

# Wellspring Counseling and Health, LLC.



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**W**e are excited to announce the development of a new mental health and wellness practice in St Augustine, called WellSpring Counseling and Health, LLC.

### The definition of WellSpring contains a few different and positive meanings:

- *The place something starts from or comes from.*
- *The plentiful source of good things or information.*
- *An original and bountiful source.*

We love this name because we believe all of us have the potential for new growth. We believe all of us can start something new from within ourselves. We are excited to be able to work with clients on their journeys towards health and growth. We believe that individuals and families are unique and different and come to us for guidance on where to begin to grow. Together we can form a positive working relationship. We each offer different perspectives and different ways of working with clients to help them reach their goals for transformational change.

Most people make changes when the following necessary components are present; a positive vision, ability to see the benefits, motivation by fear/pain, goal alignment, care and support. Whether you desire to improve a relationship or your own health, at WellSpring we are equipped to support you. We care about your well-being!



**Kathleen Abbott,  
MSW, LMHC**

Kathleen is a graduate from Florida State University and is a Licensed Mental Health Counselor with over 25 years of experience. She specializes in faith-based counseling, relationships, eating disorders and PTSD. She has considerable experience in high conflict family court cases and works with children, adolescents and adults. Kate is passionate about her client relationships and feels that it is a privilege to be asked to enter into the sacred space of one's mind and heart. Believing that, "transformation begins with the renewing of the mind" Kate enables clients to disable destructive belief patterns and create a mindset of peace and joy.



**Melissa Muller,  
MA, LMHC**

Melissa brings 20 years of experience to the practice. She previously worked in Ketchikan, Alaska as the Clinical Director of a residential treatment center for adolescents. She worked in private practice for 15 years prior to coming to St. Augustine five years ago. Melissa believes in joining with her clients to form a positive therapeutic relationship. She is enthusiastic, encouraging, and caring of all people. Melissa works with adolescents, individuals, and couples. She holds certifications in Cognitive Behavioral Therapy, Dialectic Behavioral Therapy, and Sexual Addictions. She has a positive approach to wellness, is non-judgmental and accepting of all people and lifestyles.



**Kim Hynes,  
Nutritional Health Coach**

Kim combines her passion for nutrition and health with her previous experience in business, teaching and coaching to help her clients. Kim has an MBA and is certified by the Institute of Integrative Nutrition and has a Gut Specialist certification.

Kim's goal is for people of all ages to feel amazing. Losing weight and improving eating habits can help anyone feel so much better. Benefits include reduced inflammation, improved mood, improved memory, and reduce various symptoms for those dealing with chronic illness. Clients learn to change habits, curb impulses, prepare nutritious meals and change their relationship with food. Kim helps clients to uncover their obstacles to being healthy and create goals to achieve a lifestyle shift in a safe, non-judgmental place.

WellSpring Counseling and Health, LLC, is located at 1301 Plantation Island Drive, Suite 201A, St Augustine, Fl. 32080. You can schedule an appointment by calling 904-770-7587 or by going to our website at [WellSpringCounselingandHealth.com](http://WellSpringCounselingandHealth.com) and click set appointment.