

Irving Bible Church Counselor Referral List

At Irving Bible Church, we believe that spiritual health is closely tied with mental, emotional and spiritual health. Therefore, we strive to reduce the stigma around seeking professional help in these areas and make these services accessible to our congregation and community. We hope this document will be a helpful tool as you take steps toward healing and growth! If you would like further assistance or have any other questions, please contact Tricia at tkinsman@irvingbible.org.

When choosing a counselor, it can be hard to know where to start. In an effort to help, we've compiled this list of counselors and therapists who are Christian and will incorporate faith and Scripture into counseling sessions if requested. However, we do not guarantee that all counselors are fully aligned with IBC's stance on certain distinctives. We've included as much information as possible about location, specialties, rates and insurance. Most of the counselors on our list provide virtual as well as in-person options.

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. We have partnered with them to provide a reliable and trustworthy counseling option. Our partnership provides discounted rates for individuals, couples, and group therapy as well as other benefits. They have a large, diverse group of therapists trained in a range of specialties who can meet your mental health needs.

Watershed Initiative gives recommendations on things to consider when choosing the right counselor for you: <https://watershedinitiative.com/finding-your-counselor>

Argyle Family Counseling

124 Old Town Blvd, Suite 200

Argyle, TX 76226

www.Argylefamilycounseling.com

Sherry Allen, MEd, MA, LPC, EMDR

(940) 390-9777

Specialties: Adults, Children, Families, Trauma, Grief

Rates: \$160 for 45 minutes, \$210 for 60 minutes

Takes Insurance: no

Availability: Weekdays, daytime and evening hours

Cara Strickland, LMFT, EMDR, Equine Assisted Therapy

(817) 875-1771

Specialties: Adults, Families, Marriage, Grief, Sex, Trauma

Takes Insurance: no

Rate: \$215/hour

Availability: Weekdays, daytime and evening hours

Nadine Bracy, MA, LPC, EMDR
His Story Coaching and Counseling
2451 Stone Myers Parkway, Ste 100
Grapevine, TX 76051

<https://www.his-story.org/team/nadine-bracy/>

Specialties: Marriage, Adults, Grief, Trauma, Anxiety, Depression, Parenting, Abuse, Church Staff and Missionaries

Takes Insurance: no

Rate: \$120/hour, with sliding-scale available if pre-approved

Availability: Tues-Thurs

Danae Crume, MA, LPC, NCC, EMDR

<https://www.psychologytoday.com/us/therapists/danae-crume-denton-tx/763756>

Specialties: Trauma, EMDR, Anxiety, Depression, Addictions (including eating disorders), ADHD, sexuality and gender identity

Takes Insurance: yes - Aetna, Cigna/Evernorth, Oscar, Oxford, and UHC/Optum; BCBS

Rate: \$150

Availability: Weekdays, daytime and evening hours, virtually and in-person

Las Colinas Counseling Center, PA

1075 Kinwest Parkway, # 107
Irving, TX 75063

Office: 972.910.8388

<https://lascolinascounseling.com/>

Jonathan Cude, Ph.D, LPC-S, LMFT

Specialties: Adults, Marriage, Grief, Addiction

Takes Insurance: no

Availability: Weekdays

Michael Denson, LCSW, LMFT, CEAP

Specialties: Adults, Children (ages 8-12), Teens, Families, Addiction, Marriage, Grief, Trauma

Takes Insurance: yes; BCBS PPO, BCBS HMO, UBH, Aetna, Cigna, Baylor Scott and White, Humana

Availability: Weekdays, daytime hours; Sundays and evenings for kids/teens only

Linda Doak, LPC

Specialties: Adults, Anxiety, Depression, Domestic Violence issues, Grief, Trauma, Abuse survivors, Women's issues and spirituality.

Takes Insurance: Yes (BCBS PPO, UBH)
Availability: Weekdays, daytime and evening hours

Susan Laukoter, LPC Rapha
Christian Counseling 300
Decker Dr., Suite 360
Irving, TX 75062 [https://
www.rapha.info/counselors](https://www.rapha.info/counselors)

Specialties: Adults, Adolescents, Families, Marriage, Sex, Grief, Trauma
Takes Insurance: yes; BCBS, Aetna, United, Cigna (a few EAPs)
Rate: \$100/hour
Availability: Weekdays, daytime and evening hours

Betsy Paul, LPC
Virtually and some in-person
<https://www.linkedin.com/in/betsy-paul-mdiv-ma-lpc-478784153/>
Specialties: Abuse, Anger Management, Anxiety, Depression, Grief, Parenting, Healthy relationships
Takes Insurance: no
Availability: Weekdays and some weeknights

Tristan Frazier, LPC, LMFT
Lifeologie Counseling Dallas
3303 Lee Parkway, Suite 102
Dallas, TX 75219
tfrazier@wefixbrains.com
214-357-4001 (office)

Specialties: Last-ditch couples counseling; men's issues, families, individuals – addiction, church leadership burnout,
Takes Insurance: Yes, Aetna, Cigna, Carelon Behavioral Health, Acension (SmartHealth), United Health Care (Optum)
Rate: \$150/hour
Availability: Weekdays, daytime and evening hours, Saturdays

Brenda Hendrix-Smith, LCSW
Lighthouse Counseling
250 W Southlake Blvd (Southlake) & 600 S Denton Tap Rd (Coppell)
bghendrixsmith@yahoo.com
(972) 313-5514

Specialties: Adults, Children, Families, Marriage, Addiction, Eating Disorders, Grief, Trauma, Sex, ADD/ADHD, Bipolar, Anger, Infidelity, Anxiety Disorders, Sexual Trauma, Premarital

Takes Insurance: no

Availability: Weekdays, weekends, daytime and evening hours

Janna Horner, LPC
Janna Horner Christian Counseling
413 W. Bethel, Suite 200
Coppell, Texas 75019 [https://
www.jannahorner.com/team](https://www.jannahorner.com/team)

Specialties: Adults, Marriage, Families, Addiction, Grief, Sex, Trauma

Takes Insurance: yes

Availability: Weekdays

Danielle Leonard, LPC, EMDR
Danielle Leonard Counseling
10300 North Central Expy Suite 280
Dallas, TX 75231 [https://danielleleonardcounseling.com/
about/](https://danielleleonardcounseling.com/about/)

Specialties: Adults, Grief, Trauma

Takes Insurance: yes; Aetna, United Healthcare, Blue Cross Blue Shield of Massachusetts, UHC Student Resources, Oscar, UMR, Oxford Health Plans

Availability: Weekdays

Taran McGowen, LPC, EMDR
Thrive House Therapy, PLLC.
300 Decker Dr., Ste. 360
Irving, TX 75062 [https://thrivehousetherapy.com/
taran-mcgowen/](https://thrivehousetherapy.com/taran-mcgowen/)

Specialties: Adults, Children, Families, Marriage, Sex, Trauma, Life Transitions, Depression, Anxiety

Takes Insurance: yes

Availability: Weekdays, daytime and evening hours

Chuck Roberts, LPC-S

Life Restoration SOULutions
12160 Abrams Rd, Suite 502

Dallas, TX 75243

(469)608-9850

<https://www.christiancounselingindallas.com/chuck-roberts/>

<https://secure.helloalma.com/providers/chuck-roberts/>

Specialties: Adults, Marriage, Addiction, Grief, Sex Addiction, Trauma

Takes Insurance: yes; Aetna, AllSavers UHC, Allied Benefit Systems - Aetna, BCBS, Cigna, Health Plans Inc, Meritain, Nippon, Optum, Oscar, Oxford, Surest, United Healthcare (various), UMR

Rate: \$150/hour

Availability: Weekdays, daytime and evening hours

Mend Counseling

5307 E Mockingbird Lane, Suite 975

Dallas, TX 75206 [https://](https://www.mend-counseling.com)

www.mend-counseling.com

Specialties: varied based on therapist

Takes Insurance: no

Rates: varied from \$125-200/session

Availability: Weekdays, weekends, daytime and evening hours

Jacqueline Chavez, LPC

<https://www.Mend-Counseling.com/Jackie-chavez>

Specialties: Bilingual, Ages 2+, EMDR Certified, Parent-Child Interactive Therapy, CBT, Trauma, Suicidality, Grief

Rates: \$175

Mark Van Zant, LPC

Venture Counseling

Virtual Only

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

Specialties: *only sees male patients, Grief, Adults, Teens, Marriage, Addiction, Anger, Anxiety, Depression

Takes Insurance: no

Availability: Weekdays, daytime and evening hours

Growth Point Counseling

8090 Precinct Line Rd #103

Colleyville TX 76034

817.993.9501

Faith Integration

<https://growthpointcounseling.com/>

Kayla Dillman MA, LPC-S, Co-owner

kayla@growthpointcounseling.com

Specialties: Anxiety, Autism, Couples, Career, Family, Depression 12+ individuals

Takes Insurance: Yes: BCBS, Cigna, Aetna, UHC/Optum, Oscar, EvryHealth, Lyra

Rate: \$150

Dreyton Wyatt, LPC

Dreyton@growthpointcounseling.com

Specialties: Anxiety, Level 1 Autism and Neurodivergence, Depression, Grief and Loss, Life Transitions, Marital (couples), Men's Issues, Pornography Addiction and Recovery, Spirituality

Takes Insurance: yes: BCBS, Cigna, Aetna, UHC/Optum, Oscar, EvryHealth

Rate: \$150

Availability: Mon, Tues, Thurs during the day. Limited Availability

Madison Lowrie, LPC

Seasons of Healing Therapy

Virtual only

469-324-9782

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

Specialties: EMDR, trauma, depression, anxiety, crisis management, relationship issues, grounding techniques, self esteem, women's issues, behavioral interventions, parent training, teens

Takes Insurance: yes: Cigna, Aetna

Rate: \$150/session

Availability: afternoons/evenings; limited weekend availability

Glenna Massey, MMFT, LPC-S, EMDR

Glenna Massey Counseling

Four Stones Left, Inc.

<https://www.FourStonesLeft.com>

2201 Spinks Rd.

Flower Mound, TX 75022

glenna@fourstonesleft.com

469-629-8022

Takes Insurance: Yes

Lonnie Alderman, LPC, EMDR

<https://www.cadencecounselingtx.com>

Cadence Counseling & Wellness

2201 Spinks Rd. Ste 117

Flower Mound, TX 75022

214.600.8925

In-person and Virtual

Rates: \$130

Takes Insurance: Yes

Availability: Daytime Monday - Thursday

Jennifer Aguirre, MABC, LPC

Cottonwood Creek Church Allen or Christ Fellowship McKinney

<https://cottonwoodcreek.org/staff/jennifer-aguirre/>

Specialties: Grief, Trauma, Adults, Children 10+, Cross-Cultural Counseling
Takes Insurance: no
Availability: Weekdays, daytime and evening hours

Kristin Williams, RDN, LD, CEDS
Registered Dietician and Certified Eating Disorder Specialist
Wonderfully Made Nutrition Counseling
10300 North Central Expressway Suite 280
Dallas, TX 75231 [https://www.wonderfullymadenutritioncounseling.com/
about](https://www.wonderfullymadenutritioncounseling.com/about)

Specialties: Eating Disorders, Adults, Children
Takes Insurance: no
Rates: \$175 for a 90-minute initial assessment, \$150 for a 50-minute follow-up session
Availability: Weekdays, daytime and evening hours

Justin K. Hughes, MA, LPC
OCD and Anxiety Specialist
www.justinkhughes.com
justin@dallascounseling.com
469.490.2002
17330 Preston Rd. #102d
Dallas, TX 75252

Takes Insurance: No
Rates: \$250 private pay
Virtual and in-person

Updated 5.7.2026