

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

Emily Glenn

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

Emily provides counseling through Restore Christian Counseling.

✉ emily@restorechristiancounseling.com | 🌐 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 | 🌐 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 | 🌐 smrnation.com (Sessions via Zoom)

Todd Daenhardt

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 | 🌐 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

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

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/

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/

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

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) | 🌐 plantingseedsc.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

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 | 🌐 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

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 | 🌐 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@plantingseedscc.com | 🌐 plantingseedscc.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

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/

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 | 🌐 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

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

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

Meier Clinics

☎ 972.437.4698 | 🌐 meierclinics.com

Hope Speaks (formerly Minirth Clinics)

☎ 972.669.1733 | 🌐 hopespeaks.com

McKinney Christian Counseling

🌐 christiancounselingmckinney.com

Teri Mills-Manuel Counseling

SPECIALTIES: *Play Therapy (Children), Parent Consultation, Individual Therapy (Teens & Adults), Animal Assisted Therapy*

Teri Mills-Manuel and Karlie Stewart are experienced therapists creating a safe space for adults, teens, and children to work through the therapeutic process. They work with clients navigating tough situations, helping them gain objectivity and process thoughts and feelings with a qualified therapist who can help them lead a healthier, more enjoyable life. Play therapy builds on a child's natural communication style to support the healing process. Parent consultations are full 50-minute sessions where parents meet with the therapist to discuss behavioral, attitudinal, or social concerns and build skills to continue progress at home. Individual therapy offers teens and adults a safe, caring, and confidential environment to work through challenging feelings, thoughts, or situations. Animal assisted therapy is also offered.

101 N Valley St., McKinney, TX 75069

☎ (469) 844-8662 | ✉ Teri Mills-Manuel: teri@tmmcounseling.com | ✉ Karlie Stewart: karlie@tmmcounseling.com | tmmcounseling.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 | nextstepsww.com

Sean & Marilyn Stokes

SPECIALTIES: *Marriage, Relationships & Health*

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

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

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 | 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

Marisol Celis — Hope for the Heart

☎ 972.212.9152 | ✉ 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

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.