

Enlightened Psychotherapy

Resource



Catalogue



*She is clothed with strength and dignity,
and she laughs without fear of the future.*

Proverbs 31:25

Dr. Cheryl Ivory, LPC-S

Email: Drivory@enlightened-psychotherapy.com

Phone: 832-329-8500

Website: www.enlightened-psychotherapy.com

Specialties: Depression, Grief, Trauma

Service Type: Individual, Family, Adolescent

Payment Options: Self-Pay Preferred

LPC

Michelle Land, LPC (LPC75191)

Psykhe Incorporated, PLLC

Email: hello@psykheinc.com

Phone: 281-302-4148

Website: www.psykheinc.com



Specialties: depression, anxiety, stress, suicidal thinking, overwhelming emotions, trauma, anxiety and relationship concerns.

Other Info: My therapeutic approach is based on using evidenced based cognitive and behavioral techniques to explore how thoughts, feelings and beliefs influence our actions and behaviors.

Payment Options: Cigna, Cigna EAP, BCBS TX, Molina, Amerigroup, United Healthcare, Aetna, BCBS Blue Card, Self-pay

Retta Williams M.A, LPC,

Email: rrettawilliams@gmail.com

Phone: 281-965-2949

Website: Applesofgold.agency

Service type: Individual, Group & Family Therapy

Population: Primarily Adults, Secondary Children & Adolescents

Specialties: Psychological & Personality D/O, Substance Abuse, Family issues, work related issues, Parenting, ADHD, Conduct D/O, Behavioral problems

Payments: Cigna, Aetna, Medicaid – Co-payments due upon service rendered. Sliding scale options available case by case.

Cindy Thornby, M.A., LPC,

Email: Cindy@creativelifecounseling.com.

Phone: 281.755.3561

Website: creativelifecounseling.com

Population: spanning all ages and walks of life.

Specialties: *Chronic Pain Solutions, Treatment of Anxiety and Depression, Severe and Chronic Psychiatric Disorders. Transforming Distress / Anger Management / Domestic Violence, Achieving Emotional Balance / Mental Clarity, Healing Trauma, Adjusting to Life Transitions / Resolving Loss and Grief, Improving Self-Esteem, Intimacy Issues. Behavioral Problems*

Sheryl Ann Boyle, MA, LPC, EMDR Certified Therapist, C.Ht

Phone: 281.899.5802

Website: www.HealToThriveLLC.com

Specialties: Trauma, PTSD, anxiety, grief, depression chronic pain, sexual abuse/molestation, narcissistic abuse, toxic religion, women's issues & dissociative disorders.

Heal To Thrive LLC is an LGBTQ+ ally. Traumas experienced individually or inherited through families are often the root cause of addiction, anger, depression, pain, PTSD, sadness & worry. In therapy, I provide an Integrative Therapy Approach tailored to my client's individual needs & goals, in a safe, nurturing environment. Everyone deserves to feel happy, joyous, and free!

Payment: Insurance or private pay.

Other: I am trained in emotional freedom technique (EFT), an EMDR certified therapist, A clinical Hypnotist (which means I can use Hypnosis in therapy, however most insurance won't pay for that), IFS informed EMDR, Natural Processing (Somatic EMDR) and coaching.

Ashlee Flourney, M.Ed, LPC

Phone: 346-312-5440

Website: www.guidedtransformationcc.com

Specialties: Depression, Anxiety, Life transitions, Self-Esteem/Confidence

Services: Individual, Families, Couples

Forms of payment accepted: Blue Cross Blue Shield, Cigna, United Healthcare/Optum, ComPsych EAP, ESI Employee Assistance Group, Integrated Behavioral Health (IBH) EAP, Magellan Health, Cash/Check, Major debit/credit cards, Health Savings Plan

Theatric Thompson Sr, LPC

Houston, TX. Northwest the 77091 area

Email: Peopleofvalor08@gmail.com

Phone: 281 839 4880

Services: Adolescents and their family's

Latanya Franklin, MA, LPC, NCC, CART

505 N Sam Houston Pkwy E Suite 275 Houston, TX 77060

Email: Walkinyourtruthcounseling@gmail.com

Phone: 346-803-0179

Specialties: Behavioral Issues Anger Management Trauma and PTSD



Brandon L. King LPC, PLLC

Email: info@man2mancounseling.com

Phone: 346-208-2942

Website: www.man2mancounseling.com



Specialties: Identity/Race issues, Parenting issues, Anxiety, Depression, Infidelity, Teen/Adolescent Therapy, Parenting Coaching

Services: Men, Adolescent males, Men & Adolescent males of color; Individual, Group,

LPC-S

Dr. Caren Cooper, LPC-S, PMH-C, NCC (TX - #68058)

Email: contact@cooper-counseling.com

Phone: 346-347-3266



Specialties: Maternal Mental Health, Trauma Recovery, Women's Issues, Depression, Anxiety, Grief, Stress & Anger Management, Life Transitions

Website: www.Cooper-Counseling.com

Service Type: Individual, Family, Couple

Other Certifications: Certified Perinatal Mental Health Counselor, EMDR Trained

La Shamia Kamen LPC-S

Population: Adult, Adolescent

Website: ljcounseling.org



Specialties: trauma, depression, anxiety, substance abuse, stress-related issues, and mood disorder.

Other: Full time @ Legacy Community Health

Renewed Hope Counseling Center, PLLC.

Website: www.renewedhopecc.com.

Population: couples and adults



Other Information: I also have a clinician who is bilingual. I also have a male therapist that works with men issues

Services: Individual, Couple, Therapy

Specialties: Anger Management, Anxiety, Behavioral Issues, Career Counseling, Coping Skills, Divorce, Domestic Abuse/Violence, Emotional Disturbance, Depression, Fear/Worry, Grief, Infidelity, Marital Conflict, Parenting, Peer Relationships, Relationship Issues, Self-Esteem, Spirituality

LCDC

Keesha Turner, LCDC (TX)

Email: Mrs.turner93@yahoo.com

Phone: 832-651-0046

Specialties: Marriage and Family, Trauma

PLPC, in New Orleans LA.

Samantha J. Thornton LPC, LCDC

FreeSpace LLC

Email: thorn@freespacecounseling.org

Office: 13810 Champion Forest Drive Suite 150 Houston, Texas 77069

Phone: 346-449-1112

Website: <https://sites.zenbusiness.com/freed-9lfdv>

Teletherapy Pricing: 300 intake/120 per session for group, family and individual sessions

Limited office sessions Monday 6pm-10pm Saturday 8-1pm

Payment: Zelle, Cash app, and cash payment.

We do not accept insurance methods currently

Populations: Adults, Adolescents

Occurring and Addiction/Recovery Planning Action Planning Psychosis Recovery/Management (defined in your own words and experience) Trauma EMDR trained CBT trained

Erica Denise Fulton LCDC, LPC.

Phone: 832-856-0847

Specialties: ADHD, panic and anxiety disorders, oppositional defiant disorder utilizing my trauma and addiction background, trauma, and grief.

Population: youth and adolescents.

Other Certifications: Certified Dialectical Behavior Therapist, Certified Clinical Services for ADHD, and Certified Clinical Anxiety Treatment Professional.

LMFT

Kimberly Glaudy, LMFT

16770 Imperial Valley Dr. Suite 125G
Houston, TX 77060

Email: familyfoundations218@gmail.com

Phone: 281-843-5621

Website: www.familyfoundationinitiatives.com

Specialties: parenting, pre-marital/marital, child/adolescence, adoption/foster care, domestic violence, career counseling, life transitions, peer relationships, stress, racial identity, sexual identity, grief, self-esteem, and a host of others

Services: Individual, Family, Couple, Group Counseling



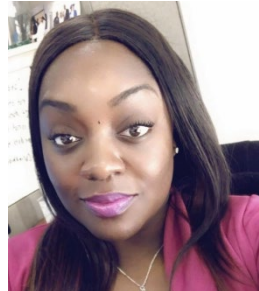
NP

Candra Smith, PMHNP-BC

Bright Stone Psychiatry

Phone: 832-378-8282

Website: www.Brightstonepsychiatry.com



Specialties: Depression, Schizophrenia, Anxiety & Panic Disorder, Obsessive-Compulsive Disorder, Psychosis, ADHD, Medication Management, Drug Addiction, Bipolar Disorder

I am a psychiatric mental health nurse practitioner that provides medication management Virtual and in person appts near reliant area

CTRC

Nakia Hanson, MA, CTRC

Jus Us Trauma Recovery Coaching and Training, LLC

Phone: 832.853.5288

Website: www.jusustraumarecoverycoaching.com



Specialties: Female Adult Survivors of Child Sexual Abuse, Dating/Domestic Violence, Rape, and Cancer.

Other Certifications: Certified motivational interviewing life coach, Certified Trauma Recovery Coach

Services: Individual, Group sessions, Trauma Recovery Coaching

Certified Christian Counselor

Alexis Taylor,

Certified Christian Counselor, and International Certified Life Coach.

Phone: (832) 409-0541.



Specialties: faith, grief, depression, life changes, aging parents (care taking), etc.

Trained in: substance abuse, mental health, cognitive behavior adjustments., domestic violence, dual diagnosis, & peer recovery coaching.

Other Information: I have 26years experience in criminal justice helping individuals with transitional life changes. I apply faith-based biblical truths.