

SANDALS CHURCH COUNSELING REFERRALS

This list is a network composed of a variety of mental health providers. Our desire is to provide the best available care to the community we serve and that those who we refer have a clear biblical implementation in their practice. We strive for those on this list to approach the support they provide in a faith based manner. To that regard, these referrals are composed of individuals who have demonstrated just that. While this is a recommendation from us, it is your responsibility to select the care that is the best fit for you. We ask that you do your due diligence going through this list to determine the best personal fit for your needs. While we do our best to know and vet those we recommend, we want you to understand that selecting the provider for you is a personal decision and one that has to be done on an individual basis. Each of those composed on this list are individuals or businesses that have their independent visions, purposes and values that align with their set missions. Please know here is the vision and beliefs of Sandals Church. Our counsel and guidance is founded in what the bible teaches us.

CATEGORY 1: LICENSED CLINICIAN

These are mental health professionals trained in therapy and family systems, and licensed to diagnose and treat mental and emotional disorders within the context of marriage, individuals, couples and family systems.

CATEGORY 2: MARRIAGE AND FAMILY THERAPIST ASSOCIATE

These are mental health professionals that are in training. They are training in therapy and family systems, and can still diagnose and treat mental and emotional disorders within the context of marriage, individuals, couples and family systems.

CATEGORY 3: PSYCHIATRIST

A psychiatrist is a medical doctor (an M.D. or D.O.) who specializes in mental health. Psychiatrists are qualified to assess both the mental and physical aspects of psychological problems. If appropriate, Psychiatrist can prescribe medication.

CATEGORY 4: NON-LICENSED COUNSELOR

These are people that are either biblical counselors, or do counseling without the license or training. Although they are not licensed, we have still approved them because of their skill and heart for the Lord.

WHAT TO LOOK FOR IN A THERAPIST

If for some reason the counselors on the referral list did not have any availability on their schedule, or they did not fit within your financial means, we have offered a couple of tips to finding a Therapist.

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Counselors are listed in alphabetical order by city.

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WHAT TO LOOK FOR IN A THERAPIST

1. **A Christian.** You can pre-screen your therapist over the phone before going to your first session. Google “Christian therapists” in your area and take time to look at their websites. If you think they are someone you can connect with, give them a call and ask them the following questions:

- a. Do you integrate your Christian faith in the therapy room?
- b. Are you willing to pray with me when we meet and have the Bible be a part of it?
- c. Let them know that your Christian faith is important and ask them about it.
- d. All therapists, even Christians, have to abide by the Board of Behavioral Sciences for the State of California, and this means that they should technically not talk about faith integration unless the client wants it, with that in mind, when you meet with them for the first time, let them know that you want your Christian faith to be a part of therapy.

2. **Someone you connect with.** When going to therapy you are NOT bound to your therapist. Believe it or not, you do not need to stay with your therapist. Make sure you have a good connection with them and feel comfortable with them. If you don’t, let them know that it’s not working. See if you can figure it out with them, and if not, let them know you are going to find another therapist. Their feelings won’t be hurt; they know that a big part of the therapeutic process is having a good connection between the therapist and client.

3. **A method you feel comfortable with.** Every therapist is different in the way they see health, lack of health, or even relate and interact with the client. Some therapists work solely on thoughts, some on emotions, some only concerning present circumstances, and some look at your childhood. With that said, it is important to ask the therapist what their “theory” or “modality” is and how they view things. After that conversation, look it up, ask around, see if you would be comfortable with it.

4. **Abide in Christ and involve other Christians.** We want to emphasize that *your therapist is not your pastor or your community*. With that in mind, spend time reading your Bible, process with a mature Christian, and have other mature Christians around you be involved in your life as you seek time with a therapist. People and therapists, we are all imperfect, which is why we need to lean on the Word of God in the process because it is perfect and without error.

5. **Give yourself grace and time.** Therapy and growing in our health takes a good amount of time, there is no quick fix. Remember it may have taken years to grow the unhealthy parts of ourselves... and it may take time to change those unhealthy parts of ourselves.. give yourself grace... and give yourself a lot of time.

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APPLE VALLEY

LICENSED CLINICIANS

Summer Richards, LMFT 78347

Practice: 360 Degrees Counseling Solutions

Phone: 760-503-4393

Address: 18245 highway 18 suite 6 Apple Valley, CA 92307

Population Served: Children/Adolescents (13-17), Adults (18+)

Therapy Format: In person/Office Only

Cost and Insurance: \$120 per session. \$100 per assessment. IEHP, Tricare, Kaiser, Some PPO

Theoretical Orientations: Attachment-based, Behavioral, Cognitive Behavioral, Psychodynamic, Systems, Narrative Therapy and Solution Focused

Therapy/Counseling Specialty Areas:

ADHD, Anxiety/Panic, Autism/PDD/Asperger's, Behavior Modification, Christian Counseling, Cognitive Behavior Therapy, Cultural Issues, Depressive Disorders, Family Therapy, Grief Issues, Group Therapy, Sexual Abuse, Solution Focused, Victims of Abuse and Trauma, Women's Issues

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CHINO

LICENSED CLINICIANS

Christine Koontz, MSW, LCSW 21942

Phone: 909-255-0791, **Website:** christinekoontz.com

Address: 4091 Riverside Dr. Suite 214, Chino, CA 91710

Population Served: Children/Adolescents (13-17), Adults (18+), Geriatrics (60+), and Disabled Persons

Therapy Format: In person/Office Only

Cost and Insurance: \$165/50 minute session. Sliding scale offered based on monthly family income, before taxes. Negotiated with Client. No Insurance, however, a superbill may be provided upon request for out of network reimbursement if allowed by the client's insurance plan.

Theoretical Orientations: Cognitive Behavioral, Emotionally-Focused, Psychodynamic, Relational, Systems

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Christian Counseling, Enneagram, Marriage Therapy, Grief Issues, Trauma, PTSD, Men's Issues, Premarital Counseling, Victims of Abuse or Trauma, OCD, Life Transition

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CLAREMONT

NON-LICENSED CLINICIANS

Gabrielle Bingham, Christian Counselor ◆◆

Practice: Encounter Collective

Phone: 636-459-8206 **Email:** gabby@encountercollective.org

Address: 1364 N. Towne Avenue, Claremont CA 91711

Website: encountercollective.org

Population Served: Children/Adolescents (13-17), Adults (18+), Geriatric (Ages 60+)

Therapy Format: In person and Web-based

Cost and Insurance: \$80 per 50-70 minute session, Sliding Scale Available

Theoretical Orientations: Attachment-Based, Emotionally-Focused Therapy (Certification Pending)

Therapy/Counseling Specialty Areas:

Christian Counseling, Crisis, Depressive Disorders, Divorce, Domestic Violence, Eating Disorders, Family Therapy, Grief Issues, Group Therapy, Infertility, Premarital Counseling, Trauma, Victims of Abuse/Trauma, Women's Issues

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CORONA

LICENSED CLINICIANS

Brett Ryan, LMFT, 128956

Practice: Brett Ryan, Marriage and Family Counseling Inc.

Practice Address: 4160 Temescal Canyon Rd. Suite 309. Corona, CA 92883

Website: www.brettryancounseling.com

Phone: (949) 478-0235 **Email:** brettryancounseling@gmail.com

Population Served: Adults (18+), Couples

Therapy Format: In person/Office and Web-based

Cost and Insurance: Fee \$150, no insurance, superbill is available for insurance reimbursement

Theoretical Orientations: EMDR, Emotional-Focused (EFT), Attachment-Based

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Christian Counseling, Enneagram, Marriage Therapy, Grief Issues, Trauma, PTSD, Men's Issues, Premarital Counseling, Victims of Abuse or Trauma, OCD, Life Transition, Affair Recovery

Gabriela Heigl, AMFT, 127811

Practice: Brett Ryan, Marriage and Family Counseling Inc.

Practice Address: 4160 Temescal Canyon Rd. Suite 309. Corona, CA 92883

Website: www.brettryancounseling.com

Phone: 909-754-4643 **Email:** gabbyheigl counseling@gmail.com

Population Served: Adolescents (ages 11-17), Adults (18+), Couples

Therapy Format: In person/Office and Web-based

Cost and Insurance: Fee \$140, no insurance, superbill is available for PPO insurance reimbursement

Theoretical Orientations: Attachment-Based, Cognitive Behavioral, EMDR, Emotionally-Focused, Mindfulness-Based, Psychodynamic, Relational, Systems

Therapy/Counseling Specialty Areas: Anxiety/Panic, Christian Counseling, Grief Issues, Life Transition, Marriage Therapy, Pre-Marital Counseling, PTSD, Sexual Abuse, Trauma, Victims of Abuse, Women's Issues

SANDALS CHURCH COUNSELING REFERRALS

HEMET

MARRIAGE AND FAMILY THERAPIST ASSOCIATES

Arianna Reyna, M.S., LMFT #133026

Practice: New Hope Christian Counseling

Phone: 909-238-0667 **Email:** arianna.reyna@newhopeccf.com

Website: <https://www.newhopechristiancounseling.org/>

Address: 464 S Palm Street Hemet, CA 92543

Population Served: Children/Adolescents (13-17), Adults (18+), Geriatrics (Ages 60+)

Therapy Format: In person/Office and Virtual

Cost and Insurance: \$125 per session for individuals, \$185 couples, \$200 family 3+, No insurance accepted. Medi-Cal clients will go to trainees and new hire associates.

Theoretical Orientations: Biological/Medical Cognitive, Emotionally-Focused, Mindfulness-Based, Psychodynamic, Relational, Systems

Therapy/Counseling Specialty Areas:

ADHD, Adoption, Anxiety/Panic, Chemical Dependency, Christian Counseling, Cognitive Behavioral Therapy, Crisis, Cultural Issues, Depressive Disorders, Dialectical Behavior Therapy, Divorce, Domestic Violence, Eating Disorders, Family Therapy, Grief Issues, Group Therapy, Men's Issues, OCD, Pain Management, Postpartum Issues, PTSD, Sexual Abuse, Solution Focused, Trauma, Victims of Abuse and Trauma, Women's Issues.

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MORENO VALLEY

LICENSED CLINICIANS

Max Kayes, MFT, MFC22998

Practice: New Hope Christian Counseling Centers

Practice Address: 12810 Heacock Street, Ste B202, Moreno Valley, CA

92553, 1175 E. Garvey Street, Ste 102, Covina, CA 91724

41700 Ivy Street, Ste B, Murrieta, CA 92562

Phone: 951-247-6542, Ext 250, **Email:** max.kayes@newhopeccf.com

Website: newhopechristiancounseling.org

Population Served: Children (4-17), Adults (18+), Geriatrics (60+)

Therapy Format: In person/Office Only

Cost and Insurance: \$140/session, foundation with sliding scale, no insurance can provide superbill

Theoretical Orientations: Attachment Based, Mindfulness Based, Psychodynamic, Systems, Professional and Life Coaching

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Bipolar, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Family Issues, Grief Issues, Men's Issues, OCD, Personality Disorders, Premarital Counseling, PTSD, Schizophrenia/Psychotic Disorders, Solution Focused, Victims of Abuse and Trauma

Alex Navarro, LMFT, LMFT 125785 ■

Practice: New Hope Christian Counseling Centers

Practice Address: 12810 Heacock Street, Ste B202, Moreno Valley, CA

92553

Phone: 951-247-6542, **Email:** alex.navarro@newhopeccf.com

Website: newhopechristiancounseling.org

Population Served: Children (Ages 3-10) Adolescents (4-17), Adults (18+), Geriatrics (60+), and Spanish Speaking

Therapy Format: In person/Office and Virtual

Cost and Insurance: \$125/session marital/couples, \$100 for individual therapy.

Theoretical Orientations: Behavioral, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Family Therapy, Music Therapy, Relational, Play

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Therapy, Systems, Family Systems

Therapy/Counseling Specialty Areas:

Addiction, ADAH, Affair Recovery, Adoption, Anxiety/Panic, Behavior Modification, Bipolar, Chemical Dependency, Christian Counseling, Crisis, Cultural Issues, Depressive Disorders, Foster Care, Grief Issues, Life Transition, Marriage Therapy, Men's Issues, Pre-Marital Counseling, PTSD, Self Harm, Solution Focused, Solutions Based, Suicide, Trauma, Victims of Abuse and Trauma.

Hillary Thomas, CA LPCC #6465

Practice: New Hope Christian Counseling Centers

Practice Address: 1916 Orange Tree Lane, Suite 450-G, Redlands, CA 92374

Phone: 951-247-6542, **Website:** newhopechristiancounseling.org

Email: Hillary.Thomas@newhopeccf.com

Population Served: Children (Ages 3-10) Adolescents (4-17)

Therapy Format: In person/Office and Telehealth

Cost and Insurance: \$125/session for individuals, \$150/session for couples and families, \$100 for those in need and biweekly services available.

Theoretical Orientations: Behavioral, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Family Therapy, Relational, Play Therapy, Systems, Family Systems, Attachment

Therapy/Counseling Specialty Areas:

ADHD, Adoption, Anxiety/Panic, Behavior Modification, Counseling, Crisis, Cultural Issues, Depressive Disorders, Foster Care, Grief Issues, Life Transition, Marriage Therapy, PTSD, Self Harm, Solution Focused, Solutions Based, Suicide, Trauma, Victims of Abuse and Trauma.

Chaelene "Rachelle" Navarro, MS, MA, LMFT #132461 ◆◆

Practice: New Hope Christian Counseling

Website: www.newhopechristiancounseling.org

Phone: 951-247-6542 **Email:** Chaelene.Navarro@newhopeccf.com

Address: 12810 Heacock Street Suite B-202 Moreno Valley, CA

Population Served: Children/Adolescents (13-17), Adults (18+), Geriatrics (60+)

Therapy Format: In person/Office and Web-based

Cost and Insurance: \$100 per session. Sliding scale can be discussed based on need and supervisor approval. Medi-Cal Insurance is accepted.

Theoretical Orientations: Behavioral, Relational, Systems

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MORGAN HILL

MARRIAGE AND FAMILY THERAPIST ASSOCIATES

John Mark Kane, M.A., Associate, 109364

Practice: Kane Counseling (Associate Marriage and Family Therapist with Discovery Center) **Phone:** 408-461-9658 **Website:** www.johnmarkkane.com

Address: 16275 Monterey Rd, Morgan Hill, CA 95037

E-mail: support@johnmarkkane.com

Population Served: Children (Ages 3-10) Adolescents (Ages 11-17), Adults (Ages 18+) Parents (especially when the issue is with young children)

Therapy Format: Web-based

Cost and Insurance: \$150 per 50 minute session, limited sliding scale, will be considered on a case by case basis. Insurance is in network with Anthem Blue Cross, Blue Shield and Tricare

Theoretical Orientations: Other, Core theoretical orientation is a Christian Psychology approach to therapy

Therapy/Counseling Specialty Areas:

Marriage and Family Therapy, Addictions Specialist: Pornography, Substance Abuse, Social Media, Video Games, ADHD, Affair Recovery, Adoption, Anxiety/Panic, Behavior Modification, Chemical Dependency, Christian Counseling, Crisis, Cultural Issues, Depressive Disorders, Divorce, End of Life Issues, Foster Care, Grief Issues

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NEWPORT BEACH

LICENSED CLINICIANS

April Twenhafel, MFT 50589

Practice: Help Hope Love Family Therapy

Phone: 949-791-7210 **Email:** mytherapistapril@gmail.com

Website: www.apriltwenhafel.com

Address: 1601 Dove Street, Suite 105, Newport Beach 92660

Population Served: Children (13-17), Adults (18+), Geriatrics (Ages 60+), Disabled Persons

Therapy Format: In person/Office and Web-based

Cost and Insurance: Fee \$200, sliding scale if client qualifies based on a monthly income, no insurance, superbill is available for insurance reimbursement

Theoretical Orientations: Attachment-Based, Emotional-Focused, Psychodynamic, Systems, EMDR

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Christian Counseling, Depressive Disorders, Divorce, Domestic Violence, Eating Disorders, Family Therapy, Grief Issues, Group Therapy, OCD, Sexual Abuse, Victims of Abuse and Trauma, Women's Issues

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NORCO

LICENSED CLINICIANS

Mykalanne Ball, LMFT 119959

Practice: Citrus City Family Counseling

Phone: 951-217-7550

Website: citruscityfamilycounseling@gmail.com

Address: 2641 Hamner Avenue #201, Norco CA 92860

Population Served: Adolescents (14+), Adults (18+), & Geriatrics (Ages 60+)

Therapy Format: Virtual (Web-based)

Cost and Insurance: Fee \$120 per session. Insurance is in network with Kaiser, IEHP, and Anthem

Theoretical Orientations: Cognitive, Cognitive Behavioral Therapy, Family Therapy

Therapy/Counseling Specialty Areas: Anxiety/Panic, Christian Counseling, Cultural Issues, Depressive Disorders, Divorce, Marriage Therapy, Postpartum Issues, Women's Issues, Men's Issues, Depression/Sadness, Grief/Loss, Marriage/Couples Issues, Work/Life Issues, Parenting Issues,

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ONTARIO

LICENSED CLINICIANS

Debbie Steele PhD MFT, MFC 42282  

Email: debbiesteele@gs.edu **Website:** www.paradoxministries.com

Address: 3210 E. Guasti Rd. Ontario, CA 91761

Population Served: Children/Adolescents (13-17), Adults (18+), and Geriatrics (60+)

Therapy Format: Web-based Only

Cost and Insurance: Sliding scale from \$50 - \$150 per session. No insurance

Theoretical Orientations: Attachment-Based, Emotionally-Focused, Couples Therapy

Therapy/Counseling Specialty Areas:

Christian Counseling, Couples Counseling, Family Therapy, Sexual Abuse, Victims of Abuse and Trauma, Women's Issues

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PASADENA

MARRIAGE AND FAMILY THERAPIST ASSOCIATES

Christian Holmes, MA, AMFT Associate ❖❖

Practice: La Vie Counseling Center

Website: <https://christianholmestherapy.com/>

Phone: (310) 409-3975 **Email:** holmes.lavie@gmail.com

Address: 650 Sierra Madre Villa, Suite 110 Pasadena, CA 91107

Population Served: Children/Adolescents (13-17), Adults (18+)

Therapy Format: In person/Office and Web-based

Cost and Insurance: \$195 per session. Out of Network Insurance Plans (PPOs).

Theoretical Orientations: Attachment-Based, Behavioral, Cognitive, Cognitive Behavioral, Emotionally-Focused, Mindfulness-Based, Psychodynamic, Relational, Systems

Therapy/Counseling Specialty Areas:

ADHD, Addiction, Anxiety/Panic, Behavioral Modification, Chemical Dependency, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Domestic Violence, Family Therapy, Grief Issues, Men's Issues, OCD, Pain Management, PTSD, Sexual Abuse, Solution Focused, Trauma, Victims of Abuse and Trauma

LICENSED CLINICIANS

Rich Painter, M.S., LMFT, License #114765 ❖❖

Practice: Sky Counseling Center

Phone: 904-800-8553

Address: 1001 Fremont Ave #3324, So. Pasadena, CA 91031

E-mail: skycounselingcenter@gmail.com

Website: www.skycounseling.com

Population Served: Adolescents (Ages 11-17), Adults (Ages 18+) and Geriatrics (Ages 60+)

Therapy Format: In person and Virtual

Cost and Insurance: \$90-\$150 sliding scale fee based on income. Insurance out of network insurance reimbursement.

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Theoretical Orientations: Attachment-Based, Cognitive Behavioral Therapy, Emotionally-Focused, Family Therapy, Mindfulness-Based, Psychodynamic, Relational, Family Systems, Trained in Trauma Focused/CBT, Emotionally Focused Therapy, Restoration Therapy, Motivational Interviewing, Seeking Safety, Certified Prepare-Enrich Premarital and Marital Facilitator, Certified Family Wellness Instructor.

Therapy/Counseling Specialty Areas:

Addiction, Affair Recovery, Adoption, Anxiety/Panic, Behavior Modification, Bipolar, Christian Counseling, Cultural Issues, Depressive Disorders, Divorce, Grief Issues, Infertility, Life Transition, Marriage Therapy, Men's Issues, Porn/Sexual Addiction, Pre-Marital Counseling, PTSD, Sexual Abuse, Solution Focused, Solutions Based, Trauma, Victims of Abuse and Trauma, Women's Issues

SPIRITUAL DIRECTOR

Mindy Painter, ♦♦

Practice: Spiritual Director

Phone: (323) 412-0067

Website: <https://www.skycounseling.com/spiritual-direction-mindy-painter>

Email: mindypainterlove@gmail.com

Address: Los Angeles/Pasadena area

Population Served: Anyone looking to deepen or grow in their relationship with God

Therapy Format: 50-60 minutes, meeting virtually or in-person

Cost and Insurance: Sliding scale \$60-90

What is Spiritual Direction? Spiritual direction is a contemplative practice that focuses on the conscious development of the relationship between a person and God. The emphasis is on the presence and leading of the Holy Spirit as the spiritual director provides companionship, recognition, confirmation and affirmation of the work of God in the life of the directee. The spiritual director helps the directee become more aware of the presence, movement, and invitation of God in everyday life and prayer. The focus of the time of direction will always be on the directee— on their experience and on their relationship with God, self, others, and the world. The spiritual director is a faith companion who listens to life stories with an ear for discerning the movement of the Holy Spirit.

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RANCHO CUCAMONGA

LICENSED CLINICIANS

Laura Mondragon, LMFT, 82979

Practice: Truth Family and Child Counseling Services Inc

Mailing Address: PO Box 4594, Rancho Cucamonga, CA 91729

Website: truthfamilycounseling.com

Phone: 951-956-4244 **Email:** truthfamilycounseling@gmail.com

Population Served: Children/Adolescents (13-17), Adults (18+), Geriatric (Ages 60+)

Therapy Format: Virtual appointments only

Cost and Insurance: *Please contact for a fee schedule.* No insurance

Theoretical Orientations: Attachment-Based, Behavioral, Behavioral/Medical Cognitive, Cognitive, Cognitive Behavioral, Emotionally-Focused, Mindfulness-Focused, Psychodynamic, Relational, Systems, Biblical and EMDR

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Behavior Modification, Bipolar, Christian Counseling, Cognitive Behavioral Therapy, Crisis, Cultural Issues, Depressive Disorders, Divorce, Domestic Violence, End of Life Issues, Family Therapy, Grief Issues, HIV/AIDS Related Issues, COD, Personality Disorders, Postpartum Issues, Pre-Marital Counseling, Prenatal Issues, PTSD, Sexual Abuse, Solutions Focused, Trauma, Victims of Abuse/Trauma, Women's Issues

PSYCHIATRISTS/PSYCHOLOGISTS

Mark Welch, M.D. License # 20A8950

Practice: DO Inc (owner Aspen Psychological)

Phone: (909) 989-5556 **Email:** drwelch@aspenpsychological.com

Website: www.aspenpsychological.com

Address: 10737 Laurel Street #230, Rancho Cucamonga, CA 91730

Population Served: Adults (18+)

Therapy Format: In person/Office Only Prescribing medications and working closely with the treating therapist

Cost and Insurance: Takes most major insurance companies. Does not accept Medicare or Medicaid-Cal. Cash rates vary per the patient's financial resources and complexity of the patient

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Theoretical Orientations: Cognitive Behavioral Therapy for Insomnia

Therapy/Counseling Specialty Areas:

ADHD, Anxiety/Panic, Bipolar, Chemical Dependency, Cognitive Behavioral Therapy, Depressive Disorders, Eating Disorders, HIV/AIDS Related Issues, Men's Issues, OCD, Personality Disorders, Schizophrenia/Psychotic Disorders

Timothy Lee, M.D. License # A101050

Practice: Timothy Lee MD Inc (working with Aspen Psychological Services)

Phone: 909-989-5556 ext. 6 **Email:** tim.lee.aspen@gmail.com

Website: aspenpsychological.com

Address: 10737 Laurel St, Suite 230, Rancho Cucamonga, CA 91730

Population Served: Adults (18+), Geriatrics (60+), Mandarin-Chinese speaking

Therapy Format: In-person & Web-based

Cost and Insurance: \$300 for initial visit, \$150 for all follow-ups, United Healthcare/Optum (applying for contract with Anthem Blue Cross and Magellan)

Theoretical Orientations: Cognitive Behavioral Therapy, Psychodynamic, Biblical Counseling, Acceptance and Commitment Therapy, Forgiveness Therapy, Supportive Psychotherapy, and Self-Compassion Based Therapy

Therapy/Counseling Specialty Areas: Anxiety/Panic, Christian Counseling, Depressive Disorders, Depression/Sadness, Medical Issues, Psychiatry, Mood Disorders

SANDALS CHURCH COUNSELING REFERRALS

REDLANDS

LICENSED CLINICIANS

Katharine Braun, MFT 99738

Practice: Restoration Counseling Service

Phone: 909-724-4735 **Email:** katharine@RestorationCS.com

Website: www.restorationcs.com

Address: 1174 Nevada Street, Suite 210, Redlands, CA 92374

Population Served: Adults (18+), Geriatrics (60+)

Therapy Format: Telehealth Only

Cost and Insurance: \$130 hourly. No Sliding Scale. No Insurance.

Theoretical Orientations: Attachment-Based Therapy, Client Centered Therapy, Cognitive Behavioral Therapy (CBT), Emotional Focused Therapy, Emotional Transformation Therapy (ETT), Integrative and Psychodynamic Therapy, Solution Focused Therapy, Trauma Focused.

Therapy/Counseling Specialty Areas:

Addiction, Anxiety, Boundaries, Codependency, Coping Skills, Chronic Pain, Depression, Domestic Abuse, Domestic Violence, Emotional Disturbance, Grief, Infidelity, Marital Issues, Psychological/Hidden Abuse, Relationship Issues, Self Esteem, Self-Harming, Sexual Abuse, Suicidal Ideation, Trauma, Women's Issues

Susan Griffin, LMFT 81555

Practice: Restoration Counseling Service

Phone: 909-255-1250, **Email:** Susan@restorationcs.com

Website: www.restorationcs.com

Address: 1174 Nevada Street, Suite 210, Redlands, CA 92374

Population Served: Adults (18+), Geriatrics (60+)

Therapy Format: Telehealth/In Person

Cost and Insurance: \$150 per session (same rate for individuals or a couple). She does not accept insurance.

Theoretical Orientations: Attachment-based, Emotionally-Focused

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Depressive Disorders, Domestic Violence, Eating Disorders, Grief Issues, Infertility, Postpartum Issues, Prenatal Issues, Women's Issues, Men's Anger Is

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Meaghan Kinzel, LMFT, MFT, 107503

Practice: Evolve Counseling

Phone: (909) 727-1864 **Email:** meaghankinze@gmail.com,

Website: <https://evolvecounselingservices.com/>

Address: 104 E. Olive Ave. Ste 201

Population Served: Adolescents (Ages 11-17), Adults (18+), Disabled Persons

Therapy Format: Telehealth/In person

Cost and Insurance: \$130 per session

Theoretical Orientations:

Attachment-based, Emotionally-Focused, Psychodynamic, Family Systems

Therapy/Counseling Specialty Areas:

Affair Recovery, Adoption, Anxiety/Panic, Autism/ PPD/ Asperger's, Christian Counseling, Crisis, Cultural Issues, Dissociative Disorders, Divorce, Domestic Violence, Foster Care, Grief Issues, Infertility, LGBTQI+, Life Transition, Marriage Therapy, Postpartum Issues, Pre-Marital Counseling, Prenatal Issues, PTSD, Sexual Abuse, Victims of Abuse and Trauma, Women's Issues

Tami Miller, LMFT, MFT 47332

Practice: Tandem Marriage

Phone: 909-255-1350 **Email:** tami@tandemmarriage.com

Website: <https://tandemmarriage.com/>

Address: 339 Cajon Street, Redlands, CA 92373

Population Served: Couples

Therapy Format: Telehealth/Marriage Coaching with her Husband Brad Miller

Cost and Insurance: \$200, no insurance

Theoretical Orientations: Attachment-Based, Cognitive Behavioral, Emotionally-Focused

Therapy/Counseling Specialty Areas:

Affair Recovery, Sexual Betrayal, Marriage Enrichment, Conflict Resolution, Intimacy, Communication, Parenting, Christian Marriage Coaching

Sarah Oh, LMFT #51185

Practice: Sozo Family Counseling, Inc.

Phone: (909) 703-4878

Email: sarahoh.lmft@gmail.com

Address: 521 West Citrus Avenue, Redlands, CA 92373

Population Served: Children and Teens (13-17), Adults (18+), Geriatric(60+)

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Therapy Format: In person/Office only

Cost and Insurance: \$120/session, Sliding scale available.

Theoretical Orientations: Attachment-based, Cognitive Behavioral, Mindfulness-Based, Psychodynamic, Systems, Christian Counseling

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Bipolar, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Family Therapy, Grief/Loss, OCD, Postpartum Issues, Prenatal Issues, Women's Issues

Mona Orton, LMFT 115163, RPT  

Practice: Treehouse Therapy

Phone: 909-954-1070 **Website:** treehousetherapy.com

Email: TreehouseTherapy@yahoo.com

Address: 101 E. Redlands, Blvd, Suite 206, Redlands, CA 92373

Population Served: Children and Teens (2-18)

Therapy Format: In person

Cost and Insurance: \$150 per 50 minute Session, Insurances accepted: United, Kaiser, IEHP and Tricare. Sliding Scale available for financial hardships

Theoretical Orientations: EMDR, Play Therapy, Attachment-based, Cognitive Behavioral, Mindfulness-Based, Child-centered, Gestalt and Solution Focused Therapy

Therapy/Counseling Specialty Areas:

Behavior Modification, Bullying, Crisis, Depressive Disorders, Divorce, Domestic Violence, Family Therapy, PTSD, Sexual Abuse, Suicidal thoughts, Trauma, Victims of Abuse and Trauma, Women's Issues.

Michael Sudyka, LMFT, MFT 49089

Practice: Restoration Counseling Service

Phone: 909-255-1250, **Email:** Mike@restorationcs.com,

Website: www.RestorationCS.com

Address: 101 E. Redlands Blvd, Suite 170F, Redlands, CA, 92373

Population Served: Children/Adolescents (13-17), Adults (18+)

Therapy Format: In person/Office Only

Cost and Insurance: \$150 per session. No Insurance.

Theoretical Orientations: Behavioral, Cognitive, Relational

Therapy/Counseling Specialty Areas:

Behavior Modification, Christian Counseling, Cognitive Behavioral Therapy, Depressive

SANDALS CHURCH COUNSELING REFERRALS

Disorders, Family Therapy, Men's Issues, Solutions Focused, Victims of Abuse and Trauma

Kerri-Anne Nicole Denton LMFT #120563

Practice Name: Selah Sustained Counseling Services

Website: <https://selahsustained.com/>

Address: 101 E. Redlands Blvd., Suite 295, Redlands, CA 92373

Population Served: Children (13-17), Adults (18+)

Therapy Format: Telehealth/In Person

Cost and Insurance: \$115 - \$160 per session, no insurance

Theoretical Orientations: EFT, Client Centered, DBT, and CBT, Mindfulness-Based.

Therapy/Counseling Specialty Areas:

Women and Anxiety/ Depression. Postpartum Depression, Prenatal Issues, Chemical Dependency, Christian Counseling, Couples Counseling, Grief and Loss, PTSD, ADHD, Anxiety/Panic attacks, Autism Spectrum Disorder, Behavior Modification

Whitney Machado, LMFT #117017

Practice: Emmaus Counseling

Phone: (909)-283-3963 **Email:** Wmachado@emmausredlands.com

Address: 705 Cajon St, Redlands, CA 92373

Population Served: Adults, families, and couples.

Therapy Format: In person and virtual

Cost and Insurance: \$120 per session (20% discount if you attend Sandals) (no insurance accepted)

Theoretical Orientations: Attachment-based, CBT, DBT, Emotionally Focused, Family Systems, Gottman, Gestalt, Motivational Interviewing, Narrative Therapy, Person-Centered, Psychodynamic, Solution Focused

Therapy/Counseling Specialty Areas: Anger management, Anxiety, Boundaries, Codependency, Depression, Domestic violence, Eating Disorders, OCD, Premarital counseling, Relationship issues, Self-esteem, Trauma

Dr. Bryan Cafferky, PhD, MDiv, CFLE, LMFT #121120

Practice: Untangling Our Relationships Therapy

Phone: (909) 328-6179 **Email:** bryan@untanglingourrelationships.com

Website: <https://www.untanglingourrelationships.com/>

Address: 537 Cajon Street, Redlands, CA 92373

Population Served: Adults (18+), Couples

Therapy Format: In-person and Web-based

SANDALS CHURCH COUNSELING REFERRALS

Cost and Insurance: \$200 per session, No Insurance Accepted.

Theoretical Orientations: Attachment-Based, Behavioral, Cognitive Behavioral, Emotionally-Focused, Family Therapy, Relational. Systems, Family Systems, Community Resiliency Model, Trauma Resiliency Model

Therapy/Counseling Specialty Areas: Anxiety/Panic, Behavior Modification, Christian Counseling, Crisis, Depressive Disorders, Domestic Violence, Grief Issues, Infertility, Life Transition, Marriage Therapy, Men's Issues, Pre-Marital Counseling, PTSD, Self Harm, Sexual Abuse, Solutions Based, Suicide, Trauma, Victims of Abuse and Trauma, Depression/Sadness, Work/Life Issues, Parenting Issues, Mood Disorders, Medical Issues

Hillary Thomas, CA LPCC #6465

Practice: New Hope Christian Counseling Centers

Address: 1916 Orange Tree Lane, Suite 450-G, Redlands, CA 92374

Phone: 951-247-6542, **Website:** newhopechristiancounseling.org

Email: Hillary.Thomas@newhopeccf.com

Population Served: Children (Ages 3-10) Adolescents (4-17), Adults (18+), Geriatrics (60+), and Spanish Speaking

Therapy Format: In person/Office Only

Cost and Insurance: \$125/session, \$100 for those in need and biweekly services available.

Theoretical Orientations: Behavioral, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Family Therapy, Music Therapy, Relational, Play Therapy, Systems, Family Systems

Therapy/Counseling Specialty Areas:

Addiction, ADHD, Affair Recovery, Adoption, Anxiety/Panic, Behavior Modification, Bipolar, Chemical Dependency, Christian Counseling, Crisis, Cultural Issues, Depressive Disorders, Foster Care, Grief Issues, Life Transition, Marriage Therapy, Men's Issues, Pre-Marital Counseling, PTSD, Self Harm, Solution Focused, Solutions Based, Suicide, Trauma, Victims of Abuse and Trauma

Amanda Hayden, AMFT 116878

Practice: New Hope Christian Counseling Centers

Practice Address: 1916 Orange Tree Lane, Suite 450-G, Redlands, CA 92374

Phone: 951-247-6542, **Website:** newhopechristiancounseling.org

Email: amanda.hayden@newhopeccf.com

Population Served: Children (Ages 3-10) Adolescents (11-17), Adults (18+), Geriatrics (60+)

Therapy Format: In person/Office and Web based

Cost and Insurance: \$100 for a 45-55 min session. Cash only in Redlands, also work at the Moreno Valley and Hemet locations and accept CARES clients.

SANDALS CHURCH COUNSELING REFERRALS

Theoretical Orientations: Art Therapy, Family Therapy, Psychodynamic, Family Systems

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Depressive Disorders, Life Transition, Marriage Therapy, PTSD, Self Harm, Suicide, Trauma, Victims of Abuse and Trauma, Women's Issues

Gabriela Heigl, AMFT, 127811

Practice: Brett Ryan, Marriage and Family Counseling Inc.

Practice Address: 101 E Redlands Blvd Suite 170F Redlands, CA 92373

Website: www.brettryancounseling.com

Phone: 909-754-4643 **Email:** gabbyheigl@brettryancounseling.com

Population Served: Adolescents (ages 11-17), Adults (18+), Couples

Therapy Format: In person/Office and Web-based

Cost and Insurance: Fee \$140, no insurance, superbill is available for PPO insurance reimbursement

Theoretical Orientations: Attachment-Based, Cognitive Behavioral, EMDR, Emotionally-Focused, Mindfulness-Based, Psychodynamic, Relational, Systems

Therapy/Counseling Specialty Areas: Anxiety/Panic, Christian Counseling, Grief Issues, Life Transition, Marriage Therapy, Pre-Marital Counseling, PTSD, Sexual Abuse, Trauma, Victims of Abuse, Women's Issues

SANDALS CHURCH COUNSELING REFERRALS

RIVERSIDE

APPROVED CLINICS

Psychological Services of Riverside

Phone: 951-552-8137 **Email:** office@psychservicesriverside.org

Address: 2900 Adams St, Suite C-10, Riverside, CA 92504

Population Served: Children, Adults (18+), Geriatrics (Ages 60+), Disabled Persons, Couples, and Families

Therapy Format: In person and Telehealth

Cost and Insurance: Range: For student therapists, \$30-\$75/session, for licensed psychologist, \$130-\$155/session. Sliding Scale available. No Insurance

Theoretical Orientations: Attachment-Based, Behavioral, Cognitive, Cognitive Behavioral, Acceptance and Commitment Therapy, Psychodynamic, Emotion Focused, Play Therapy

Therapy/Counseling Specialty Areas:

ADHD, Adoption, Anxiety/Panic, Bipolar, Chemical Dependency, Christian Counseling, Cognitive Behavioral Therapy, Crisis, Cultural Issues, Depressive Disorders, Dialectical Behavior Therapy, Divorce, Domestic Violence, Eating Disorders, End of Life Issues, Family Therapy, Grief Issues, HIV/AIDS Related Issues, Infertility, Men's Issues, OCD, Pain Management, Personality Disorders, Postpartum Issues, Pre-Marital Counseling, Prenatal Issues, PTSD, Schizophrenia/Psychotic Disorders, Self-Harm, Sexual Abuse, Solutions Focuses, Trauma, Victims of Abuse and Trauma, Women's Issues

PSYCHIATRISTS/PSYCHOLOGISTS

John Engelhardt, Psychologist 31436

Practice: The Relationship Warehouse

Phone: (503) 330-7850 **Email:** john@therelationshipwarehouse.com

Website: therelationshipwarehouse.com

Address: 7119 Indiana Avenue, Riverside, CA 92504

Population Served: Children (13-17), Adults (18+), Geriatrics (Ages 60+)

Therapy Format: In person/Office Only

Cost and Insurance: \$130/session. Sliding Scale available. No Insurance

SANDALS CHURCH COUNSELING REFERRALS

Theoretical Orientations: Attachment-Based, Cognitive Behavioral, Psychodynamic, Relational, Acceptance and Commitment Therapy

Therapy/Counseling Specialty Areas:

ADHD, Anxiety/Panic, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Divorce, Grief Issues, Men's Issues, PTSD, Sexual Abuse, Victims of Abuse and Trauma

Dr. Noel Cooper, Psy.D, PSY27664

Practice: Psychological Services of Riverside

Phone: 951-552-8137 **Website:** www.psychservicesriverside.org

Address: 2900 Adams St. Suite C-10

E-mail: ncooper@calbaptist.edu

Population Served: Adolescents (Ages 11-17), Adults (Ages 18+) Geriatrics (Ages 60+) Disabled Persons, Couples

Therapy Format: In person and web-based

Cost and Insurance: \$130/session. Sliding scale available, no insurance.

Theoretical Orientations: Cognitive Behavioral, Emotionally-Focused, Interpersonal, Mindfulness-Based, Narrative, Psychodynamic, Relational, Prepare-Enrich, Family Wellness

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Adoption, Christian Counseling, Clergy and Clergy Families, Crisis, Cultural Issues, Depressive Disorders, Divorce, Domestic Violence, End of Life Issues, Foster Care, Grief Issues, Infertility, LGBTQI+, Life Transition, Marriage Therapy, Men's Issues, OCD, Postpartum Issues, Pre-Marital Counseling, Prenatal Issues, Self Harm, Solution Focused, Solutions Based, Suicide, Trauma, Victims of Abuse and Trauma, Women's Issues

Dr. Natalie Rios, PSY25690

Practice: Spring Forth Counseling Services

Phone: (951) 480-8653 **Email:** info@springforthcounselingservices.com

Website: <https://www.springforthcounselingservices.com/>

Address: Telehealth

Population Served: Adults (18+)

Therapy Format: Web Based

Cost and Insurance: \$140-\$150, Sliding scale available; please call for more information. Cigna and Optum accepted insurance.

Theoretical Orientations: Attachment-Based, Behavioral, Cognitive, Cognitive Behavioral Therapy, Family Therapy, Mindfulness-Based, Psychodynamic, Relational, Family Systems, Narrative Therapy,

SANDALS CHURCH COUNSELING REFERRALS

Motivational Interviewing, Acceptance and Commitment Therapy, and Solution- Focused Therapy

Therapy/ Counseling Specialty Areas:

Affair Recovery, Anxiety/Panic, Bipolar, Christian Counseling, Cultural Issues, Depressive Disorder, Divorce, Eating Disorders, Grief Issues, Life Transitions, Marriage Therapy, Infertility, Perinatal Mental Health (mental health during pregnancy and postpartum), Premarital Counseling, PTSD, Trauma, Victims of Abuse and Trauma, Women's Issues, Self Esteem, Identity Development, Young Adults (18-25), Stress and Coping, Relationship Concerns.

LICENSED CLINICIANS

Jennifer Peau M.S., LMFT, #490185 ■

Practice: Balance and Peace Counseling Services

Phone: (760) 221-5104 **Email:** balance@jpcounselor.org

Website: www.jpeaucounseling.com

Address: 6800 Indiana Ave Suite 130 Riverside 92506

Population Served: Adolescents (Age 11-17), Adults (18+), Geriatrics (Ages 60+)

Therapy Format: In person and telehealth

Cost and Insurance: \$65 for Associates, \$125 Indiv with me, \$150 couples and families, Sliding Scale available: \$60 with associates, \$100 Indiv with me \$125 for couples/families. No insurance.

Theoretical Orientations: Art-Therapy, Cognitive, Behavioral, Mindfulness-Based, Systems, Strengths based, Solution Focused, Narrative, EMDR

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Christian Counseling, Cultural Issues, Men's Issues, Marriage Therapy, Solution Focused, Solution Based, Life Transitions, Trauma

Lu Ann Ahrens, LMFT, MFC #40054

Practice: Lu Ann Ahrens

Phone: 951-782-8050 **Email:** luahrens@gmail.com

Website: www.luannahrens.com

Population Served: Adults (18+), Geriatrics (Ages 60+)

Therapy Format: Web-based only

Cost and Insurance: Accepted insurances: LLUMC Risk Management. Call for out-of-pocket costs

Theoretical Orientations: Emotionally-Focused, Attachment Theory, Client-centered, Relational, Family Systems

Therapy/Counseling Specialty Areas:

SANDALS CHURCH COUNSELING REFERRALS

Anxiety/Panic, Christian Counseling, Couples/Marriage/Relationships, Crisis, Cultural Issues, Depressive Disorders, Divorce/Remarriage, Family Therapy, Grief Issues, PTSD, Trauma, Victims of Abuse and Trauma, Women's Issues, Stage of Life transitions

Dr. Aine Bergin LMFT 40818 ■

Practice Name: Dr. Bergin Psychotherapy Family Services

Phone: 951-684-6684

Address: 6800 Indiana Avenue, Ste 130, Riverside, CA 92506

Population Served: Children/Adolescents (birth-17), Adults (18+), Geriatrics (Ages 60+), Spanish Speaking, Disable Persons

Therapy Format: In person/Office Only

Cost and Insurance: \$175/Hour. Sliding Scale is available. Insurance accepted: IEHP, Blue Cross, Kaiser (starting Jan 2020)

Theoretical Orientations: Equine and Animal Assisted Therapy, Attachment-Based, Cognitive Behavioral, Emotionally-Focused, Mindfulness-Based, Psychodynamic, Relational, Systems, play Therapy, EMDR, Gottman.

Therapy/Counseling Specialty Areas:

ADHD, Adoption, Anxiety/Panic, Autism/PDD/Asperger's, Behavior Modification, Bipolar, Chemical Dependency, Christian Counseling, Cognitive Behavioral Therapy, Crisis, Cultural Issues, Depressive Disorders, Dialectic Behavior Therapy, Divorce, Domestic Violence, End of Life Issues, Family Therapy, Grief Issues, Group Therapy, HIV/AIDS Related Issues, Infertility, OCD, Personality Disorders, Postpartum Issues, Pre-Marital Counseling, Prenatal Issues, PTSD, Schizophrenia/Phychotic Disorders, Sexual Abuse, Solutions Focused, Trauma, Victims of Abuse and Trauma, Women's Issues

Claudia Bouslough LMFT, MFC 51654

Phone: 951-403-1495, **Email:** cbousloughlmft@gmail.com

Address: 5053 La Mart Dr. Ste 105 Riverside, CA 92507

Population Served: Adults (18+)

Therapy Format: In person/Office Only

Cost and Insurance: Anthem Blue Cross, Exclusive Care, United Food Commercial Workers Union, Teamsters & Food employees, and Harrington Health for some Kaiser Employees. State Fund EAP. Some insurances allow for out of network therapists, a bill can be provided for a client to submit for reimbursement.

Theoretical Orientations: Psychodynamic, Relational, Mindfulness-Based, Attachment-Based, EMDR

Therapy/Counseling Specialty Areas:

SANDALS CHURCH COUNSELING REFERRALS

Anxiety/Panic, Christian Counseling, Depressive Disorders, Divorce, Eating Disorders, End of Life Issues, Grief Issues, OCD, Pain Management, Personality Disorders, Sexual Abuse, Victims of Abuse/Trauma

Ilese Buchanan LMFT, 103846 ■

Practice: Buchanan Counseling Services

Phone: 951-344-6428 **Website:** buchanancounselingservices.com

Address: 3400 Central Avenue, Suite 310, Riverside, CA 92506

Population Served: Children (13-17), Adults (18+), Geriatrics (60+), Spanish Speaking, Couples & Families

Therapy Format: Web Based

Cost and Insurance: \$155-\$175 per session. Take Insurance from: IEHP, Triwest, TriCare West

Theoretical Orientations: Attachment-Based, Cognitive Behavioral, Psychodynamic, Systems, EMDR Certified Therapist and Consultant-in-Training

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Cognitive Behavioral Therapy, Depressive Disorders, Divorce, Family Therapy, Grief Issues, Pre-Marital Counseling, PTSD, Sexual Abuse, Trauma, Victims of Abuse and Trauma

Martha M. Campbell LMFT, MFC 42540 ■

Phone: 951-686-8646

Address: 5053 La Mart Dr. Ste 105, Riverside, CA 92507

Population Served: Children (13-17), Adults (18+), Geriatrics (60+), Spanish Speaking, Disabled Persons, and Couples

Therapy Format: In person/Office Only

Cost and Insurance: ESI, Holman Group, Exclusive Care, MHN, BDA

Theoretical Orientations: Behavioral, Psychodynamic, Relational, Cognitive, Cognitive Behavioral, Systems, Attachment Based, Emotionally-Focused, EMDR

Therapy/Counseling Specialty Areas:

ADHD, Anxiety/Panic, Autism/PDD/Aspergers, Behavior Modification, Bipolar, Christian Counseling, Cognitive Behavioral Therapy, Cultural Issues, Depressive Disorders, Divorce, Domestic Violence, End of Life Issues, Family Therapy, Grief Issues, Group Therapy, HIV/AIDS Related Issues, Men's Issues, OCD, Personality Disorders, Postpartum Issues,

Schizophrenia/Psychotic Disorders, Sexual Abuse, Solution Focused, Victims of Abuse and Trauma, Women's Issues

SANDALS CHURCH COUNSELING REFERRALS

Hilary Catling LMFT, MFC 39694

Phone: 951-313-1077 **Website:** <http://www.hilarycatling.com>

Address: 6809 Indiana Ave. Suite 141, Riverside, CA 92506

Population Served: Young Children, Children (13-17), and Adults (18+)

Therapy Format: In person/Office and Web-based

Cost and Insurance: Cash or Check only, \$120-hour

Theoretical Orientations: Attachment-Based, Cognitive Behavioral, Relational

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Christian Counseling, Depressive Disorders, Family Therapy, Grief Issues, Infertility, Sexual Abuse, Victims of Abuse/Trauma, Women's Issues

Sandra Hernandez B., LMFT110711 ■ ◆◆

Practice Address: 5790 Magnolia Avenue, Ste 202, Riverside, CA 92506

Phone: 951-200-3175

Population Served: Adults (18+), Geriatrics (60+), Spanish Speaking

Therapy Format: In person/Office Only

Cost and Insurance: \$100/session, Sliding scale available based on income. No Insurance.

Theoretical Orientations: Behavioral, Cognitive Behavioral, Mindfulness-Based, Relational, Systems

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Behavior Modification, Cognitive Behavioral Therapy, Cultural Issues, Depressive Disorders, Divorce, End of Life Issues, Family Therapy, Grief Issues, OCD, Premarital Counseling, Women's Issues

Jonathan Scot Kane, MFT 97689

Practice: Kane & Associates Family Counseling, Inc.

Phone: 951-965-8260 **Website:** www.jonathankanelmft.com

Address: 5055 Canyon Crest Dr., Riverside, CA 92507

Population Served: Children (13-17), Adults (18+), Geriatrics (60+)

Therapy Format: In person, Telehealth

Cost and Insurance: \$120 per session. Prepare Enrich Couples Assessment \$35

(Couples Only). Insurance accepted: IEHP, MHN, HMC Healthworks, Exclusive Care

Theoretical Orientations: Attachment Based, Behavioral, Cognitive, Cognitive Behavioral, Emotional-Focused, Relational, Solution Focused.

Therapy/Counseling Specialty Areas:

SANDALS CHURCH COUNSELING REFERRALS

Anxiety/Panic, Behavior Modification, Bipolar, Christian Counseling, Couple/Marriage Counseling, Depressive Disorders, Divorce, Domestic Violence, End of Life Issues, Family Therapy, Men's Issues, OCD, Pain Management, Personality Disorders, Pre-Marital Counseling, Sexual Abuse

Kristen Lennon, LMFT, MFC 39481

Practice: Kaiser Permanente

Phone: (951)248-4000, **Website:** www.kp.org

Population Served: Adults (18+), Geriatrics (60+), and Disabled Persons

Therapy Format: In person/Office Only

Cost and Insurance: Kaiser

Theoretical Orientations: Cognitive, Cognitive Behavioral, Mindfulness-Based

Therapy/Counseling Specialty Areas:

Adoption, Anxiety/Panic, Bipolar, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Grief Issues, Solution Focused, Victims of Abuse/Trauma, Women's Issues

Reba Machado, EMDR Therapist, LMFT, MFT 53910

Practice: Raincross Family Counseling

Phone: 951-977-3638 **Email:** www.raincrossfc.com, **Website:** www.raincrosstherapy.com

Address: 6800 Indiana Ave. Suite 130, Riverside, CA 92506

Population Served: Children (13-17) and Adults (18+)

Therapy Format: In person/Office and Web-based

Cost and Insurance: Kaiser, IEHP Members or \$125 per session (Associate MFT's Available for \$50 per session)

Theoretical Orientations: EMDR

Therapy/Counseling Specialty Areas:

Post-Traumatic Stress Disorder, Bipolar Disorder, Obsessive Compulsive Disorder, Anxiety, Depression, Substance Abuse Recovery, Victims of Abuse/Trauma, Route 91 2017 Victims

Lanise Thakkar, M.S., LMFT #120900

Practice: Raincross Family Counseling

Phone: 909-942-1948, **Email:** LaniseThakkar@gmail.com

Address: 6800 Indiana Ave. Suite 130, Riverside, CA 92506

Population Served: Couples

Therapy Format: Web-Based

Cost and Insurance: \$150 per session (sliding scale offered for Sandals Church Members)

Theoretical Orientations: Christian Counseling, CBT, DBT, Family Systems, Relational,

SANDALS CHURCH COUNSELING REFERRALS

Strength-Based

Therapy/Counseling Specialty Areas:

Couples Counseling, Premarital Counseling (Trained in SYMBIS and Prepare and Enrich),
Faith-Based Counseling

Ashley Rose Nelson, LMFT #130332

Practice: Raincross Family Counseling

Phone: 951-977-3638, **Email:** ashleymarierose.nelson@gmail.com

Address: 6800 Indiana Ave. Suite 613, Riverside, CA 92506 and Virtual Office

Population Served: All Ages

Therapy Format: Web-Based

Cost and Insurance: \$125 (Sliding Scale Available for Sandals Church Members), Provider for most major insurance plans (inquire)

Theoretical Orientations: EMDR, Attachment-Based, CBT, Mindfulness Based, Client Centered, Christian Counseling

Therapy/Counseling Specialty Areas:

Faith-Based Counseling, Enneagram, EMDR, Person-Centered, Solution Focused, and Cognitive Behavioral (CBT)

Paulina Woolley, AMFT 121059 ◆◆ ■

Supervised by: **Reba Machado**, M.S., LMFT, MFC53910

Practice: Raincross Family Counseling

Phone: 909-206-4458, **Email:** P.gonzalez5951@gmail.com

Address: 6800 Indiana Ave. Suite 130, Riverside, CA 92506 and Web-Based

Population Served: All Ages, Bilingual: Spanish Speaking

Therapy Format: In Person and Virtual

Cost and Insurance: Individual Sessions: \$60 (\$50 for Sandals Church Congregation), Couples/Family: \$75 (\$60 for Sandals Church Congregation)

Theoretical Orientations: Attachment-based, CBT, DBT, Emotionally Focused, Family Systems, Gottman, Narrative Therapy, Person-Centered, Psychodynamic, Solution Focused

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Depressive Disorders, Domestic Violence, Eating Disorders, Grief Issues, Infertility, Postpartum Issues, Prenatal Issues, PTSD, Women's Issues, Culture/Justice Iss

SANDALS CHURCH COUNSELING REFERRALS

Amber Saucedo, AMFT 127039 ◆◆ ■

Supervised by: **Reba Machado**, M.S., LMFT, MFC53910

Practice: Raincross Family Counseling

Phone: 951-977-3638, **Email:** ambersaucedo7@gmail.com

Address: 6800 Indiana Ave. Suite 130, Riverside, CA 92506 and Virtual Office Population Served:

All Ages, Bilingual: SPANISH

Therapy Format: In Person and Virtual

Cost and Insurance: Individual Sessions: \$60 (\$50 for Sandals Church Congregation),

Couples/Family: \$75 (\$60 for Sandals Church Congregation)

Theoretical Orientations: Attachment-Based, Christian Counseling, Emotional Focused, Relational

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Bipolar, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Family Therapy, Grief/Loss, OCD, Postpartum Issues, PTSD, Prenatal Issues, Women's Issues, Culture/Justice Issues

Vivien-Leigh Morales, LMFT #118467 ◆◆

Practice: Renewing Hope Family Counseling Center

Phone: (951) 465-3664 **Email:** vivien-leigh.morales@newwhopeccf.com

Address: 1845 Chicago Ave Ste B, Riverside, CA 92507

Population Served: Children/Adolescents (13-17), Adults (18+)

Therapy Format: In person/Office Only

Cost and Insurance: \$75 per session for individuals, \$100 per session for Couples. Sliding scale is based on need/income. IEHP and Kaiser.

Theoretical Orientations: Cognitive Behavioral, Mindfulness-Based

Therapy/Counseling Specialty Areas:

ADHD, Anxiety/Panic, Christian Counseling, Depressive Disorders, Trauma, Victims of Abuse and Trauma, Women's Issues

Robin L. Nichols, MFT 97174 ◆◆

Address: 5053 La Mart Drive, Suite 207 Riverside, CA 92507

Phone: 951-364-4838 **Email:** rlnichols.mft@gmail.com

Population Served: Children/Adolescents (Ages 13-17), Adults (Ages 18+), Geriatrics (Ages 60+)

Therapy Format: In person/Office Only

Cost and Insurance: Sliding Scale for 6 Sessions (\$100/session), no insurance. A 20% discount will be offered with a referral or mention of Sandals Church.

SANDALS CHURCH COUNSELING REFERRALS

Theoretical Orientations: Attachment-Based, Behavioral, Cognitive Behavioral, Mindfulness-Based

Therapy/Counseling Specialty Areas:

ADHD, Anxiety/Panic, Behavior Modification, Bipolar, Cognitive Behavioral Therapy, Crisis, Divorce, End of Life Issues, Family Therapy, Grief Issues, Personality Disorders, Premarital Counseling, PTSD, Trauma, Victims of Abuse and Trauma

Ariele Oshiro-Wilkie, LPCC8401

Practice: Steadfast Counseling Services **Website:** steadfastcounselingservices.com

Address: Pierce Street Suite 200 Riverside, CA 92505

Email: steadfastcounselingservices@gmail.com

Population Served: Adults (Ages 18+), Geriatrics (Ages 60+)

Therapy Format: In person & Web-based

Cost and Insurance: \$150. No insurance, offers Out-of-Network Reimbursement

Theoretical Orientations: Attachment-Based, Behavioral, Cognitive Behavioral, Emotionally-Focused, Mindfulness-Based, Psychodynamic, Relational, Systems

Therapy/Counseling Specialty Areas:

Behavior Modification, Christna Counseling, Cognitive Behavioral Therapy, Group Therapy, Sexual Abuse, Solution Focused, TRauma, Other (Sexual Addtion & Betrayal Trauma)

Alison Twitty, Alison Twitty, MS, LMFT 112951 ◆◆

Practice: Alison Twitty Counseling Services

Phone: 559-715-1943 **Email:** atwittycounseling@gmail.com

Address: 5053 La Mart Drive, Suite 105, Riverside CA 92507

Population Served: Children (13-17), Adults (18+), Families

Therapy Format: In person/Office, Telehealth

Cost and Insurance: \$100 per session, Sliding Scale available

Theoretical Orientations: Attachment-based, Behavioral, Cognitive, Cognitive Behavioral, Emotionally-Focused, EMDR, Mindfulness-Based, Solution-Focused.

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Divorce, Eating Disorders, Grief Issues, OCD, Play Therapy, Women's Issues, infertility, prenatal/postpartum issues

Julie Weaver, M.S., LMFT 120720 ◆◆

Phone: 951-394-3733 **Email:** julies4therapy@gmail.com

SANDALS CHURCH COUNSELING REFERRALS

Address: 5790 Magnolia Avenue, Suite 202, Riverside, CA 92506

Population Served: Children/Adolescents (7-17), Adults (18+), Geriatrics (Ages 60+)

Therapy Format: In person/Office Only

Cost and Insurance: \$80 for individuals and \$100 for couples. Sliding scale for Sandals Church referrals and teletherapy sessions offered during the pandemic. No insurance.

Theoretical Orientations: Attachment-Based, Cognitive Behavioral, Psychodynamic, Relational, Systems

Therapy/Counseling Specialty Areas:

ADHD, Adoption, Anxiety/Panic, Behavioral Modification, Bipolar, Christian Counseling, Cognitive Behavioral Therapy, Crisis, Depressive Disorders, Dialectical Behavior Therapy, Divorce, Domestic Violence, Family Therapy, Grief Issues, Group Therapy, OCD, Personality Disorders, Premarital Counseling, PTSD, Victims of Abuse and Trauma, Women's Issues.

MARRIAGE AND FAMILY THERAPIST ASSOCIATES

Selina Jordan AMFT, 129905 ◆◆

Practice: Campbell Counseling Services

Phone: (909) 993-7183 **Email:** sjordancounseling@gmail.com

Address: 7177 Brockton Ave Suite 448 Riverside, CA

Population Served: Adolescents (Ages 11-17) Adults (Ages 18+) Geriatrics (Ages 60+)

Therapy Format: In person and Web-based

Cost and Insurance: \$60 for individuals; \$80 for couples, Sliding Scale. Insurance not accepted.

Theoretical Orientations: Art Therapy, Attachment-Based, Behavioral, Cognitive, Cognitive Behavioral, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Emotionally-Focused, Family Therapy, Group Therapy, Mindfulness-Based, Relational, Family Systems

Therapy/Counseling Specialty Areas:

ADHD, Anxiety/Panic, Christian Counseling, Depressive Disorders, Domestic Violence, Life Transition, Marriage Therapy, Premarital Counseling, Self Harm, Trauma, Victims of Abuse and Trauma, Biblical Counseling

Nicholas Buchanan AMFT, 111193

Practice: Buchanan Family Foundation

Phone: 951-274-5700 **Email:** nic17buchanan@gmail.com

Address: 1410 3rd. Street Suite 12 Riverside Ca. 92507

Population Served: Adults (18+), Couples, and Families

Therapy Format: Web-Based

Cost and Insurance: \$70. Insurance not accepted.

SANDALS CHURCH COUNSELING REFERRALS

Theoretical Orientations: Emotionally-Focused Therapy/Counseling Specialty Areas:
Affair Recovery, Divorce, Marriage Therapy

Jessica Hernandez, AMFT 118127, APCC 7571

Practice: Spring Forth Counseling Services

Practice contact info: <https://www.springforthcounselingservices.com>

Population Served: Adolescents (Ages 11-17), Adults (Ages 18+)

Therapy Format: Web-Based

Cost and Insurance: \$80 dollars for individuals, \$90 for couples.

Theoretical Orientations: Attachment-Based, Cognitive Behavioral, Emotionally- Focused, Mindfulness-Based

Therapy/Counseling Specialty Area:

Anxiety/Panic, Cognitive Behavioral Therapy, Depressive Disorders, Eating Disorders, Family Therapy, Grief Issues, Solution Focused.

Susy Alanis, AMFT 106945

Practice: Spring Forth Counseling Services

Practice contact info: <https://www.springforthcounselingservices.com>, (909) 352-4469 ,
susyalanis05112013@gmail.com

Population Served: Adolescents (Ages 15-17), Adults (Ages 18+), Spanish Speaking

Therapy Format: Web-Based

Cost and Insurance: \$80 dollars for individuals, \$90 for couples. Cigna and Evernorth.

Theoretical Orientations: Behavioral, Cognitive Cognitive Behavioral Therapy, Family Therapy, Mindfulness-Based, Psychodynamic, Relational, Family Systems

Therapy/Counseling Specialty Area:

Anxiety/Panic, Autism/PDD/Aspergers, Bipolar Disorder, Christian Counseling, Crisis, Depressive Disorders, Grief Issues, Infertility, Marriage Therapy, Premarital Counseling, Prenatal Issues, Solution Focused, Trauma, Women's Issues

Ciara LaBonte, MFT Associate, 104196

Practice: Toni Jauregui Counseling Services

Phone: 714-309-8266 **Email:** ciaralabonte@hotmail.com

Address: 6800 Indiana Ave. Ste. 130 Riverside, CA 92506

Population Served: Child/Adolescents (13-17), Adults (18+), Geriatrics (60+)

Therapy Format: In person/Office Only

Cost and Insurance: \$50 per session. No insurance or sliding scale.

SANDALS CHURCH COUNSELING REFERRALS

Theoretical Orientations: Attachment-Based, Behavioral, Cognitive, Cognitive Behavioral, Relational

Therapy/Counseling Specialty Areas:

ADHD, Anxiety/Panic, Behavioral Modification, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Divorce, Grief Issues, Group Therapy, Premarital Counseling, Solution Focused, Women's Issues

Sarah Sanchez, M.S., AMFT, 130575

Practice: Citrus City Family Counseling

Phone: 909-257-7371

Email: sarahsancheztherapy@gmail.com

Website: www.citruscityfamilycounseling.com

Address: 2641 Hamner Ave., Suite 201, Norco and 6800 Indiana Ave., Suite 130, Riverside

Population served: Adolescents (11-17), Young Adults (18-30), and Adults (18+)

Therapy Format: In person and web-based

Cost and Insurance: \$70 for 50 minutes. Accepts Cigna, Anthem and Aetna

Theoretical Orientations: Attachment-Based, Behavioral, Cognitive Behavioral Therapy, Emotionally-Focused, Mindfulness-Based, Relational

Therapy/Counseling Specialty Areas: Anxiety, Christian Counseling, Codependency, Depression, Emotional Regulation, Faith and Spirituality, Grief, Life Transitions, Premarital Counseling, Relationship issues, Self Harm and Suicide Ideation, Self Esteem and Confidence Issues, Stress, and Trauma.

Emily Rickard, AMFT117867 ♦♦

Phone: 951-295-2832 **Email:** emilyrickardtherapy@gmail.com

Address: 7177 Brockton Ave. Ste 448, Riverside, CA 92506

Population Served: Children/Adolescents (3-17), Adults (18+), Geriatrics (Ages 60+)

Therapy Format: In person/Office Only (temporarily offering telehealth sessions during Covid19 Shelter in Place orders)

Cost and Insurance: \$60 per session for individuals and \$75 per session for Couples. No insurance.

Theoretical Orientations: Cognitive Behavioral, Emotionally-Focused, Psychodynamic, Relational, Systems

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Family Therapy, Premarital Counseling, Solutions Focused

SANDALS CHURCH COUNSELING REFERRALS

Alanna Villanueva, ASW90181 ■

Practice: Lacuesta Family Counseling

Phone: (951) 465-5246 **Website:** alannav@lacuestafamilycounseling.com

Address: 6800 Indiana Avenue Suite 130 Riverside, CA 92506

Population Served: Adolescents (Ages 11-17), Adults (Ages 18+), Spanish Speaking

Therapy Format: In person & Web-based

Cost and Insurance: \$60. Does not take insurance.

Theoretical Orientations: Attachment-Based, Behavioral, Cognitive Behavioral, Systems

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Christian Counseling, Cognitive Behavioral Therapy, Cultural Issues, Eating Disorders, Family Therapy, Group Therapy, PTSD, Solution Focused, Trauma, Women's Issues

NON-LICENSED COUNSELORS

Dan Bishop, Biblical Counseling

Practice: The Relationship Warehouse -- IE and OC

Phone: 949-482-2233 **Email:** cndbish55@sbcglobal.net

Website: www.therelationshipwarehouse.com

Address: 7119 Indiana Avenue, Riverside, CA 92504

Population Served: Children/Adolescents (13-17), Adults (18+), Couples

Therapy Format: In person/Office and Web-based

Cost and Insurance: Sliding scale based on income, no insurance.

Theoretical Orientations: Behavioral, Cognitive, Cognitive Behavioral, Mindfulness-Based, Relational, Deep Healing

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Christian Counseling, Depressive Disorders, Grief Issues, Premarital Counseling, Trauma

Jennifer Jackson, Certified Christian Life Coach ♦♦

Practice: Rhythms of the Soul

Phone: 951-830-6141 **Email:** jenni@rhythmsofthesoul.com

Website: rhythmsofthesoul.com

Address: 2900 Adams Street Suite C-255 Riverside, CA 92504

Population Served: Teens (13-17), Women (18+)

Therapy Format: In person/Office and Web-based

Cost and Insurance: \$85 per session, (\$65 for Sandalites), No Insurance.

SANDALS CHURCH COUNSELING REFERRALS

Theoretical Orientations: Client Centered, Behavior Modification, Cognitive, Cognitive Behavioral, Mindfulness-Based, Solution Focused

Coaching/Counseling Specialty Areas:

Anxiety/Panic, Boundary work, Communication, Codependency, Divorce, Goal Setting, Grief Issues, Group Therapy, Parenting, Purity, Self-Esteem, Surrender

Danny Herrera, Board Certified Christian Life Coach, LPCC ❖❖

Practice: Rhythms of the Soul

Phone: 951-901-6093

Website: rhythmsofthesoul.com

Address: 2900 Adams Street Suite C-255 Riverside, CA 92504

Population Served: Adolescents (11-17), Adults (18+), Geriatrics (60+)

Therapy Format: In person/Office and Web-based

Cost and Insurance: Varies from \$50 to \$120 for couples, sliding scale available, no insurance.

Theoretical Orientations: Behavioral, Cognitive, Family Therapy, Relational

Therapy/Counseling Specialty Areas:

Addiction, Anxiety/Panic, Christian counseling, crisis, Divorce, Domestic Violence, End of Life Issues, Grief Issues, HIV/AIDS Related Issues, Marriage Therapy, Men's Issues, Premarital Counseling, Sexual Abuse, Suicide, Trauma, Victims of Abuse and Trauma

Dr. Guy Grimes, Christian Counselor, Relationship Coach ❖❖

Practice: The Relationship Warehouse

Phone: (949) 482-2233, **Email:** guy@therelationshipwarehouse.com.

Website: therelationshipwarehouse.com

Address: 7119 Indiana Avenue, Riverside, CA 92504

Population Served: Adolescents (13-17), Adults (18+), and Geriatrics (60+)

Therapy Format: In person/Office and Web-based

Cost and Insurance: Sliding scale based on household income. \$65 for 50k or less, \$80 for 50k-75k, \$100 for 75k-100k, \$125 for \$100K-\$150k, \$150 for \$150K plus

Theoretical Orientations: Behavioral, Cognitive, Cognitive Behavioral, Systems

Therapy/Counseling Specialty Areas: Anxiety/Panic, Christian Counseling, Family Therapy, Grief Issues, Group Therapy

Roxanna Grimes, Christian Counselor, Registered Addiction Specialist ❖❖

SANDALS CHURCH COUNSELING REFERRALS

Practice: The Relationship Warehouse

Phone: 949-482-2233, **Email:** Roxanna@therelationshipwarehouse.com

Website: therelationshipwarehouse.com

Address: 7119 Indiana Avenue, Riverside, Ca. 92504

Population Served: Recovery, Codependence, Relationships, Adults (18+)

Therapy Format: In person/office and web-based

Cost and Insurance: Sliding scale based on household income. \$65 for 50k or less, \$80 for 50k-75k, \$100 for 75k-100k, \$125 for \$100K-\$150k, \$150 for \$150K plus

Theoretical Orientations: Cognitive Behavioral, 12 Steps, Spiritual formation

Therapy/Counseling Specialty Areas:

Christian Counseling, Grief, Group Therapy, Transformational, Deep healing, Spiritual

Mary Ann Young, Certified Christian Life Coach

Practice: Agent 99 Life Coaching

Phone: (951) 237-0995

Email: agent99maryannyoung@gmail.com

Population Served: Adults (18+)

Therapy Format: Web-based (only)

Cost and Insurance: \$75.00 per session (\$55.00 for Sandals Church Referral) No Insurance

Theoretical Orientations: Couples/Client Centered, Cognitive, Relational based, Marital Satisfaction

Coaching/Counseling Specialty Areas:

Modish Marital Life Coaching - Specializing in Couples Care; Dating, Pre-marital, and Married Couples, Solution Focused

Chelsie Beleno, Christian Counselor

Practice: Chelsie Beleno, M.A. Christian Counseling

Phone: 408-987-1859

Email: <https://chelsiejbeleno.clientsecure.me/>

Population Served: Adults (18+)

Therapy Format: Web-based (only)

Cost and Insurance: \$75, no insurance.

Theoretical Orientations: Emotionally-Focused

Counseling Specialty Areas: Affair Recovery, Anxiety/Panic, Christian Counseling, Divorce,

SANDALS CHURCH COUNSELING REFERRALS

Life Transition, Marriage Therapy, Premarital Counseling

Lesa Edwardson, Certified Advance Life Coach and Christian Counselor

Practice: Lesa Edwardson, Faith + Life + Relationship Coaching

Phone: (951) 465-5098 **Email:** lesa.coach@gmail.com

Website: <https://www.lifecoachlesa.com/>

Population Served: Adults (18+), Geriatrics (60+), Couples, Disabled Persons

Therapy Format: Web-based

Cost and Insurance: \$75.00 per-session (Sandals Church Referrals \$65.00 A Sliding Scale is available based on income) No Insurance.

Theoretical Orientations: Attachment-Based, Behavioral, Cognitive, Emotionally-Focused, Mindfulness-Based, Relational. *Trained in Celebrate Recovery & 12-step for Codependency*

Coaching/Counseling Speciality Areas: Addiction Recovery, Goal Driven Coaching, Affair Recovery, Adoption, Anxiety/Panic, Christian Counseling, Crisis, Cultural Issues, Divorce, Domestic Violence, End of Life Issues, Foster Care, Grief Issues, Infertility, Life Transition, Pain Management, Pre-Marital, Pre-natal, Suicide, Womens Issues

SANDALS CHURCH COUNSELING REFERRALS

SANTA ANA

LICENSED CLINICIANS

Christopher Faris, LMFT 77127

Practice: Christopher Faris Counseling

Phone: 866-684-6530, **E-mail:** cfariscounseling@gmail.com

Address: 505 N. Tustin Ave, STE. 235, Santa Ana, CA, 92795

Website: www.christopherfariscounseling.com

Population Served: Adults (18+), Geriatrics (60+)

Therapy Format: In person/Office Only

Cost and Insurance: \$200 per session for each 50 minute hour. Offers a sliding scale in some circumstances. Takes PPO's as an out of network provider, but is not on any insurance panels

Theoretical Orientations: Attachment-based, Cognitive Behavioral, Certified EMDR Therapist

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Christian Counseling, Cognitive Behavior Therapy, Divorce, Grief Issues, Infertility, Men's Issues, Postpartum Issues, Sexual Abuse, Victims of Abuse or Trauma

PSYCHIATRISTS/PSYCHOLOGISTS

Michael S. Tramell, Psychiatrist A85828

Practice: Michael S. Tramell MD Inc

Phone: 949-388-0475 **Website:** www.drtramell.com

Address: 2130 East Fourth Street, Ste 170, Santa Ana, CA 92705

Population Served: Children (13-17), Adults (18+), Forensic Assessment for non-patients

Cost and Insurance: Assessment \$450 (average, time 1.5 hours), Medication follow up \$150 (average 30 min), Forensic Evaluation \$400/hour

Theoretical Orientations: Behavioral, Biological/Medical Cognitive, Cognitive, Cognitive Behavioral

Therapy/Counseling Specialty Areas:

ADHD, Anxiety/Panic, Autism/PDD/Asperger's, Bipolar, Chemical Dependency, Cognitive Behavioral Therapy, Depressive Disorders, Eating Disorders, OCD, Personality Disorders, Schizophrenia/Psychotic Disorders, Sexual Abuse, Victims of Abuse and Trauma

SANDALS CHURCH COUNSELING REFERRALS

SANTA MONICA

MARRIAGE AND FAMILY THERAPIST ASSOCIATES

Faith Yoo, AMFT 113646

Phone: 424-258-4441 **Email:** havefaithintherapy@gmail.com

Address: 2116 Wilshire Blvd., Ste 230, Santa Monica, CA 90403

Population Served: Children (13-17), Adults (18+)

Therapy Format: In person/Office Only

Cost and Insurance: \$120 per session, \$95 for Sandals Referrals. No Insurance.

Theoretical Orientations: Attachment-Based, Cognitive Behavioral, Emotionally Focused, Psychodynamic, Relational

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Behavior Modification, Christian COounseling, Cognitive Behavioral Therapy, Cultural Issues, Depressive Disorders, Eating Disorders, Family Therapy, Grief Issues, Group Therapy, HIV/AIDS Related Issues, OCD, Pain Management, Personality Disorders, Premarital Counseling, PTSD, Sexual Abuse, Solution Focused, Trauma, Victims of Abuse and Trauma, Women's Issues

SANDALS CHURCH COUNSELING REFERRALS

TEMECULA

LICENSED CLINICIANS

Stephanie Davis LMFT #113869

Practice Name: Stephanie Davis Counseling

Email: Stephaniemdavis2019@gmail.com

Phone: 615-948-6187

Address: 43533 Ridge Park Dr. Suite B Temecula, CA. 92590

Population Served: Children (Ages 3-10), Adolescents (Ages 11-17), Adults (Ages 18+),
Geriatrics (Ages 60+)

Therapy Format: In person/Web based

Cost and Insurance: \$50-150. Income Based Scale. I am currently working to be on panel for
Medi-cal, Triwest, Tricare and IEHP.

Theoretical Orientations: Art Therapy, Cognitive Behavioral, Play Therapy, Family Systems. Violet
Oaklander, TRIM Training, CPI Trainer, Restorative Practice.

Therapy/Counseling Specialty Areas:

ADHD, Anxiety/Panic, Behavior Modification, Christian Counseling, Depressive Disorders,
Divorce, Foster Care, Grief Issues, LGBTQI+, Marriage Therapy, Premarital Counseling, Self
Harm, Solution Focused, Victims of Abuse and Trauma, Women's Issues

SANDALS CHURCH COUNSELING REFERRALS

TUSTIN

MARRIAGE AND FAMILY THERAPIST ASSOCIATES

Abigail Fuller, AMFT #115814

Practice: Emmaus Road Christian Counseling

Phone: (714) 869-1535, **Email:** afuller@emmausroadcounseling.com

Address: 14081 Yorba Street, #221, Tustin, CA 92780

Population Served: Children/Adolescents (13-17), Adults (18+)

Therapy Format: In person/Office Only

Cost and Insurance: \$100/hour, sliding scale available, no insurance taken.

Theoretical Orientations: Attachment-based, Cognitive Behavioral, Relational, Systems, EMDR

Therapy/Counseling Specialty Areas:

Anxiety/Panic, Christian Counseling, Family Therapy, Pre-Marital Counseling, PTSD, Sexual Abuse, Trauma, Victims of Abuse and Trauma, Women's Issues

SANDALS CHURCH COUNSELING REFERRALS

YORBA LINDA

LICENSED CLINICIANS

Sylvia Roan LCSW 77521

Email: sylvia@newlifefamilycounseling.com **Website:** www.newlifefamilycounseling.com

Phone: 714-695-5232 **Mobile:** 626-353-8772

Address: 22600 Savi Ranch Parkway, Suite A 42, Yorba Linda, CA 92887

Population Served: Children/Adolescents (13-17), Adults (18+), and Geriatrics (60+), Disabled Persons, Other

Therapy Format: In person/Office Only

Cost and Insurance: \$100-\$250. In network provider with BS of CA, Beacon Health Options for Kaiser, outpatient and EAP; Military One Source; Out of network with Aetna and other insurance carriers.

Theoretical Orientations: Behavioral, Cognitive, Cognitive Behavioral, Emotionally-Focused, Relational, Systems, Christian Counseling

Therapy/Counseling Specialty Areas:

ADHD, Anxiety/Panic, Autism/PDD/Aspergers, Behavior Modification, Christian Counseling, Cognitive Behavioral Therapy, Crisis, Cultural Issues, Depressive Disorders, Divorce, Domestic Violence, Family Therapy, Grief Issues, Group Therapy. OCD, Premarital Counseling, PTSD, Sexual Abuse, Solution Focused, Trauma, Victims of Abuse and Trauma, Women's Issues, Parenting Challenges for Parents of Teens, school age children, and Teens, Tele Psychotherapy.

SANDALS CHURCH COUNSELING REFERRALS

OUT-OF-STATE (WEB-BASED ONLY)

LICENSED CLINICIANS

Kelli Mosley, LMFT CA- 142755, NV- 01524

Practice: Mended Hopes

Phone: 702-551-9380 **Email:** mendedhopes@gmail.com

Website: mendedhopes.com

Population Served: Adolescents (13-17), Adults (18+), First Responders, Athletes (high school to competitive/professional levels), Performers

Therapy-Format: Web-Based

Cost and Insurance: \$130 (individuals); \$150 (couples); Professional Athletes and Performers- \$200+, sliding scale available (patient-based upon request). No Insurance but can provide superbill.

Theoretical Orientations: Attachment-based, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Family Therapy, Group Therapy, Team Building/Performance Enhancement, Mindfulness-based, Systems, Family Systems, Brainspotting

Therapy/Counseling Specialty Areas: Adoption, Anxiety/Panic, Behavior Modification, Christian Counseling, Crisis, Cultural Issues, Depressive Disorders, Foster Care, Grief Issues, Life Transition, Marriage Therapy, Pre-Marital Counseling, PTSD, Self Harm, Sexual Abuse, Trauma, Suicide, Victims of Abuse and Trauma, First-Responders, Performance Enhancement