



Therapy Resource List

* Indicates Spanish Speaking Therapists

Abundant Joy Counseling, PLLC

Doerun Stokes, LMFT-A

10643 Kettering Dr. Unit 201

Charlotte, NC 28226

[Abundantjoycounselingpllc.clientsecure.me](https://abundantjoycounselingpllc.clientsecure.me)

Psychologytoday.com/profile/861428

Abundantjoycounsleing@gmail.com

(704) 765-2464

Couples, Family, Teenagers (13+), Women

Accepts BCBS and Aetna in addition to self pay. Rates are \$200 for intake, \$120 for individuals, \$150 for couples.

Access Counseling Group

10030 Park Cedar Drive, Suite 200

Charlotte, NC 28210

accesscm.org

(704) 751-7775

Individuals, Couples, Family, Children, Teens

Agape Christian Counseling

Main Office: 2124 Crown Centre Drive, Suite 400

Charlotte, NC 28227

Myers Park: 522 Moravian Lane

Charlotte, NC 28207

Huntersville: 10224 Hickorywood Hill Avenue, Suite 201

Huntersville, NC 29078

agapechristiancounseling.org

(704) 849-0144

Individuals, Couples, Family, Children, Teens, Sex Addiction, Substance Abuse, EMDR, EFT

Dr. Angie Beachkofsky, PhD, Licensed Psychologist *Virtual Only

drbeachkofsky@gmail.com

(980) 285-8180

Adult Individuals, Older Teens, Couples & Families, MFT, CBT, DBT

Anxiety, Addictions, Borderline Personality, Chronic Pain, Trauma

The Barnabas Center

John Pierce

7615 Colony Road, Suite 200

Charlotte, NC 28226

Thebarnabascenter.org

(704) 365-4545

Individuals, Couples, Families, Groups

Carmel Counseling Center

Carmel Baptist: 1145 Pineville-Matthews Road

Charlotte, NC 28105

Carmelbaptist.org/counseling

(704) 849-0686

Individuals, Families, Care Groups, Training

Carolinas Counseling Group of Charlotte

Steven Ponce, Jr., MACC, LCMHCA

7401 Carmel Executive Park Dr., Suite 210

Charlotte, NC 28226

Carolinas-counseling.com

(704) 752-8414 ext. 105

Collaborative Counseling Group

Buffy Wimmer, Counselor

Beth Shepherd, Counselor

Jordan Blakeney, Counselor

1036 Assembly Dr.

Fort Mill, SC 29708

Collaborativecounselinggroup.org

(980) 250-2438

collaborativecounselinggroup@gmail.com

Couples, Families, Individuals, Trauma, EMDR, Brain Spotting, Women, Young Moms, Kids, Teens

Daybreak Counseling

Kristyn Bly, LPC, LCMHC

Specializes in: Couples, Individuals (men & women), Racial Healing, Pastors & Families, NFL Families transitioning to retirement/civilian life, EMDR trained/certified, EFT certified

Franchesca Hayward *Spanish Speaking Therapist

Specializes in: Adolescents (12+); young adults/college students; and women dealing with various life issues such as anxiety, depression, grief, and life transitions; people serving in ministry and those who are coming back from serving on the mission field.

10801 Johnston Road, Ste 205

Charlotte, NC 28226

Daybreakcounseling.net

daybreakcounseling@yahoo.com

(704) 293-9405

The Empathy Nest

Taylor Quick, LCMHC, NCC

5950 Fairview Road Suite 602

Charlotte, NC 28210

TheEmpathyNest.com

TaylorQuick@TheEmpathyNest.com

(704) 266-0567

Children, Play Therapy, Expressive Arts Therapy, Parent Education Consults On Divorce, Parent-Child Relationship Training

Glenn Brown, LCSW

201 Tom Hall Street, Suite 2064

Fort Mill, SC 29707

psychologytoday.com/us/therapists/free-n-deedchristian-counseling-fort-mill-sc/144478?utm_campaign=TD_SHA_4_1_A1.a&utm_medium=Email&utm_source=TDE

(803) 910-4162

Individuals, Couples

Jim Cress Counseling and Consulting

1136 Sam Newell Rd., Suite D

Matthews, NC 28105

Jimcress.com

Jim@jimcress.com

(704) 726-4110

Sex Addiction, Individuals, Couples, Groups

Jonathan Hetterly, LCMHC

6809 Fairview Rd

Charlotte, NC 28210

Jonathanhetterly.com

jonathan@jonathanhetterly.com

(704) 356-7777 ext. 111

Living My Journey

LeKeesha Jackson, MSW, LCSW

4651 Charlotte Park Drive, Suite 101C

Charlotte, NC 28217

LMJCounseling.com

LMJcounseling@gmail.com

(980) 494-3340

Depression, Anxiety, Chronic Health Issues

Megan Clark Counseling

Megan Clark

Meganclarkcounseling.com

meganclarkcounseling@gmail.com

(704) 899-1511

Adults 21+, individuals, no couples, trauma, eating disorder, adoptive families, EMDR trained/certified, EFT certified

Mercy Psychological & Counseling Services

Dr. Vickey Maclin, Psy. D.

7301 Carmel Executive Dr., Suite 200

Charlotte, NC 28226

Vicmaclin75@gmail.com

(757) 288-0803

Individuals, Couples, Intimacy, Children, Teens

Mosaic Counseling

Michelle Hulbert, MACC, LCMHCS (\$195 Intake/ \$165 session)

Dr. Keri Schafer, DMin, MACC, LCMHCA (\$165 Intake/ \$140 session)

Rachel Robinson, Grad Student Intern (\$25/session)

10801 Johnston Rd., Suite 210

Charlotte, NC 28226

Mosaicintegrativecounseling.com

mosaicintegrativecounseling@gmail.com

(704) 830-5000

Specializing in working with individuals (15+) experiencing the effects of trauma, abuse, and neglect.

ONE:12 Counseling

Dr. Morgan Enright (Owner & Therapist)

Katy Wolfe (LCMHCA, Licensed Clinical Mental Health Counselor Associate) \$140/hr.

Krista Stephenson (Intake Coordinator)

Kristastephenson@one12counseling.com

One12counseling.com

(704) 626-6550

Ballantyne Office: 7751 Ballantyne Commons Pkwy, Suite 102

Charlotte, NC 28277

Coming to McAdenville also -

Focus on Individuals, Couples, Play Therapy for children ages 2-11, teens and women

Peaceful Place Christian Counseling

Dr. Galina Olivera-Celdran, PhD, LCMHC-S

1811 Sardis Rd. N Suite 207

Charlotte, NC 28270

Peacefulplacecounseling.org

(704) 228-3377

EMDR, Trauma-Informed, Adults (18+), Depression/Anxiety, Emotional Regulation, Relationship Difficulties

Safe Haven Christian Counseling Center *Virtual Only

Amy Duren, MA, NCC, LPC, CCTP

Safehavenccc.com

(479) 207-6763

Families, Individuals, Couples, Grief

Sally Warren, LMFT

10801 Johnston Road

Suite 205

Charlotte, NC 28226

sallywarrencounseling@gmail.com

(980) 737-0802

Adult women, Adolescents 13+

Silver Morning Counseling

Alissa Sprinkle, LPC-A, LCMHC-A, NCC, MACC

1902 Ebenezer Rd.

Rock Hill, SC 29732

Alissa@silvermorningcounseling.com

silvermorningcounseling.com

(980) 288-8589

Play Therapy for Children ages 3+, Adolescents, Teens, Adults, Trauma, Attachment, Accelerated Resolution Therapy (ART)

Unbound & Free

Sherri Payne

unboundandfree.org

Sherri@unboundandfree.org

Sherri@safehavenmentoring.com

(681) 427-3681

Works with women who have experienced betrayal in relationships (marriage)

She coaches individually and co-leads a group: Safe Haven Mentoring

Weddington Christian Counseling Center

Tony Gibson, LMFT, PLLC

<https://www.weddingtonchurch.org/weddington-christian-counseling-center/>

9914 New Town Road

Marvin, NC 28173

(704) 814-4220

Couples, Families, Individuals, Teens, Trauma-Informed Therapy

Uptown Psychotherapy, PLLC

Christina Felten, LCSWA

1018 East Blvd. Suite #3

Charlotte, NC 28203

uptown-psychotherapy.com/christina-felten

christina@uptown-psychotherapy.com

(704) 412-4046

Self-pay rate is \$180, sliding scale available on request

In network with BCBS, Aetna, and CBHA/Medcost. (clients must be NC residents)

Suicide & Crisis Lifeline

If you are in crisis or you know someone who is, please Call or Text 988

988Lifeline.org

Domestic Violence

Call: 911

To request help leaving the home, call 911 and request "Safe Passage" or "Safe Escape" and a sheriff will come to help you leave safely.

South Carolina:

safepassagesc.org - Serving residents of York Co., SC; Chester Co., SC & Lancaster Co., SC

North Carolina:

(980) 771-HOPE

safealliance.org

National Domestic Violence Hotline:

[Thehotline.org](https://thehotline.org)

800.799.SAFE (7233)

Both victims and abusers can reach out for help to end the cycle of violence

Updated: 12/12/2024