification and adoption. Sliding scale rates are available for those who qualify.

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

☎ 469.414.5800 | 🌐 [jodanavarilek.com](http://jodanavarilek.com)

---

**Wayne Cagle** LPC-S — Lifeworks

**SPECIALTIES: Marriage & Couples Counseling (Gottman Method), Communication & Conflict Management, Mood Disorders, Addictions, Children & Adolescents**

Wayne is a Licensed Professional Counselor-Supervisor and Certified Professional Life Coach. He is EMDR trained and a Gottman Approved Member. He has experience in psychiatric hospital settings, small groups/youth ministry, and hospital chaplaincy. Areas of focus include communication, conflict management, mood disorders, and addictions.

2625 N. Josey Ln., Suite 250, Carrollton, TX 75007

☎ 972.466.2800 | 🌐 [lifeworkscc.com/our-therapists/wayne-cagle/](http://lifeworkscc.com/our-therapists/wayne-cagle/)

---

**Gregory Donihoo** Ph.D., LMFT — The Couch Psychology

**SPECIALTIES: Men's Issues (Pornography, Emotional Struggles, Identity, Behavioral Patterns)**

Greg specializes in men's issues, providing a judgment-free space for men to navigate emotions, identity, and behaviors that often go unaddressed. He helps men understand their patterns in order to change them and find a new direction.

☎ 469.362.8004 x256 | ✉ [info@thecouchpsychology.com](mailto:info@thecouchpsychology.com) | 🌐 [thecouchpsychology.com](http://thecouchpsychology.com)

---

## COUNSELING ORGANIZATIONS & CLINICS

**316 Counseling Center** Non-Profit Organization

**SPECIALTIES: Play Therapy, Group Therapy, Summer Camps (Children); Individual & Group Therapy, Support Groups (Teens); Individual & Couples Therapy, Parenting Classes (Adults); Sliding Scale & Free Parenting Classes**

A non-profit organization existing to strengthen families through faith, counseling, and support. Dr. Becki Welsh has nearly 30 years of experience working with children and their caregivers. Sliding scale counseling is available for children and caregivers.

☎ 469.421.9181 | 🌐 [316counselingcenter.org](http://316counselingcenter.org)

---

## Collin Care Counseling — Sally Zuraikat M.A., LMFT

**|SPECIALTIES: Couples & Marriage Therapy (Gottman Method), Trauma (EMDR & IFS), Depression, Anxiety, Life Transitions, Infidelity & Betrayal, Communication**

Sally is a licensed Marriage and Family Therapist and an EMDR & IFS trained trauma therapist. She is Gottman-trained and has experience working with couples, individuals, and families in church, outpatient, inpatient, and nonprofit settings. She accepts insurance for individual sessions and provides superbills for out-of-pocket clients. Serving adults 18+ and married, dating, or engaged couples.

📞 972.677.8102 | 🌐 [collincarecounseling.com](http://collincarecounseling.com)

---

## Stonebriar Counseling Associates

Stonebriar Counseling Associates provides quality Christian psychotherapy for psychological, emotional, and mental health issues, including marriage counseling. Virtual options available. Their licensed counselors and psychologists serve clients in the Frisco, TX area.

📞 972.943.0400 | 🌐 [stonebriarca.com](http://stonebriarca.com)

---

## Meier Clinics

📞 972.437.4698 | 🌐 [meierclinics.com](http://meierclinics.com)

---

## Hope Speaks (formerly Minirth Clinics)

📞 972.669.1733 | 🌐 [hopespeaks.com](http://hopespeaks.com)

---

## McKinney Christian Counseling

🌐 [christiancounselingmckinney.com](http://christiancounselingmckinney.com)

---

## Sonia Schwalen Ph.D., LP, NCSP, LSSP — Next STEPS Worldwide

**|SPECIALTIES: Psychological, Therapeutic & Nutritional Services — Across the Lifespan (Infants to Adults), Families**

Next STEPS Worldwide is an outpatient clinic providing psychological, therapeutic, and nutritional services. Their team includes psychologists, therapists, and dietitians, all under one roof.

📞 469.294.9075 | ✉️ [drschwalen@nextstepsww.com](mailto:drschwalen@nextstepsww.com) | 🌐 [nextstepsww.com](http://nextstepsww.com)

---

## Sean & Marilyn Stokes

**|SPECIALTIES: Marriage, Relationships & Health**

Sean and Marilyn are Christ Fellowship attenders specializing in marriage, relationships, and health.

🌐 [lccdfw.com](http://lccdfw.com)

---

## Sonia & Gene Schwalen Next Steps (Coaching)

**|SPECIALTIES: Parenting, Family & Life Coaching**

Gene and Sonia specialize in parenting, family, and many other life coaching areas.

🌐 [nextstepsww.com](http://nextstepsww.com)

---

## BILINGUAL COUNSELORS (ENGLISH & ESPAÑOL)

**Vilma Cea** M.A., LMFT-S — Narrative Works Counseling

**SPECIALTIES:** Grief, Depression, Anxiety, Trauma, Life Transitions, Eating Disorders, Behavioral Challenges, Family Therapy — Fluent in English & Spanish

Vilma is a Licensed Marriage and Family Therapist-Supervisor fluent in both English and Spanish, with a Master's in Clinical Psychology. Since 2000, she has provided therapeutic support to children, teenagers, adults, and families. She fosters a safe, nurturing environment and works collaboratively with clients and their support networks.

4625 Coit Road, Suite 240, Frisco, TX 75035

☎ 469.651.1500 | ✉ [info@narrativeworkscounseling.com](mailto:info@narrativeworkscounseling.com) | 🌐 [narrativeworkscounseling.com](http://narrativeworkscounseling.com)

---

## SPANISH-SPEAKING COUNSELORS (ESPAÑOL)

**Jennifer Aguirre**

**SPECIALTIES:** Ansiedad, Depresión, Ira, Manejo del Estrés, Cambios de Vida, Temas de Adolescentes, Identidad Étnica, Cuidado del Divorcio, Consejería de Trauma

Jennifer ofrece consejería individual para adolescentes y adultos, así como consejería matrimonial, prematrimonial y familiar. Está certificada como facilitadora de Prepare and Enrich.

☎ 972.984.9310 | ✉ [jennifer.p.aguirre@gmail.com](mailto:jennifer.p.aguirre@gmail.com)

---

**Marisol Celis** Hope for the Heart

☎ 972.212.9152 | ✉ [mcelis@hopefortheheart.org](mailto:mcelis@hopefortheheart.org)

---

**Jenny Konvicka** Hope Clinic McKinney

**SPECIALTIES:** Salud Conductual, Consejería, Atención Primaria — Clínica Gratuita para Familias de Bajos Ingresos

Hope Clinic of McKinney es una clínica médica y de salud conductual gratuita que atiende a familias de bajos ingresos sin seguro del condado de Collin. Los servicios van desde el asesoramiento hasta la atención primaria.

☎ 469.712.4246 x3 | ✉ [jenny@hopeclinicmckinney.org](mailto:jenny@hopeclinicmckinney.org)

---

**Franchesca M. Sanchez** LPC — FMS Therapy & Christian Counseling Associates

**SPECIALTIES:** Terapia Individual, de Pareja y Familiar — Mujeres, Comunidad Hispana/Latina, Niños a Adultos, Educación y Orientación Escolar

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

☎ 469.993.0955

---

*This list is provided as a referral resource. Christ Fellowship does not formally endorse any specific counselor. Please contact counselors directly to confirm availability, insurance coverage, and fees.*