

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: \$150 for 45 minutes, \$200 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>

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>

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/>

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/>

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://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

Dreyton Wyatt, LPC

Growth Point Counseling
8090 Precinct Line Rd #103
Colleyville, TX 76034
682-200-9541

<https://growthpointcounseling.com/therapists/dreyton-wyatt/>

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

Kayla

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>

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

Kayla Dillman, M.A., LPC-S

Growth Point Counseling

<https://www.growthpointcounseling.com/therapists/Kayla-Dillman>

817.993.9501

8090 Precinct Rd. Ste 103

Colleyville, TX 76034

Kayla@growthpointcounseling.com

Specialties: 12+ individuals, couples, family, career, depression, autism, anxiety, Faith integration

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

Rates: \$150

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