

COUNSELOR REFERRAL LIST



PRESTONTRAIL
community church

Lisa Rattner, LCSW Christian Counseling & Coaching

6401 Eldorado Parkway, Suite 119, McKinney, Texas 75070

[\(214\) 306-4178](tel:2143064178)

I provide biblically-based, Christ-centered counseling services in an atmosphere of acceptance, understanding and prayer. I work with people who are struggling - individuals who long to be set free from destructive past patterns, disabling depression, anxiety, doubt, fear, rejection, & unhealthy relationships. Clinical focus: grief, loss, pre-marital counseling, couples, family, adoption, divorce, post-abortion, addictions, sexual abuse, mental & emotional problems.

As an interactive therapist, and as clients feel comfortable, I use scripture and Bible study, teaching videos and homework assignments to help renew the mind and revive the spirit. My hope is that through this process, clients will develop a deeper relationship with God and find health, healing and wholeness.

The Lord performs miracles in people's lives! "God can do anything, you know-far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us." Eph 3:20-21

Specialties

- Marital and Premarital, Women's Issues, Grief

Issues

- Adoption, Anger Management, Anxiety, Career Counseling, Codependency, Coping Skills, Depression, Divorce, Faith-based struggles, Family Conflict, Infidelity, Life Coaching, Life Transitions, Relationship Issues, Self Esteem, Sexual Abuse, Spirituality, Stress, Trauma and PTSD

Qualifications

- Years in Practice: 24 Years
- School: New York University
- Year Graduated: 1993

Jennifer Bradt, MS, LPC-S, NCC

Planting Seeds - Frisco
3535 Victory Group Way
Bldg 5, Suite 500
Frisco, TX 75034
Phone: 469-287-5502

Planting Seeds - Prosper
805 East First Street
Prosper, TX 75078
Phone: 469-481-6965

Jennifer is a Licensed Professional Counselor-Supervisor and Certified Clinical Trauma Professional who offers counseling services based on a growth-oriented model to children ages 6-18, parents, families, couples and individual adults who are looking to experience change in their lives. She is a nationally certified counselor who has worked in a variety of settings including elementary, middle and high schools as well as two universities. In addition, she has worked with women and children whose lives have been impacted by domestic violence. Jennifer is also an engaging and informative public speaker who has spoken on topics such as resilience, grief, forgiveness, stress management, chronic illness, shame, suicide, marriage, parenting and emotional intelligence. Jennifer is certified to utilize the EQi 2.0 and the EQ 360 assessments of emotional intelligence in both counseling and corporate environments.

A graduate of Oklahoma State University, Jennifer has been licensed in Texas since 1999. She believes that our lives are centered around the relationships we create and our perception of how well they are working. We will all experience relational struggles and challenges during our lives, beginning with sibling rivalry, playground/peer difficulties and strained familial relationships. Through her faith, education, professional training and experience as a wife and mom, Jennifer is able to connect with her clients and offer effective, individualized solutions which instill hope and encourage positive change. Jennifer resides in Frisco, TX with her husband and children.

Therapeutic Specialties: Trauma, Grief and Loss, Life transition, Forgiveness, Cognitive-Behavioral Therapy, Mindfulness, Stress, Anxiety, Depression, Parenting and Women's issues
Education and Professional Associations

B.A. University of Tulsa – Psychology

M.S. Oklahoma State University – Applied Behavioral Studies

Brent Dunn, LMFT, LPC MMFT

www.legacyhope.com

2591 Dallas Pkwy., Suite 300

Frisco, TX 75034

214.459.0515

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.

Kleina Fellemende, LCSW

www.friscocounselingservices.com

2770 Main St. #135

Frisco. TX 75033

214.618.2065

Kleina is a genuine, compassionate and caring person who has a calling to help hurting people. She brings years of life experience as well as formal education to her sessions and is constantly reading and attending continuing education classes to stay on the cutting edge of today's issues. She brings hope and humor to the sessions while offering concrete steps to answers and encouraging the client to move forward. Clients often say they feel better when they leave a session than they did when they came even when dealing with painful issues. Kleina believes the Bible is correct when it states that "without a vision, the people perish" and so strives to help her clients see beyond the trouble of the present.

R. Scott Gornto, MDIV, LMFT, CST

www.rscottgornto.com

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

972.312.8893

admin@auxanocounseling.com

Scott is a licensed marriage and family therapist, former pastor, certified sex therapist, speaker, and author based in Frisco/Plano, Texas. Since 1998, Scott has worked with Individuals, Couples/Marriages, Adolescents, Families, Groups, Churches, Executives and Leaders. 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 and leaders, and the author of The Stories We Tell Ourselves™

KJ Hurt, M.A., LPC

www.kjhurt.com

2600 Eldorado Pkwy Suite 230

McKinney, TX 75070

214.802.3168

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

www.rhettsmith.com

5404 W Plano Parkway, Ste. 210

Plano, TX 75093

admin@rhettsmith.com

469.304.9022

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 | www.plantingseedsc.com
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469-287-5502 (main) | 940-390-4742 (direct)
tara@plantingseedsc.com

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.

Nicole McAfee, Counseling Practicum Intern

Real Options | realoptionstx.com
1776 W. McDermott Dr, Allen, TX 75013
214-238-9389 (main)
Friendsfro.com
Free counseling appts: 214-494-9046

Real Options is a crisis pregnancy center with counselors that offer free sessions to women in need. These women do not have to be a client of Real Options to benefit from the free counseling. Additionally, Real Options provides free pregnancy tests, STD screenings and sonograms. They also offer a Bible study called Forgiven and Free for those in post abortion recovery.

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

8668 John Hickman Parkway, Suite 802, Frisco, TX 75034
469.414.5800
www.jodanavarilek.com

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 Rasor 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.