

**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](mailto:jrathbun@gfcnow.com).

## Buffalo Mountain Counseling

415 E Unaka Ave, Johnson City, TN - [buffalomountaincounseling.com](http://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](mailto:feltmantherapy@gmail.com)

## GracePointe Counseling Center

214 E Mountcastle Drive, Suite 1, Johnson City, TN 37601 - [gracepcc.com](http://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](http://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](http://gracepcc.com) for more info.

## Gray Counseling Center

406 Roy Martin Road Suite 8, Gray, TN 37615 - [graycounselingcenter.com](http://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](mailto:ministry@homeiswherethecrossis.org) - [homeiswherethecrossis.org](http://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](http://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](http://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 - 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 - tricitiescounseling.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 - heringtom@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](http://gfcnow.com/care) or [regenerationrecovery.org](http://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](http://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](http://gfcnow.com/care) or [griefshare.org](http://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](http://gracereformedpc.org)

## National Marriage & Family Resources

**Blessing Ranch Ministries (Private Marriage Counseling Retreats)**

[blessingranch.org](http://blessingranch.org) - (970) 495-0920

**Winshape Marriage Retreats (Variety Of Topical Couples' Retreats)**

[marriage.winshape.org](http://marriage.winshape.org) - (866) 976-2774

**Weekend To Remember (Nationwide Weekend Marriage Retreats)**

[familylife.com/weekend-to-remember](http://familylife.com/weekend-to-remember) - 1-800-FL-Today

**Hope Restored Marriage Intensive (Multi-State 3-5 Day Private & Group Marriage Intensive)**

[hoperestored.focusonthefamily.com](http://hoperestored.focusonthefamily.com) - (866) 984.0292