

NOTE: Inclusion on this list does not indicate endorsement. Referrals are in alphabetical order, first by counseling centers, then independent counselors. This is a resource to provide information on counselors in our region who whose degrees or affiliations include faith-based colleges, churches, or organizations. If you have questions about how a counselor will integrate faith and biblical authority into their counseling method, we encourage you to ask them. If you have additional questions about this list, or have updated information, please send an email to jrathbun@gfcnow.com.

GracePointe Counseling Center

214 E Mountcastle Drive, Suite 1, Johnson City, TN 37601 (423) 283-4958 - gracepcc.com

John Lawson, Licensed Marriage and Family Therapist (LMFT), Licensed School Counselor (LSC)

Insurance: Aetna, BCBS, Cigna, Humana, CompPsych, Optum, Tri-Care East, and UMR.

Self Pay Rate: \$105 intake. \$85 regular.

Personal: 19+ years experience. Married, two children.

Specialty: All ages. Families, couples, individuals. Addiction, emotional distress, crisis management, play therapy, grief counseling, trauma recovery, eye movement desensitization, reprocessing therapy.

Contact: (423) 283-4958 - gracepcc.com

Note: GracePointe Counseling Center has at least four, additional counselors and therapists available, with a variety of specialties and experience. Visit gracepcc.com for more info.

Gray Counseling Center

406 Roy Martin Road Suite 8, Gray, TN 37615 graycounselingcenter.com

Thaddeus Noto (Appalachian Christian Counseling), M.Div., LPC, MAC, MPA

Insurance: -

Self Pay Rate: -

Personal: 20+ years experience.

Specialty: Couples and individuals. Marriage, family conflict, relationship issues, substance abuse, addiction, personality disorders, Gottman Method Marriage Therapy, Dialectic Behavioral Therapy (DBT), and STEPPS for personality disorders.

Contact: (423) 306-3866 - ministry@homeiswherethecrossis.org - homeiswherethecrossis.org

Kody Hodge, Master in Counseling (MA), Clinical Mental Health Counselor & Certified Life Coach

Insurance: -

Self Pay Rate: Sliding scale based on income.

Personal: 20+ years experience. Married with six children.

Specialty: Family, children, adolescents, adults, individuals. SYMBIS pre-marriage counseling, anger, anxiety, abuse, parenting, trauma, ADHD, divorce, spirituality, depression, worry, fear, obsessions.

Contact: (423) 788-4208

Note: Gray Counseling Center has at least two, additional counselors and therapists available, with a variety of specialties and experience. Visit graycounselingcenter.com for more info.

Summit Leadership

3515 Bristol Hwy, Johnson City, TN 37601 (423) 283-7557 - summitlife.com

Michele King, Master of Science, Counseling and Human Systems (MS).

Insurance: TBD

Self Pay Rate: Sliding scale based on income.

Personal: 20+ years experience. Married with

Specialty: Child, adult, marriage, family. Only does short-term counseling, then refers to another local counselor for ongoing help.

Contact: (423) 283-7557 - summitlife.com

Summit Counseling Services (not associated with Summit Leadership)

217 East Market St. Suite 100, Johnson City, TN 37601

(423) 207-3336 - summitcounselingtn.com

Ben Taylor, Master of Science, Counseling (MA)

Insurance: BCBS, Anthem, Cigna, Optum, United Healthcare/UMR, Magellan, TriCare, Aetna, various EAP plans.

Self Pay Rate: \$75-105 intake. \$55-85 follow up.

Personal: Married with one child.

Specialty: Children and adults. Obsessive compulsive disorder, generalized anxiety, PTSD, panic disorder, depression, life transitions, and marriage/relational problems. Cognitive Behavioral Therapy or similar treatment models such as Exposure and Response Prevention (for OCD/Panic).

Contact: (423) 207-3336

Note: Summit Counseling Services has at least twelve, additional counselors and therapists available, with a variety of specialties and experience. Visit summitcounselingtn.com for more info.

Tennessee Counseling

114 East Unaka Avenue, Johnson City, Tennessee 37601

(423) 202-7426 - tennesseecounseling.com

Neil Hughes, Master of Divinity (MDiv), Master of Arts, Clinical Psychology, Senior Psychological Examiner (LSPE)

Insurance: Aetna, Cigna, Humana, UHC/UMR/UBH, Optum, VACCN, Tricare, BHS

Self Pay Rate:

Personal: 30+ years experience.

Specialty: Teens and adults. Psychological and neurological function, mood disorders, bi-polar, ADHD, PTSD, mindfulness-based interventions, depression, anxiety, trauma, excessive worry, grief, emotional instability, sex and sexual orientation issues, chronic illness, interpersonal conflicts, religious or spiritual perspectives.

Contact: (423) 202-7426

David Sapp, Licensed Professional Counselor (LPC), Master of Ed Counseling, Senior Psychological Examiner (LSPE)

Insurance: Aetna, Cigna, Humana, UHC/UMR/UBH, Optum, VACCN, Tricare, BHS

Self Pay Rate:

Personal: 35+ years experience.

Specialty: Teens, adults, couples, families. Depression, anxiety, overwhelming grief, goals, self-improvement, past attachments, traumas, faith issues, relationship issues, and challenging life circumstances.

Contact: (423) 202-7426

Tri-Cities Christian Counseling Center

225 Broad St. Suite 2, Kingsport, TN 37660

(423) 246-5111 - tricitiescounseling.org

Susan Mullins, Biblical Counseling, Board Certified, International Board of Christian Counselors

Insurance: None.

Self Pay Rate: Sliding scale based on income.

Personal: 20+ years experience. Married.

Specialty: Couples and individuals. Spiritual concerns and growth, marital and family conflict, communication problems, anxiety, low self-esteem, depression, anger management, grief, stress, divorce recovery, marital infidelity, pornography, and sexual addictions.

Contact: (423) 246-5111 - tricitiescounseling.org

Marla S. Freeman, Masters in Counseling (MA), Bachelor of Social Work (BA)

Insurance: None.

Self Pay Rate: Sliding scale based on income.

Personal: 20+ years experience, including children's homes.

Specialty: Adults and children ages 12+. Woodridge Psychiatric Hospital, Northeast Community College, America World Adoption Association. Adoption, adolescence, parenting, divorce, co-parenting and other adult issues.

Contact: (423) 246-5111 - tricitiescounseling.org

Sunday Greer, Master in Counseling (MA), School, Community Agency, and Higher Education.

Insurance: None.

Self Pay Rate: Sliding scale based on income.

Personal: 15+ years experience.

Specialty: Women and teens. Alcohol, drug use, high school counseling, contemporary women's issues, anxiety, self-image, depression, anger management, grief, stress, self-harm, spiritual concerns.

Contact: (423) 246-5111 - tricitycounseling.org

Independent Counselors

Tom Herington, Licensed Professional Counselor (LPC), Family and Marriage Counseling.

Insurance: None.

Self Pay Rate: \$75

Personal: 20+ years experience. Married.

Specialty: Teenagers and adults. Christian worldview. Anxiety, depression, relationship/marital issues, identity. History with SteppenStone Youth Treatment Services and Counseling and Consultation Services.

Contact: 2306 Knob Creek Suite #104, Johnson City, TN 37604 - (423) 791-1820 - heringtontom@yahoo.com

Steve Shores (Center for Biblical Counseling), Master of Theology (THM), Pastoral Counseling

Insurance: -

Self Pay Rate: -

Personal: 20+ years experience. Married.

Specialty: Marriages, families, adolescents, depression, anxiety, struggle with faith, sexual and physical abuse, sexual or relational addiction, pastoral care. Steve is located in Boone, NC but is adept at Zoom/online counseling.

Contact: (828) 328-2100 - sshores2911@gmail.com - thecenterforbiblicalcounseling.com

Lyndsey Jolley (Resilience Ministries), Masters in Professional Counseling (MPC), Masters in Education (MED)

Insurance: None.

Self Pay Rate: \$180 intake. \$65-\$225 per session (30-120 minutes). Free 15-minute initial phone consult.

Personal: 15+ years experience. Married, two children.

Specialty: Women, teens. Anxiety, low self-image, identity, toxic relationships, church hurt, depression, anger, loneliness, marriage, ministry, family issues, guilt, spiritual struggles, biblical counseling.

Contact: (423) 600-9171 (text only) - contact@resilienceministries.com - resilienceministries.com

Brian Scott, Licensed Professional Counselor (LPC), Mental Health Services Provider (MHSP), NCC

Insurance: Most major insurance carriers.

Self Pay Rate: \$85

Personal: 22+ years experience. Married with two children.

Specialty: Adolescents, adults, couples, families. Addictions, grief, marital, anger management, mood disorders, anxiety, obsessive compulsive, attention deficit disorder, pre-marital, behavioral, relationships, depression, stress, eating disorders, substance abuse, family counseling, suicide prevention.

Contact: 600 East Unaka Ave. Johnson City, TN 37601 - (423) 926-3486 - bscottlpc@gmail.com - bscottlpc.com

Lynda Hargroves, Licensed Clinical Social Worker (LCSW)

Insurance: Accepts most insurance plans.

Self Pay Rate: \$75 individual, \$105 couple

Personal: 30+ years experience.

Specialty: Women, marriage, adults. Christ centered approach, marriage and pre-marital counseling,

Contact: 4132 Bristol Highway Parkside Center, Suite 3, Johnson City, TN 37601

(423) 952-5588 - lhargroveslcsww@gmail.com

Brandon Cole, Licensed Professional Counselor (LPC), Mental Health Services Provider (MHSP)

Insurance: Accepts most insurance plans (except Medicaid).

Self Pay Rate: \$80

Personal: 15+ years experience. Married, with three children.

Specialty: Adults, children, individual, group. St. Jude partner for terminal illness. ADHD, couple's therapy, depression, anxiety, trauma, mood disorders, social difficulties, obsessive/compulsive, grief, adolescents, arts interventions.

Contact: 204 Rogosin Dr, Ste 4, Elizabethton, Tennessee 37643 - (423) 433-9739 - brandon@elizabethtoncac.com

Jim Fickley, Masters in Counseling (MA), Certified Coach.

Insurance: None.

Self Pay Rate: TBD

Personal: 35+ years of pastoral, counseling, and coaching experience.

Specialty: Life, executive, and career coaching. Emotional intelligence, StrengthsFinder, Meyers Briggs, EQ-i. Spiritual growth, stress, marriage and family.

Contact: fickley.com

Lauren Prior, Licensed Professional Counselor (LPC), Mental Health Services Provider (MHSP)

Insurance: Aetna, Cigna, United Healthcare.

Self Pay Rate: TBD

Personal: Married, three children.

Specialty: Children, adults. ADHD, Autism, OCD, PTSD, depression, anxiety, addiction, grief, EMDR (Eye Movement Desensitization and Reprocessing), PCIT (Parent Child Interaction Therapy). Lauren (a Johnson City native) now lives in Greeley, CO, but can do online counseling.

Contact: 970-841-0213 - walkingbrave18@gmail.com - walkingbravecounseling.org

Growing Light Counseling, Licensed Professional Counselor (MPC), Mental Health Service Provider (MHSP)

Insurance: Accepts most insurance plans.

Self Pay Rate: \$70

Personal: 15+ years experience.

Specialty: Individual and family. Children, adolescents, young adults. Parenting, anxiety, depression, post-traumatic stress, anger management, school problems, and behavioral problems.

Contact: 2020 Meadowview Parkway Suite 200, Kingsport, TN 37660 - (423) 578-7208 - growinglightcounseling.com

Other Counseling Resources

Frontier Health Turning Point 24-Hour Crisis Center

208 E Unaka Avenue, Johnson City, TN 37601

National Depression & Suicide Hotline

(800) 273-8255

Text SUPPORT to 741-741

Pastoral Counseling, Certificate of Biblical Counseling

(423) 523-9124 - gracereformedpc.org