

Divorce and Grief Counselors, and Resources for Other Issues

Compiled by the Diocese of West Tennessee and from other sources

The following people & organizations have been recommended by one or more persons in our diocese. They have in no way been vetted by the diocese, but serve as a starting point for resources. Please feel free to give your feedback, positive or negative, to The Rev. Paul McLain, pmclain@calvarymemphis.org, The Rev. Canon Sharon Alexander, Canon to the Ordinary, or The Rt. Rev. Phoebe Roaf, Bishop, Diocese of West Tennessee.

Therapy

Samaritan Counseling Centers of the Mid-South

Offers a ministry of healing to those seeking a balance of emotional, relational and spiritual health. Responding to the psychological and educational needs of individuals, families, couples and groups by providing an environment of compassion and confidentiality in which feelings are honored, values and beliefs are upheld, and resources are available to ensure that financial limitations never preclude care. Our wellness-oriented philosophy emphasizes achieving a balance of emotional, relational and spiritual health. SCC's mission has always stressed the importance of care and access for "the least of these."

These services are delivered through a dedicated staff of clinical professionals who respond to the psychological and spiritual needs of individuals, families, couples and groups by providing counseling, psychological assessment, and crisis intervention services in an environment of compassion and confidentiality where the feelings and beliefs of those we serve are honored and their values are upheld. All who enter our doors are welcomed and affirmed.

Each year, SCC has continued to see an increase in the number of clients we serve. One of the primary sources of this increase is the decreasing options for quality therapeutic services in the Mid-South area as well as our Sliding Scale and Low-Fee Assistance program. In addition, SCC continues to become more widely known in the Mid-South via social media and word of mouth as a source of high-quality and compassionate care, which is respectful of all individual's beliefs, values and issues.

Please contact Samaritan Counseling at 901-729-3900 or contact@samaritanmidsouth.org for more information.

Anxiety Treatment of Memphis, PLLC

David Dia, PhD, LCSW

284 German Oak Drive, Suite 100

Cordova, TN 38018

901-581-6951

“Anxiety and related disorders. Children, adolescents and adults. He is really, really good.”

Behavior Services of the MidSouth LLC

150 Timber Creek Drive Suite 2

Cordova TN 38018

“We meet people where they are to provide state of the art, trauma responsive solutions to removing the roadblocks to success. At school, home, or the office, BSMS is committed to reducing the marginalization of clients and increasing access to effective, evidence-based interventions. We will come to you and work with you to put together executable plans for success that will make all the difference in achieving your goals.”

Kate Burnett, LCSW

Little Rock, AR

<https://hillcresttherapycenter.com/about/>

“A great therapist.”

Cardinal Counseling

Little Rock, AR

cardinalcounselingar.com

“A new practice, established January 2020 by experienced therapists with a solid reputation in central Arkansas.”

Christian Psychological Center, Memphis:

(901) 458-6291

~Jessi Berger for trauma related counseling.

“Young but skilled/gifted and compassionate.”

~Brent Stenberg

“He is amazingly gifted and compassionate; expert; can’t recommend him highly enough.”

~Laurie Haddow

“A great counselor.”

Rebecca Cochrane

(901) 355-9078

“A great counselor”

Experiential Healing Center

Recovery Trauma Health

Memphis, TN

ehcmemphis.com

“So helpful”

Amy Flaherty

Jonesboro, AR

<http://truehopecounseling.org>

<http://southernstrandtray.com>

“An exceptional therapist and presenter. Uses and teaches sandtray therapy for all ages.”

Molly Fleming, LPC

Memphis

www.mollyfleming.com

*Does not accept insurance but comes highly recommended for self-pay.

Matt Fortner

Central Gulf Coast, AL

“Matt had a successful practice in Oxford, MS for over 16 years before he relocated to the gulf coast. He is joining Hurley Counseling at both the Mobile and Fairhope locations and will be available evenings and Saturdays.”

Jen Freilino, LPC

Little Rock, AR

<http://501counseling.com/about-us>

“Great therapist. Specializes in eating disorders.”

Courtney Frierson

Little Rock, AR

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

(404) 808-7511

“LGBTQ experience. Equally affirming of atheists, agnostics, and traditionally religious folks.”

Dr. KT Hiestand

“Dr. Hiestand practices in midtown and specializes in the LGBTQ+ population. She is herself non-binary and goes by either gender pronoun. Her primary method of practice is CBT.”

She has a Facebook page <https://m.facebook.com/DrKTphd/>

Renee Ingham

Licensed Marriage and Family Therapist

315-529-2892

Reneeingham4@gmail.com

“She has recently relocated to Fayette County from New York and is licensed in TN. She specializes in therapy from a spiritual point of view (all denominations and religions).”

Dr. Nancy Jordan

Psychologist with Jungian training: <https://npino.com/psychologist/1104929199-dr.-nancy-e-jordan/>

Betsy Mandel-Carley

5350 Poplar Avenue, Suite 314

Memphis, Tennessee 38119

Phone: 901-683-1422

Ron McDonald

(901) 268-8906

“I highly recommend. He is a marriage and family therapist and a Quaker. He used to teach the parenting class at Calvary. Currently has an office in Crosstown.”

Montoyia McGowan, LCSW

Stopping the Chase Counseling and Consulting

1331 Union Ave Suite 1003

Memphis, Tn 38104

901-273-3485

<https://stoppingthechase.com>

“Does individual and family therapy and works with veterans.”

Methodist Lebonheur Employee Assistance Program (EAP)

Includes employees of Shelby County Schools and of other employers. Check to see if you have access through your place of employment.

<https://www.methodisthealth.org/healthcare-services/employee-assistance-program/our-eap-team.dot>

Kima Richard

“Has helped us tremendously.”

Dr. LeeAnne Pate

Located near Novel bookstore. 901-921-3206.

“She is fabulous.”

Karen Riss

2124 Vinson Ave 38104

901-278-1979.

“I have worked with her and I know others that have as well. She is no nonsense, very intuitive, kind and has a proven record of carrying it to the end. Her approach is to successfully launch back into life.”

Rebecca Spooner

Wellspring Renewal Center

Little Rock, AR

<https://www.wellspringrenewalcenter.com>

“Rebecca is fantastic.” “Does a lot of work with clergy, was ordained in the Presbyterian church and did parish work before pursuing a career in psychotherapy.”

Ben Toole

Water Valley, MS

Jungian Analyst

U of M Dept of Psychology

<https://www.memphis.edu/psychology/centers/psc.php>

“Has a clinic where clients are seen by doctoral candidates on a sliding fee scale.”

Marlo Zaraur

<http://www.cpcmehphis.net/about-cpc/our-staff/zaraur/>

“I really like her as a person and would trust her professional judgement. She is rich with life experience. We discussed many issues over the years regarding children and trauma, behavioral problems, sensory integration and so on.”

Grief and Bereavement Support

The Rev. Bill Kolb, Grief Counselor

Retired Associate Priest for Pastoral Care, served at Calvary and other parishes in West TN

901-438-0751, williamkolb461@yahoo.com

Bill facilitates a bereavement support group every other Thursday afternoon.

Psychiatry

Les Smith, M.D.

Private psychiatric practice

5050 Poplar Ave., Memphis, TN, 38157

(901) 377-5891

Spiritual Direction

Anne H. K. Apple

anneapple@idlewildchurch.org

“I’ve seen Anne for spiritual direction over the years, and she has been immensely helpful.”

Linda Douty-Mischke

(901) 573-0811

lindadouty@aol.com

*Recommended by multiple people

“She’s wonderfully gentle and speaks all the major dialects: Christianity, Jungian, Buddhism & dream language. Lives at Trezevant.”

Tom Elliott

Little Rock, AR

deepwardly.com

*Offers spiritual direction, retreats, business coaching, and supervision for spiritual directors.

Steve Holzhalb

Covington, LA

(985) 630-194

Lizabeth Jorgensen

Little Rock, AR

lijorgenson21@yahoo.com

The Rev. Paul McLain, Certified Spiritual Director

Calvary Episcopal Church, Memphis

(901) 312-5215, pmclain@calvarymemphis.org

The Rev. Canon Karen Montagno

Cannon Missioner, Christ Church Cathedral

Cincinnati, OH

(513) 842-2052

*Rev. Montagno is available for some distance spiritual direction.

Rev. Joanna Seibert, M.D.

Little Rock, A

joannajseibert@gmail.com

Jennifer Trently

Jackson, TN

<http://jennifertrently.org/>

(731) 571-9578

jmtrently@outlook.com

Life Coaching

Michael Mitchell

Washington, D.C. (offers online sessions)

Mighty Big Change Coaching on Facebook

michael@mightybigchange.com

(347) 416-2726

“Mighty Big Change Coaching is Michael Mitchell -- a Certified Professional Co-Active Coach (CPCC) who believes that an intentional life is a mighty one.”

Susan Waits

Memphis, TN (offers online sessions)

Ph. (870) 219-9490

“A yoga instructor and Martha Beck certified life coach. Susan is real, grounded, funny, magic and wise. Also affordable.”

Other

Myofascial Release (MFR)

Effect/affect on the mind body spirit: www.memphismfr.com

“There are a two other expert level MFR therapists (PT’s) who take insurance in Memphis, and a few LMT’s (who are cash based and would charge less, but do a combo of massage and MFR). I would tend to endorse expert level JFB MFR therapists regardless of their discipline.”

“There is an international MFR Directory for therapists who specialize in John Barnes’ Myofascial Release therapy on John’s website and you can look at that for therapists surrounding the Metro Memphis area by state or on the map. I just updated my profile for Washington, which prompted me to think about this. I am still getting calls, texts and e-mails from new pts. I refer them to Grace Vedala,

PT @ www.memphismfryoga.com and Susan Jenkins, PT @www.iptwellness.com. Grace got her Yoga teaching certification a few years ago and coined her own product- MFR YOGA.”

“The MFR Directory is found under the ‘Find A Therapist’ tab. You can search via map or country, state & city.”