

NOTE: Inclusion on this list does not indicate endorsement. Referrals are in alphabetical order, first by counseling centers, then by independent counselors. This is a resource to provide information about counselors in our region whose stated values or affiliations indicate a counseling approach that honors Biblical authority. If you have questions about how a counselor will integrate faith 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.

Buffalo Mountain Counseling

415 E Unaka Ave, Johnson City, TN - buffalomountaincounseling.com

Eric Feltman, Licensed Professional Counselor (LPC)

Insurance: Optum, Aetna, Cigna

Self Pay Rate: \$100

Personal: 6+ years experience. Married w/ children.

Specialty: Trauma/PTSD, Men's Mental Health, Anger, Couples Therapy. Virtual and Tele-Health options available.

Contact: (423) 218-2048 - feltmantherapy@gmail.com

GracePointe Counseling Center

214 E Mountcastle Drive, Suite 1, Johnson City, TN 37601 - 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.

Jim Fickley

103 W 12th Johnson City, TN 37604 - fickley.com

Jim Fickley, Master of Science, Counseling (MS)

Insurance: None

Self Pay Rate: \$125

Personal: 38+ years experience. Married w/ adult children.

Specialty: Men's Mental Health, Coaching, Marriage, Biblical Counseling, Soul Care, Stress Management.

Contact: (423) 833-1838 - jim@fickley.com

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: None.

Self Pay Rate: \$70 regular.

Personal: 20+ years experience. Married.

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 affiliated with Summit Leadership)

217 East Market St. Suite 100, Johnson City, TN 37601 (423) 207-3336 - summitcounselingttn.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 summitcounselingttn.com for more info.

Sunny Path Counseling (Private Practice For Children & Adolescents)

4132 Bristol Hwy Ste 5 Johnson City, TN 37601 (423) 328-1289 - sunnypathcounseling.com

Laura Martorano, Psychology (MA), Licensed Professional Counselor (LPC) Mental Health Services Provider (MHSP)

Insurance: -

Self Pay Rate: -

Personal: 5+ years experience.

Specialty: Tri-Cities' only private practice group just for children. Children, adolescents, parents, self esteem, trauma, divorce, anxiety, grief, self-harm, attachment, anger, depression, social, eating, life change, play therapy, group therapy, family therapy, Christian counseling. Registered play therapist supervisor (RPT-S)

Contact: (423) 328-1289

Tennessee Counseling

114 East Unaka Avenue, Johnson City, Tennessee 37601 (423) 202-7426 - tennesseecounseling.com

Neil Hughes, Master of Divinity (MDiv), Clinical Psychology (MA), 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 - tricitescounseling.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 - tricitescounseling.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 - tricitescounseling.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 - tricitescounseling.org

Life Connections Counseling (includes child and autism specialties)

119 Boone Ridge Drive, Johnson City, TN 37615 (423) 850-1150 - lifeconnectionsjohnsoncity.com

Robin Heber, Masters of Arts in Psychology, Professional Clinical Counseling (PCC)

Insurance: BCBS, Cigna, UHC/Optu, m/UMR, Tricare, Humana, Bright Health, Beacon, ENI, and more.

Self Pay Rate: \$60-\$80.

Personal: 20+ years experience.

Specialty: Couples, families, individuals, law enforcement, first responders, survivors of abuse, substance abuse, foster and adoption, trauma, anxiety, depression, anger management.

Contact: (423) 850-1150

Shana Brown (Counseling Intern)

Insurance: BCBS, Cigna, UHC/Optu, m/UMR, Tricare, Humana, Bright Health, Beacon, ENI, and more.

Self Pay Rate: \$60 hr.

Personal: -

Specialty: Children, adults, nature and creativity therapy.

Contact: (423) 850-1150

Madison Mangrum (Behavior Analyst)

Insurance: BCBS, Cigna, UHC/Optu, m/UMR, Tricare, Humana, Bright Health, Beacon, ENI, and more.

Self Pay Rate: \$60 hr.

Personal: -

Specialty: Autism, Children, Home, Office, School.

Contact: (423) 850-1150

Independent Counselors

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

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

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

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

Insurance: None.

Self Pay Rate: -

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: -

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

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 - lhargroveslcsw@gmail.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

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

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

Psychiatry Referrals

Dr. Sachdev Somiah

1401 Bridgewater Ln, Kingsport, TN 37660

(423) 245-2406

Dr. John D. Fenley, MD

302 Sunset Dr # 103, Johnson City, TN 37604

(423) 282-1930

Marcia Wilson, D.O. (Psychiatry & Behavioral Sciences w/ Child Specialty)

ETSU Ned R. McWherter Hall Building 52 VA Campus Dogwood and 5th Johnson City, TN 37614

423-439-8000

Knoxville Family Psychiatry

301 Clark St, Knoxville, TN 37921

(865) 588-1718

On-Site (at Grace Fellowship) Resources

Re:Generation 12-Step Recovery Program

Meets every Monday from 6:30-7:30 for large group, then 7:30-8:30 for small groups.

Additional information at gfcnow.com/care or regenerationrecovery.org

Navigating Divorce 12-Week Divorce Recovery Class

Meets on Tuesday evenings from 6:30-8:00. New classes begin twice a year.

Additional information at gfcnow.com/divorce.

GriefShare 13-Week Grief & Loss Support Group

Meets on Thursday evenings from 6:30-8:30. New classes begin three times per year. Join any time.

Additional information at gfcnow.com/care or griefshare.org

Other Counseling Resources

Frontier Health Turning Point 24-Hour Crisis Center

208 E Unaka Avenue, Johnson City, TN 37601 (423) 926-0940

National Depression & Suicide Hotline

(800) 273-8255 Text SUPPORT to 741-741

Pastoral Counseling, Certificate of Biblical Counseling

(423) 523-9124 - gracereformedpc.org