

LIST OF RECOMMENDED COUNSELORS



Our counseling philosophy is based on two main ideas: God did not intend for you to do life alone, and unless you have a place to be ruthlessly honest about yourself, you are not as healthy and whole as you can be.

We have developed relationships with some wonderful Christian counselors and therapists in the area. There is a cost involved on your part, but these are professionals we trust that will give you great guidance and godly principles. Feel free to contact them to check on price and availability.

They are listed alphabetically.

If you are looking for a group counseling environment, please visit plantingseedstx.com/current-groups-offered for some great suggestions.

Andrea Adams, M.A., L.P.C.

Planting Seeds Christian Counseling | plantingseedsc.com
3535 Victory Group Way, Bldg. 5, Ste. 500, Frisco, TX 75034
469-287-5502 (main) | 469-667-8034 (direct)
andrea@plantingseedsc.com

Andrea is a Licensed Professional Counselor and Certified Clinical Trauma professional who offers counseling services based on a cognitive-behavioral approach combined with a grace-based perspective for children ages 9-12, teens ages 17-19, individual adults, parents and families. Andrea understands we all have a patchwork of different experiences throughout our lives and places emphasis on the importance of our perceptions of those events. It is her belief that our perceptions of these events greatly influence us and can control our thinking, moods and behaviors. It is Andrea's desire to help each person find their way through the difficult circumstances of life by offering hope in healing, sincere and honest counsel and a path towards developing faith based resiliency. Her specialties include Grief and Loss, Trauma, Anxiety, Depression, Life Transitions, Childhood Phobias, Child, Adolescent and Adult issues.

Dr. Cory Allan

simplemarriage.net
6951 Virginia Parkway, Suite 320, McKinney, TX 75071
214.629.6133
corey@simplemarriage.net

Simple Marriage was founded by Dr. Allan in 2002 and seeks to assist couples and individuals in living fully alive. There are many things that get in the way of the life and marriage we want to live. By discovering the natural processes of relationships, you can begin to harness the energy already there in order to have the marriage you may not have thought possible.

Simple Marriage also offers marriage intensives (typically occurs later in the week or weekends) as an alternative to weekly sessions for those in need of a more time-effective and intensive therapy approach. There is also a focus on working with men and parenting issues. Check out the website for other helpful resources and access to the Simple Marriage weekly podcast.

Craig Bunck, MA, LPC - Intern

Planting Seeds Christian Counseling | plantingseedscc.com

805 East First Street, Prosper, TX 75078

469-287-5502

craig@plantingseedsntx.com

Craig is a Licensed Professional Counselor-Intern who is supervised by Jennifer Bradt, LPC-S. He graduated from Midland University with a BA in Art and recently attended Amberton University, graduating with an MA in Professional Counseling. During his graduate practicum, he worked with Hope Fellowship providing pre-marital, individual and group marital counseling. Craig also worked with inmates at the Rockwall County jail providing counseling and support for individuals who suffered from drug addiction, PTSD, and childhood issues.

Ten years ago Craig went through challenges in his own marriage. During these challenges, he & his wife sought help from a counselor. That counselor gave them the tools they needed to change their marriage and opened Craig's eyes to his passion. He realized how vital a healthy mental outlook is to all aspects of life. Whether your struggles are from your past, your present or about your future Craig would love to partner with you on your journey.

Kelley Connell, LCSW

kelleyconnell.com

5400 West Plano Parkway, Suite 210, Plano, TX 75093

972-532-9535

Kelley Connell is a Licensed Clinical Social Worker with 23 years of experience, who works with Adolescents age 12 and above, Adult Individuals and Couples. Kelley's therapeutic approach is Faith Based, Interactive and Solution Focused to help one learn New Skills and achieve Healing and Growth. Kelley's perspective is that Struggle leads to Understanding, Chaos to Peace, Confusion to Clarity, Despair to Hope, Self Doubt to Confidence, and Anxiety and Depression to Joy. Kelley believes we are all trying to Find our Authentic Selves and have a basic need to feel we Belong, are Accepted and Valued for who we are. Kelley's specialties include; Depression and Anxiety, Grief and Loss, Marriage and Parenting, Blended Families, Adolescents, Recovery from Affair, and Spouses of Sex Addicts.

Nick Dietrick, MS, LPC

Planting Seeds Counseling & Coaching, PLLC | plantingseedsntx.com

805 East First Street, Prosper TX 75078

972-839-0424

nick@plantingseedsntx.com

Nick Dietrick is a Licensed Professional Counselor who graduated from Southern Methodist University with a Master's of Science in Counseling. Nick has experience as both a school counselor and as a private practitioner. If you're feeling anxious, nervous, stressed, depressed, or overwhelmed, you've come to the right place. At times in our life we all feel the desire to be healthier. Using evidence-based treatment and modalities including Cognitive Behavior Therapy (CBT) and Solution-Focused theories, Nick is an empathetic clinician who can help you work to overcome and/or better manage your anxieties, stress, relationship issues, improve communication with others, set healthy boundaries, parent your children more effectively, navigate the teenage school years, and many other issues we are all presented with in life.

Nick is in network with Blue Cross & Blue Shield insurance.

Lizelle Fischer MA., LPC

Providing Hope Through Counseling | providinghopethroughcounseling.com

5850 Town & Country Blvd #301, Frisco, TX 75034

972-793-3380

LizelleFischer@gmail.com

Lizelle is a biblically based licensed therapist. She brings years of experience in therapy, having been trained in mental health in a variety of areas, helping adults, teens, children and families explore and work through habitual patterns or an unexpected crisis. She will help you identify content that may be weakening yourself and your relationships. Through the healing process, you can build self-assurance, develop loving and satisfying connections with others, and create a life of greater happiness and success.

Carol Fontenault MA, Pastoral Counselor

Living Hope Biblical Counseling | livinghopebiblicalcounseling.com

1575 Redbud Blvd Ste 208, McKinney, TX 75069

347-719-2256

carol@livinghope-bc.com

Carol is a Pastoral Counselor, Board Certified, with over 15 years of experience; she loves to help individuals, couples, and families find hope and healing through Christ's love and work of the Spirit. Using God's Word and prayer, she guides her clients through a solution-focused process that provides skills, insight and opportunities for growth and transformation. She has a heart to encourage and refresh ministry leaders and their families, giving them a safe place to share their story and rediscover their passion for ministry. She loves to help couples work through their struggles to find greater oneness and joy that comes from walking with God and loving each other. Her hope for each person is for them to experience the abundant life that God has promised.

Some key areas of focus include: spiritual growth and direction, identity, insecurity, fear and anxiety, grief and depression; additional areas of expertise include: women's concerns, marriage and relationship matters; sexual abuse and healing; teen concerns and direction, and children's play therapy.

Carol has a warm and understanding demeanor and is committed to walk with her clients in their pursuit to find wholeness and healing. She holds a Masters in Counseling with a strong emphasis in Marriage, Parenting and Family. She is a Certified Prepare/Enrich facilitator for pre-marriage and marriage counseling, a women's speaker and author of The Warrior's Bow.

Dr. R. Scott Gornto, PHD, MDIV, LMFT, CST

rscottgornto.com

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

972.312.8893

admin@auxanocounseling.com

Dr. Gornto is a Licensed Marriage and Family Therapist, former Pastor/Church Planter, Certified Sex Therapist, Speaker, and Author based in Frisco/Plano, Texas. He holds a PHD degree in Marriage and Family Therapy and a MDIV degree Psychology and Theology. Since 1998, Dr. Gornto has worked with individuals, couples/marriages, adolescents, families, groups, churches, executives and leaders. During that time, he has seen over 35,000 hours of individual, marriage, family, and group therapy.

His areas of specialization include: Addiction (behavioral, chemical), Boundaries/Codependency, Communication/Conflict Resolution, Couples Therapy, Anxiety/Depression, Infidelity Repair, Trauma/PTSD, and Sex Therapy

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, entrepreneurs and leaders, and the author of The Stories We Tell Ourselves™.

Kelly Hoxsey

Frisco Family Counseling, PA | friscofamilycounseling.com
9555 Lebanon Rd. Ste. 903, Frisco, TX 75035
972.625.0039

Kelly is a Licensed Professional Counselor and Registered Play Therapist in Frisco, TX. She helps children, adolescents, adults, couples and families gain renewal, growth and change. She uses Biblical principles to cultivate the kinds of lives and relationships that God intended you to have: those that are satisfying, promote intimacy, are filled with hope, allow for healing and strive for purpose.

Hillary Marvin, M.A., L.P.C.

Restore Biblical Counseling | restorebiblicalcounseling.com
6942 Ash Street, Frisco, TX 75034
469-202-7360
hillary@restorebiblicalcounseling.com

Hillary is a Licensed Professional Counselor and a Trust- Based Relational Intervention Practitioner (TBRI), a modality of therapy geared toward children from hard places. Hillary enjoys counseling children, adolescents, and female adults presenting with behavioral challenges, depression, anxiety, self-harming behaviors, abuse, grief, trauma, divorce, stress, life transitions, and spiritual development. She takes a holistic approach to counseling, taking into consideration that God created us as mind, body, and spirit. Biblical counseling is rooted in the Word of God, aimed at the heart, and guided by the Spirit. She is passionate about people experiencing healing from God through the process of counseling. Hillary uses a variety of interventions including play and expressive art activities. Hillary also has a background in the arts, as she graduated from the English National Ballet School with a degree in Professional Classical Ballet. Hillary enjoys spending time with her husband and daughter, yoga, swimming, and traveling.

Matt McKinney

journeyoncounseling.org
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journeyoncounseling@gmail.com

Plano/Frisco Border Office:
Yeager Office Suites, 8105 Rasor Blvd. Suite 103, Plano, TX 75024

Matt is a Licensed Professional Counselor and since 2004 Matt has served in ministry, with a heart to help those who are hurting or in need. Matt is certified in PREPARE/ENRICH, a premarital and marriage assessment tool for counselors and clergy. Matt's expertise includes: premarital and marriage counseling, communication and conflict resolution, divorce recovery, identity and self-worth development, men's issues, anger, anxiety and fear, grief and loss, depression, codependency, pre-teens/ teenagers, and personal growth. Matt is now accepting Blue Cross Blue Shield PPO, for further information, please visit his website.

Todd Mead, MA, LPCPlanting Seeds Christian Counseling | plantingseedsc.com

805 East First Street, Prosper, TX 75078

469-486-0570

todd@plantingseedstx.com

Todd is a licensed professional counselor who brings a variety of experiences to the counseling room. He has over 25 years of ministry experience working with youth, families, singles and adults. He currently leads a recovery and addiction ministry that incorporates Scripture and the 12 steps of AA. He has facilitated grief groups for teens and adults for more than two years at the Kids Place in OK and currently leads grief groups for adults. In addition, Todd spent five years as a Corporate Chaplain which gives him valuable insight into the world of corporate America and the many workplace challenges individuals face on a day to day basis. Todd is also a certified life coach with the John Maxwell Team.

Todd has been married for 30 years and has three adult children. He knows first hand the challenges and dynamics of marriage and family systems and enjoys assisting clients in finding more joy and fulfillment in these important areas of their lives. Todd specializes in: premarital counseling, couples counseling, grief and loss, adolescent struggles (age 12-18), men's issues, depression, anxiety and addiction. Todd also offers Life Coaching.

Lauren Moore, LPCLauren Moore Counseling | laurenmoorecounseling.com

940-636-5708

lauren@laurenmoorecounseling.com*Two Locations:*2591 Dallas Parkway, Suite 300
Frisco, TX 75034578 N. Kimball Ave., Suite 130
Southlake, TX 76092

Lauren is a Licensed Professional Counselor and serves people through a biblical counseling relationship. She integrates Biblical truth with cognitive behavioral techniques and exercises. She is equipped to work with adolescents, individuals, couples, and families. Her areas of specialty include anxiety, OCD, depression, disordered eating, communication, identity, grief, codependency, abandonment and attachment issues, parenting, marital and premarital counseling. She is a certified Prepare/Enrich facilitator.

Philippians 3:10-14 is the heartbeat of her counseling approach because it speaks to our identity as it proclaims who Christ is and who we are in Him. The passage points to the mighty power of God who abundantly overflows with all of the resources we need for change in our lives. We are all in need of a process to experience healing from our past wounds, to seek freedom from our chains, and to become more like Him in our thoughts, words and actions. She is honored to get to walk alongside people as they dive into what is difficult and work to achieve their desired goals.

Paul D. Myers M.A. LPC

Intentional Counseling | intentional-counseling.com

5850 Town and Country Blvd., Suite 301, Frisco, TX 75034

972.345.6788

Paul is a biblically based licensed professional counselor specializing in the following:

- Marriage and Relationship Counseling
- Premarital Counseling
- Children and Adolescents
- Anxiety
- Depression
- Addictions
- Abuse and Trauma

Paul is an "In network provider" for Blue cross blue shield and Cigna insurances. He also accepts private pay clients during evenings and weekends.

Rhett Smith

rhettsmith.com

5404 W Plano Parkway, Ste. 210

Plano, TX 75093

469.304.9022

admin@rhettsmith.com

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

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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.

Deidre Wilson

Family Results | familyresults.com
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Deidre is a Licensed Marriage and Family Therapist in private practice in McKinney, TX. Deidre specializes in helping individual adults, couples, and families restore peace in their most important relationships. Deidre helps those whose relationships are struggling and those who just want to optimize certain areas of an already good relationship. Her experience includes helping couples on the brink of divorce, high-conflict couples, healing from infidelity and emotional affairs, as well as anxiety management, and coaching on self-growth and self-care.