

# SANDALS CHURCH COUNSELING REFERRALS

*This list is a network composed of a variety of mental health providers. Our desire is to provide the best available care to the community we serve and that those who we refer have a clear biblical implementation in their practice. We strive for those on this list to approach the support they provide in a faith based manner. To that regard, these referrals are composed of individuals who have demonstrated just that. While this is a recommendation from us, it is your responsibility to select the care that is the best fit for you. We ask that you do your due diligence going through this list to determine the best personal fit for your needs. While we do our best to know and vet those we recommend, we want you to understand that selecting the provider for you is a personal decision and one that has to be done on an individual basis. Each of those composed on this list are individuals or businesses that have their independent visions, purposes and values that align with their set missions. Please know **here** is the vision and beliefs of Sandals Church. Our counsel and guidance is founded in what the bible teaches us.*

## CATEGORY 1: LICENSED CLINICIAN

These are mental health professionals trained in therapy and family systems, and licensed to diagnose and treat mental and emotional disorders within the context of marriage, individuals, couples and family systems.

## CATEGORY 2: MARRIAGE AND FAMILY THERAPIST ASSOCIATE

These are mental health professionals that are in training. They are training in therapy and family systems, and can still diagnose and treat mental and emotional disorders within the context of marriage, individuals, couples and family systems.

## CATEGORY 3: PSYCHIATRIST

A psychiatrist is a medical doctor (an M.D. or D.O.) who specializes in mental health. Psychiatrists are qualified to assess both the mental and physical aspects of psychological problems. If appropriate, Psychiatrist can prescribe medication.

## CATEGORY 4: NON-LICENSED COUNSELOR

These are people that are either biblical counselors, or do counseling without the license or training. Although they are not licensed, we have still approved them because of their skill and heart for the Lord.

## WHAT TO LOOK FOR IN A THERAPIST

If for some reason the counselors on the referral list did not have any availability on their schedule, or they did not fit within your financial means, we have offered a couple of tips to finding a Therapist.

# SANDALS CHURCH COUNSELING REFERRALS

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# SANDALS CHURCH COUNSELING REFERRALS

## WHAT TO LOOK FOR IN A THERAPIST

1. **A Christian.** You can pre-screen your therapist over the phone before going to your first session. Google “Christian therapists” in your area and take time to look at their websites. If you think they are someone you can connect with, give them a call and ask them the following questions:

- a. Do you integrate your Christian faith in the therapy room?
- b. Are you willing to pray with me when we meet and have the Bible be a part of it?
- c. Let them know that your Christian faith is important and ask them about it.
- d. All therapists, even Christians, have to abide by the Board of Behavioral Sciences for the State of California, and this means that they should technically not talk about faith integration unless the client wants it, with that in mind, when you meet with them for the first time, let them know that you want your Christian faith to be a part of therapy.

2. **Someone you connect with.** When going to therapy you are NOT bound to your therapist. Believe it or not, you do not need to stay with your therapist. Make sure you have a good connection with them and feel comfortable with them. If you don’t, let them know that it’s not working. See if you can figure it out with them, and if not, let them know you are going to find another therapist. Their feelings won’t be hurt; they know that a big part of the therapeutic process is having a good connection between the therapist and client.

3. **A method you feel comfortable with.** Every therapist is different in the way they see health, lack of health, or even relate and interact with the client. Some therapists work solely on thoughts, some on emotions, some only concerning present circumstances, and some look at your childhood. With that said, it is important to ask the therapist what their “theory” or “modality” is and how they view things. After that conversation, look it up, ask around, see if you would be comfortable with it.

4. **Abide in Christ and involve other Christians.** We want to emphasize that *your therapist is not your pastor or your community.* With that in mind, spend time reading your Bible, process with a mature Christian, and have other mature Christians around you be involved in your life as you seek time with a therapist. People and therapists, we are all imperfect, which is why we need to lean on the Word of God in the process because it is perfect and without error.

5. **Give yourself grace and time.** Therapy and growing in our health takes a good amount of time, there is no quick fix. Remember it may have taken years to grow the unhealthy parts of ourselves... and it may take time to change those unhealthy parts of ourselves.. give yourself grace... and give yourself a lot of time.

# SANDALS CHURCH COUNSELING REFERRALS

## APPLE VALLEY

### LICENSED CLINICIANS

**Summer Richards**, LMFT 78347

**Practice:** 360 Degrees Counseling Solutions

**Phone:** 760-503-4393

**Address:** 18245 highway 18 suite 6 Apple Valley, CA 92307

**Population Served:** Children/Adolescents (13-17), Adults (18+)

**Therapy Format:** In person/Office Only

**Cost and Insurance:** \$120 per session. \$100 per assessment. IEHP, Tricare, Kaiser, Some PPO

**Theoretical Orientations:** Attachment-based, Behavioral, Cognitive Behavioral, Psychodynamic, Systems, Narrative Therapy and Solution Focused

**Therapy/Counseling Specialty Areas:**

ADHD, Anxiety/Panic, Autism/PDD/Asperger's, Behavior Modification, Christian Counseling, Cognitive Behavior Therapy, Cultural Issues, Depressive Disorders, Family Therapy, Grief Issues, Group Therapy, Sexual Abuse, Solution Focused, Victims of Abuse and Trauma, Women's Issues

# SANDALS CHURCH COUNSELING REFERRALS

## CHINO

### LICENSED CLINICIANS

**Christine Koontz**, MSW, LCSW 21942

**Phone:** 909-255-0791, **Website:** [christinekoontz.com](http://christinekoontz.com)

**Address:** 4091 Riverside Dr. Suite 214, Chino, CA 91710

**Population Served:** Children/Adolescents (13-17), Adults (18+), Geriatrics (60+), and Disabled Persons

**Therapy Format:** In person/Office Only

**Cost and Insurance:** \$165/50 minute session. Sliding scale offered based on monthly family income, before taxes. Negotiated with Client. No Insurance, however, a superbill may be provided upon request for out of network reimbursement if allowed by the client's insurance plan.

**Theoretical Orientations:** Cognitive Behavioral, Emotionally-Focused, Psychodynamic, Relational, Systems

**Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Christian Counseling, Enneagram, Marriage Therapy, Grief Issues, Trauma, PTSD, Men's Issues, Premarital Counseling, Victims of Abuse or Trauma, OCD, Life Transition

# SANDALS CHURCH COUNSELING REFERRALS

## CLAREMONT

### NON-LICENSED CLINICIANS

**Gabrielle Bingham**, Christian Counselor ◆◆

**Practice:** Encounter Collective

**Phone:** 636-459-8206 **Email:** gabby@encountercollective.org

**Address:** 1364 N. Towne Avenue, Claremont CA 91711

**Website:** [encountercollective.org](http://encountercollective.org)

**Population Served:** Children/Adolescents (13-17), Adults (18+), Geriatric (Ages 60+)

**Therapy Format:** In person and Web-based

**Cost and Insurance:** \$80 per 50-70 minute session, Sliding Scale Available

**Theoretical Orientations:** Attachment-Based, Emotionally-Focused Therapy (Certification Pending)

**Therapy/Counseling Specialty Areas:**

Christian Counseling, Crisis, Depressive Disorders, Divorce, Domestic Violence, Eating Disorders, Family Therapy, Grief Issues, Group Therapy, Infertility, Premarital Counseling, Trauma, Victims of Abuse/Trauma, Women's Issues

# SANDALS CHURCH COUNSELING REFERRALS

## CORONA

### LICENSED CLINICIANS

**Brett Ryan, LMFT, 128956**

**Practice:** Brett Ryan, Marriage and Family Counseling Inc.

**Practice Address:** 4160 Temescal Canyon Rd. Suite 309. Corona, CA 92883

**Website:** [www.brettryancounseling.com](http://www.brettryancounseling.com)

**Phone:** (949) 478-0235 **Email:** [brettryancounseling@gmail.com](mailto:brettryancounseling@gmail.com)

**Population Served:** Adults (18+), Couples

**Therapy Format:** In person/Office and Web-based

**Cost and Insurance:** Fee \$150, no insurance, superbill is available for insurance reimbursement

**Theoretical Orientations:** EMDR, Emotional-Focused (EFT), Attachment-Based

**Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Christian Counseling, Enneagram, Marriage Therapy, Grief Issues, Trauma, PTSD, Men's Issues, Premarital Counseling, Victims of Abuse or Trauma, OCD, Life Transition, Affair Recovery

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**Gabriela Heigl, AMFT, 127811**

**Practice:** Brett Ryan, Marriage and Family Counseling Inc.

**Practice Address:** 4160 Temescal Canyon Rd. Suite 309. Corona, CA 92883

**Website:** [www.brettryancounseling.com](http://www.brettryancounseling.com)

**Phone:** 909-754-4643 **Email:** [gabbyheigl counseling@gmail.com](mailto:gabbyheigl counseling@gmail.com)

**Population Served:** Adolescents (ages 11-17), Adults (18+), Couples

**Therapy Format:** In person/Office and Web-based

**Cost and Insurance:** Fee \$140, no insurance, superbill is available for PPO insurance reimbursement

**Theoretical Orientations:** Attachment-Based, Cognitive Behavioral, EMDR, Emotionally-Focused, Mindfulness-Based, Psychodynamic, Relational, Systems

**Therapy/Counseling Specialty Areas:** Anxiety/Panic, Christian Counseling, Grief Issues, Life Transition, Marriage Therapy, Pre-Marital Counseling, PTSD, Sexual Abuse, Trauma, Victims of Abuse, Women's Issues

# SANDALS CHURCH COUNSELING REFERRALS

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**Reba Machado, M.S.,** Certified EMDR Therapist, LMFT, MFT 53910

**Practice:** Raincross Family Counseling

**Phone:** 951-977-3638 **Email:** [raincrossfc@gmail.com](mailto:raincrossfc@gmail.com)

**Website:** [www.raincrosstherapy.com](http://www.raincrosstherapy.com)

**Address:** 4160 Temescal Canyon Rd., Suite 401, Corona, CA 92883

**Population Served:** Children (13-17) and Adults (18+)

**Therapy Format:** In person/Office and Web-based

**Cost and Insurance:** Anthem Blue Cross, MHN, Health Net, Aetna, Cigna, Kaiser, IEHP Members or \$125 per session (Associate MFT's Available for \$60 per session)

**Theoretical Orientations:** EMDR

**Therapy/Counseling Specialty Areas:** Post-Traumatic Stress Disorder, Bipolar Disorder, Obsessive Compulsive Disorder, Anxiety, Depression, Substance Abuse Recovery, Victims of Abuse/Trauma, Route 91 2017 Victims

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**Amber Saucedo, AMFT 127039** ■ ◆◆

**Supervised by:** Reba Machado, M.S., LMFT, MFC53910

**Practice:** Raincross Family Counseling

**Website:** [www.raincrosstherapy.com](http://www.raincrosstherapy.com)

**Phone:** 951-977-3638, **Email:** [ambersaucedo7@gmail.com](mailto:ambersaucedo7@gmail.com)

**Address:** 4160 Temescal Canyon Rd., Suite 401, Corona, CA 92883 and Virtual Office

**Population Served:** All Ages, Bilingual: SPANISH

**Therapy Format:** In Person and Virtual

**Cost and Insurance:** Anthem Blue Cross, Cigna/Evernorth, Aetna

Individual Sessions: \$70 (\$60 for Sandals Church Congregation), Couples/Family: \$75 (\$60 for Sandals Church Congregation)

**Theoretical Orientations:** Attachment-Based, Christian Counseling, Emotional Focused, Relational

**Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Bipolar, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Family Therapy, Grief/Loss, OCD, Postpartum Issues, PTSD, Prenatal Issues, Women's Issues, Culture/Justice Issues



# SANDALS CHURCH COUNSELING REFERRALS

## HEMET

### MARRIAGE AND FAMILY THERAPIST ASSOCIATES

**Arianna Reyna, M.S., LMFT #133026**

**Practice:** New Hope Christian Counseling

**Phone:** 909-238-0667 **Email:** [arianna.reyna@newhopeccf.com](mailto:arianna.reyna@newhopeccf.com)

**Website:** <https://www.newhopechristiancounseling.org/>

**Address:** 464 S Palm Street Hemet, CA 92543

**Population Served:** Children/Adolescents (13-17), Adults (18+), Geriatrics (Ages 60+)

**Therapy Format:** In person/Office and Virtual

**Cost and Insurance:** \$125 per session for individuals, \$185 couples, \$200 family 3+, No insurance accepted. Medi-Cal clients will go to trainees and new hire associates.

**Theoretical Orientations:** Biological/Medical Cognitive, Emotionally-Focused, Mindfulness-Based, Psychodynamic, Relational, Systems

**Therapy/Counseling Specialty Areas:**

ADHD, Adoption, Anxiety/Panic, Chemical Dependency, Christian Counseling, Cognitive Behavioral Therapy, Crisis, Cultural Issues, Depressive Disorders, Dialectical Behavior Therapy, Divorce, Domestic Violence, Eating Disorders, Family Therapy, Grief Issues, Group Therapy, Men's Issues, OCD, Pain Management, Postpartum Issues, PTSD, Sexual Abuse, Solution Focused, Trauma, Victims of Abuse and Trauma, Women's Issues.

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# SANDALS CHURCH COUNSELING REFERRALS

## MORENO VALLEY

### LICENSED CLINICIANS

**Max Kayes, MFT, MFC22998**

**Practice:** New Hope Christian Counseling Centers

**Practice Address:** 12810 Heacock Street, Ste B202, Moreno Valley, CA

92553, 1175 E. Garvey Street, Ste 102, Covina, CA 91724

41700 Ivy Street, Ste B, Murrieta, CA 92562

**Phone:** 951-247-6542, Ext 250, **Email:** [max.kayes@newhopeccf.com](mailto:max.kayes@newhopeccf.com)

**Website:** [newhopechristiancounseling.org](http://newhopechristiancounseling.org)

**Population Served:** Children (4-17), Adults (18+), Geriatrics (60+)

**Therapy Format:** In person/Office Only

**Cost and Insurance:** \$140/session, foundation with sliding scale, no insurance can provide superbill

**Theoretical Orientations:** Attachment Based, Mindfulness Based, Psychodynamic, Systems, Professional and Life Coaching

### **Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Bipolar, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Family Issues, Grief Issues, Men's Issues, OCD, Personality Disorders, Premarital Counseling, PTSD, Schizophrenia/Psychotic Disorders, Solution Focused, Victims of Abuse and Trauma

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**Alex Navarro, LMFT, LMFT 125785 ■**

**Practice:** New Hope Christian Counseling Centers

**Practice Address:** 12810 Heacock Street, Ste B202, Moreno Valley, CA

92553

**Phone:** 951-247-6542, **Email:** [alex.navarro@newhopeccf.com](mailto:alex.navarro@newhopeccf.com)

**Website:** [newhopechristiancounseling.org](http://newhopechristiancounseling.org)

**Population Served:** Children (Ages 3-10) Adolescents (4-17), Adults (18+), Geriatrics (60+), and Spanish Speaking

**Therapy Format:** In person/Office and Virtual

**Cost and Insurance:** \$125/session marital/couples, \$100 for individual therapy.

**Theoretical Orientations:** Behavioral, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Family Therapy, Music Therapy, Relational, Play

# SANDALS CHURCH COUNSELING REFERRALS

Therapy, Systems, Family Systems

## **Therapy/Counseling Specialty Areas:**

Addiction, ADAH, Affair Recovery, Adoption, Anxiety/Panic, Behavior Modification, Bipolar, Chemical Dependency, Christian Counseling, Crisis, Cultural Issues, Depressive Disorders, Foster Care, Grief Issues, Life Transition, Marriage Therapy, Men's Issues, Pre-Marital Counseling, PTSD, Self Harm, Solution Focused, Solutions Based, Suicide, Trauma, Victims of Abuse and Trauma.

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**Chaelene "Rachelle" Navarro, MS, MA, LMFT #132461** ◆◆

**Practice:** New Hope Christian Counseling

**Website:** [www.newhopechristiancounseling.org](http://www.newhopechristiancounseling.org)

**Phone:** 951-247-6542 **Email:** [Chaelene.Navarro@newhopeccf.com](mailto:Chaelene.Navarro@newhopeccf.com)

**Address:** 12810 Heacock Street Suite B-202 Moreno Valley, CA

**Population Served:** Children/Adolescents (13-17), Adults (18+), Geriatrics (60+)

**Therapy Format:** In person/Office and Web-based

**Cost and Insurance:** \$100 per session. Sliding scale can be discussed based on need and supervisor approval. Medi-Cal Insurance is accepted.

**Theoretical Orientations:** Behavioral, Relational, Systems

# SANDALS CHURCH COUNSELING REFERRALS

## MORGAN HILL

### MARRIAGE AND FAMILY THERAPIST ASSOCIATES

**John Mark Kane**, M.A., Associate, 109364

**Practice:** Kane Counseling (Associate Marriage and Family Therapist with Discovery Center) **Phone:** 408-461-9658 **Website:** [www.johnmarkkane.com](http://www.johnmarkkane.com)

**Address:** 16275 Monterey Rd, Morgan Hill, CA 95037

**E-mail:** [support@johnmarkkane.com](mailto:support@johnmarkkane.com)

**Population Served:** Children (Ages 3-10) Adolescents (Ages 11-17), Adults (Ages 18+) Parents (especially when the issue is with young children)

**Therapy Format:** Web-based

**Cost and Insurance:** \$150 per 50 minute session, limited sliding scale, will be considered on a case by case basis. Insurance is in network with Anthem Blue Cross, Blue Shield and Tricare

**Theoretical Orientations:** Other, Core theoretical orientation is a Christian Psychology approach to therapy

### **Therapy/Counseling Specialty Areas:**

Marriage and Family Therapy, Addictions Specialist: Pornography, Substance Abuse, Social Media, Video Games, ADHD, Affair Recovery, Adoption, Anxiety/Panic, Behavior Modification, Chemical Dependency, Christian Counseling, Crisis, Cultural Issues, Depressive Disorders, Divorce, End of Life Issues, Foster Care, Grief Issues

# SANDALS CHURCH COUNSELING REFERRALS

## MURRIETA

### LICENSED CLINICIANS

**Holly Johnston**, M.A., LMFT, 53355

**Practice:** Holly Johnston, MA LMFT

**Phone:** 951-265-0910

**Address:** 41700 Ivy St., Suite B, Murrieta, 92562

**E-mail:** Graceandpeace2u@yahoo.com

**Population Served:** Adolescents (11-17), Adults (18+), Geriatrics (60+), Disabled Persons

**Therapy Format:** In-Person, Web-Based

**Cost and Insurance:** \$170, Limited Sliding Scale, No Insurance, can provide a superbill for insurance reimbursement

**Theoretical Orientations:** Attachment-Based, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, EMDR, Emotionally-Focused, Family Therapy, Psychodynamic, Family Systems, Faith-Integration

**Therapy/Counseling Specialty Areas:** Addiction, ADHD, Affair Recovery, Adoption, Anxiety/Panic, Behavior Modifications, Bipolar, Chemical Dependency, Christian Counseling, Crisis, Cultural Issues, Depressive Disorders, Dissociative Disorders, Divorce, Domestic Violence, Eating Disorders, End of Life Issues, Foster Care, Grief, Infertility, LGBTQI+, Life Transition, Marriage Therapy, Men's Issues, OCD, Pain Management, Personality Disorders, Porn/Sex Addiction, Postpartum Issues, Premarital Counseling, PTSD, Self-Harm, Sexual Abuse, Solution Focused, Solutions-Based, Suicide, Trauma, Women's Issues

# SANDALS CHURCH COUNSELING REFERRALS

## NEWPORT BEACH

### LICENSED CLINICIANS

**April Twenhafel**, MFT 50589

**Practice:** Help Hope Love Family Therapy

**Phone:** 949-791-7210 **Email:** [mytherapistapril@gmail.com](mailto:mytherapistapril@gmail.com)

**Website:** [www.apriltwenhafel.com](http://www.apriltwenhafel.com)

**Address:** 1601 Dove Street, Suite 105, Newport Beach 92660

**Population Served:** Children (13-17), Adults (18+), Geriatrics (Ages 60+), Disabled Persons

**Therapy Format:** In person/Office and Web-based

**Cost and Insurance:** Fee \$200, sliding scale if client qualifies based on a monthly income, no insurance, superbill is available for insurance reimbursement

**Theoretical Orientations:** Attachment-Based, Emotional-Focused, Psychodynamic, Systems, EMDR

**Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Christian Counseling, Depressive Disorders, Divorce, Domestic Violence, Eating Disorders, Family Therapy, Grief Issues, Group Therapy, OCD, Sexual Abuse, Victims of Abuse and Trauma, Women's Issues

# SANDALS CHURCH COUNSELING REFERRALS

## NORCO

### LICENSED CLINICIANS

**Mykalanne Ball**, LMFT 119959

**Practice:** Citrus City Family Counseling

**Phone:** 951-217-7550

**Website:** citruscityfamilycounseling@gmail.com

**Address:** 2641 Hamner Avenue #201, Norco CA 92860

**Population Served:** Adolescents (14+), Adults (18+), & Geriatrics (Ages 60+)

**Therapy Format:** Virtual (Web-based)

**Cost and Insurance:** Fee \$120 per session. Insurance is in network with Kaiser, IEHP, and Anthem

**Theoretical Orientations:** Cognitive, Cognitive Behavioral Therapy, Family Therapy

**Therapy/Counseling Specialty Areas:** Anxiety/Panic, Christian Counseling, Cultural Issues, Depressive Disorders, Divorce, Marriage Therapy, Postpartum Issues, Women's Issues, Men's Issues, Depression/Sadness, Grief/Loss, Marriage/Couples Issues, Work/Life Issues, Parenting Issues,

# SANDALS CHURCH COUNSELING REFERRALS

## ONTARIO

### LICENSED CLINICIANS

**Debbie Steele Phd** MFT, MFC 42282◆◆

**Email:** [debbiesteele@gs.edu](mailto:debbiesteele@gs.edu) **Website:** [www.paradoxministries.com](http://www.paradoxministries.com)

**Address:** 3210 E. Guasti Rd. Ontario, CA 91761

**Population Served:** Children/Adolescents (13-17), Adults (18+), and Geriatrics (60+)

**Therapy Format:** Web-based Only

**Cost and Insurance:** Sliding scale from \$50 - \$150 per session. No insurance

**Theoretical Orientations:** Attachment-Based, Emotionally-Focused, Couples Therapy

**Therapy/Counseling Specialty Areas:**

Christian Counseling, Couples Counseling, Family Therapy, Sexual Abuse, Victims of Abuse and Trauma, Women's Issues



# SANDALS CHURCH COUNSELING REFERRALS

## PASADENA

### MARRIAGEAND FAMILYTHERAPISTASSOCIATES

**Christian Holmes**, MA, AMFT Associate

**Practice:** La Vie Counseling Center

**Website:** <https://christianholmestherapy.com/>

**Phone:** (310) 409-3975 **Email:** [holmes.lavie@gmail.com](mailto:holmes.lavie@gmail.com)

**Address:** 650 Sierra Madre Villa, Suite 110 Pasadena, CA 91107

**Population Served:** Children/Adolescents (13-17), Adults (18+)

**Therapy Format:** In person/Office and Web-based

**Cost and Insurance:** \$195 per session. Out of Network Insurance Plans (PPOs).

**Theoretical Orientations:** Attachment-Based, Behavioral, Cognitive, Cognitive Behavioral, Emotionally-Focused, Mindfulness-Based, Psychodynamic, Relational, Systems

#### **Therapy/Counseling Specialty Areas:**

ADHD, Addiction, Anxiety/Panic, Behavioral Modification, Chemical Dependency, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Domestic Violence, Family Therapy, Grief Issues, Men's Issues, OCD, Pain Management, PTSD, Sexual Abuse, Solution Focused, Trauma, Victims of Abuse and Trauma

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### LICENSED CLINICIANS

**Rich Painter**, M.S., LMFT, License #114765

**Practice:** Sky Counseling Center

**Phone:** 904-800-8553

**Address:** 1001 Fremont Ave #3324, So. Pasadena, CA 91031

**E-mail:** [skycounselingcenter@gmail.com](mailto:skycounselingcenter@gmail.com)

**Website:** [www.skycounseling.com](http://www.skycounseling.com)

**Population Served:** Adolescents (Ages 11-17), Adults (Ages 18+) and Geriatrics (Ages 60+)

**Therapy Format:** In person and Virtual

**Cost and Insurance:** \$90-\$150 sliding scale fee based on income. Insurance out of network insurance reimbursement.

# SANDALS CHURCH COUNSELING REFERRALS

**Theoretical Orientations:** Attachment-Based, Cognitive Behavioral Therapy, Emotionally-Focused, Family Therapy, Mindfulness-Based, Psychodynamic, Relational, Family Systems, Trained in Trauma Focused/CBT, Emotionally Focused Therapy, Restoration Therapy, Motivational Interviewing, Seeking Safety, Certified Prepare-Enrich Premarital and Marital Facilitator, Certified Family Wellness Instructor.

## **Therapy/Counseling Specialty Areas:**

Addiction, Affair Recovery, Adoption, Anxiety/Panic, Behavior Modification, Bipolar, Christian Counseling, Cultural Issues, Depressive Disorders, Divorce, Grief Issues, Infertility, Life Transition, Marriage Therapy, Men's Issues, Porn/Sexual Addiction, Pre-Marital Counseling, PTSD, Sexual Abuse, Solution Focused, Solutions Based, Trauma, Victims of Abuse and Trauma, Women's Issues

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## SPIRITUAL DIRECTOR

**Mindy Painter, ◆◆**

**Practice:** Spiritual Director

**Phone:** (323) 412-0067

**Website:** <https://www.skycounseling.com/spiritual-direction-mindy-painter>

**Email:** [mindypainterlove@gmail.com](mailto:mindypainterlove@gmail.com)

**Address:** Los Angeles/Pasadena area

**Population Served:** Anyone looking to deepen or grow in their relationship with God

**Therapy Format:** 50-60 minutes, meeting virtually or in-person

**Cost and Insurance:** Sliding scale \$60-90

**What is Spiritual Direction?** Spiritual direction is a contemplative practice that focuses on the conscious development of the relationship between a person and God. The emphasis is on the presence and leading of the Holy Spirit as the spiritual director provides companionship, recognition, confirmation and affirmation of the work of God in the life of the directee. The spiritual director helps the directee become more aware of the presence, movement, and invitation of God in everyday life and prayer. The focus of the time of direction will always be on the directee— on their experience and on their relationship with God, self, others, and the world. The spiritual director is a faith companion who listens to life stories with an ear for discerning the movement of the Holy Spirit.

# SANDALS CHURCH COUNSELING REFERRALS

## RANCHO CUCAMONGA

### LICENSED CLINICIANS

**Laura Mondragon**, LMFT, 82979

**Practice:** Truth Family and Child Counseling Services Inc

**Mailing Address:** PO Box 4594, Rancho Cucamonga, CA 91729

**Website:** [truthfamilycounseling.com](http://truthfamilycounseling.com)

**Phone:** 951-956-4244 **Email:** [truthfamilycounseling@gmail.com](mailto:truthfamilycounseling@gmail.com)

**Population Served:** Children/Adolescents (13-17), Adults (18+), Geriatric (Ages 60+)

**Therapy Format:** Virtual appointments only

**Cost and Insurance:** *Please contact for a fee schedule.* No insurance

**Theoretical Orientations:** Attachment-Based, Behavioral, Behavioral/Medical Cognitive, Cognitive, Cognitive Behavioral, Emotionally-Focused, Mindfulness-Focused, Psychodynamic, Relational, Systems, Biblical and EMDR

### **Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Behavior Modification, Bipolar, Christian Counseling, Cognitive Behavioral Therapy, Crisis, Cultural Issues, Depressive Disorders, Divorce, Domestic Violence, End of Life Issues, Family Therapy, Grief Issues, HIV/AIDS Related Issues, COD, Personality Disorders, Postpartum Issues, Pre-Marital Counseling, Prenatal Issues, PTSD, Sexual Abuse, Solutions Focused, Trauma, Victims of Abuse/Trauma, Women's Issues

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### PSYCHIATRISTS/PSYCHOLOGISTS

**Mark Welch**, M.D. License # 20A8950

**Practice:** DO Inc (owner Aspen Psychological)

**Phone:** (909) 989-5556 **Email:** [drwelch@aspenpsychological.com](mailto:drwelch@aspenpsychological.com)

**Website:** [www.aspenpsychological.com](http://www.aspenpsychological.com)

**Address:** 10737 Laurel Street #230, Rancho Cucamonga, CA 91730

**Population Served:** Adults (18+)

**Therapy Format:** In person/Office Only Prescribing medications and working closely with the treating therapist

**Cost and Insurance:** Takes most major insurance companies. Does not accept Medicare or Medicaid-Cal. Cash rates vary per the patient's financial resources and complexity of the patient

# SANDALS CHURCH COUNSELING REFERRALS

**Theoretical Orientations:** Cognitive Behavioral Therapy for Insomnia

**Therapy/Counseling Specialty Areas:**

ADHD, Anxiety/Panic, Bipolar, Chemical Dependency, Cognitive Behavioral Therapy, Depressive Disorders, Eating Disorders, HIV/AIDS Related Issues, Men's Issues, OCD, Personality Disorders, Schizophrenia/Psychotic Disorders

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**Timothy Lee, M.D.** License # A101050

**Practice:** Timothy Lee MD Inc (working with Aspen Psychological Services)

**Phone:** 909-989-5556 ext. 6 **Email:** [tim.lee.aspen@gmail.com](mailto:tim.lee.aspen@gmail.com)

**Website:** [aspenspsychological.com](http://aspenspsychological.com)

**Address:** 10737 Laurel St, Suite 230, Rancho Cucamonga, CA 91730

**Population Served:** Adults (18+), Geriatrics (60+), Mandarin-Chinese speaking

**Therapy Format:** In-person & Web-based

**Cost and Insurance:** \$300 for initial visit, \$150 for all follow-ups, United Healthcare/Optum (applying for contract with Anthem Blue Cross and Magellan)

**Theoretical Orientations:** Cognitive Behavioral Therapy, Psychodynamic, Biblical Counseling, Acceptance and Commitment Therapy, Forgiveness Therapy, Supportive Psychotherapy, and Self-Compassion Based Therapy

**Therapy/Counseling Specialty Areas:** Anxiety/Panic, Christian Counseling, Depressive Disorders, Depression/Sadness, Medical Issues, Psychiatry, Mood Disorders

# SANDALS CHURCH COUNSELING REFERRALS

## REDLANDS

### LICENSED CLINICIANS

**Katharine Braun**, MFT 99738

**Practice:** Restoration Counseling Service

**Phone:** 909-724-4735 **Email:** [katharine@RestorationCS.com](mailto:katharine@RestorationCS.com)

**Website:** [www.restorationcs.com](http://www.restorationcs.com)

**Address:** 1174 Nevada Street, Suite 210, Redlands, CA 92374

**Population Served:** Adults (18+), Geriatrics (60+)

**Therapy Format:** Telehealth Only

**Cost and Insurance:** \$130 hourly. No Sliding Scale. No Insurance.

**Theoretical Orientations:** Attachment-Based Therapy, Client Centered Therapy, Cognitive Behavioral Therapy (CBT), Emotional Focused Therapy, Emotional Transformation Therapy (ETT), Integrative and Psychodynamic Therapy, Solution Focused Therapy, Trauma Focused.

#### **Therapy/Counseling Specialty Areas:**

Addiction, Anxiety, Boundaries, Codependency, Coping Skills, Chronic Pain, Depression, Domestic Abuse, Domestic Violence, Emotional Disturbance, Grief, Infidelity, Marital Issues, Psychological/Hidden Abuse, Relationship Issues, Self Esteem, Self-Harming, Sexual Abuse, Suicidal Ideation, Trauma, Women's Issues

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**Susan Griffin**, LMFT 81555

**Practice:** Restoration Counseling Service

**Phone:** 909-255-1250, **Email:** [Susan@restorationcs.com](mailto:Susan@restorationcs.com)

**Website:** [www.restorationcs.com](http://www.restorationcs.com)

**Address:** 1174 Nevada Street, Suite 210, Redlands, CA 92374

**Population Served:** Adults (18+), Geriatrics (60+)

**Therapy Format:** Telehealth/In Person

**Cost and Insurance:** \$150 per session (same rate for individuals or a couple). She does not accept insurance.

**Theoretical Orientations:** Attachment-based, Emotionally-Focused

#### **Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Depressive Disorders, Domestic Violence, Eating Disorders, Grief Issues, Infertility, Postpartum Issues, Prenatal Issues, Women's Issues, Men's Anger Issues

# SANDALS CHURCH COUNSELING REFERRALS

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**Meaghan Kinzel**, LMFT, MFT, 107503

**Practice:** Evolve Counseling

**Phone:** (909) 727-1864 **Email:** [meaghankinze@gmail.com](mailto:meaghankinze@gmail.com),

**Website:** <https://evolvecounselingservices.com/>

**Address:** 104 E. Olive Ave. Ste 201

**Population Served:** Adolescents (Ages 11-17), Adults (18+), Disabled Persons

**Therapy Format:** Telehealth/In person

**Cost and Insurance:** \$130 per session

**Theoretical Orientations:**

Attachment-based, Emotionally-Focused, Psychodynamic, Family Systems

**Therapy/Counseling Specialty Areas:**

Affair Recovery, Adoption, Anxiety/Panic, Autism/ PPD/ Asperger's, Christian Counseling, Crisis, Cultural Issues, Dissociative Disorders, Divorce, Domestic Violence, Foster Care, Greif Issues, Infertility, LGBTQI+, Life Transition, Marriage Therapy, Postpartum Issues, Pre-Marital Counseling, Prenatal Issues, PTSD, Sexual Abuse, Victims of Abuse and Trauma, Women's Issues

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**Tami Miller**, LMFT, MFT 47332

**Practice:** Tandem Marriage

**Phone:** 909-255-1350 **Email:** [tami@tandemmarriage.com](mailto:tami@tandemmarriage.com)

**Website:** <https://tandemmarriage.com/>

**Address:** 339 Cajon Street, Redlands, CA 92373

**Population Served:** Couples

**Therapy Format:** Telehealth/Marriage Coaching with her Husband Brad Miller

**Cost and Insurance:** \$200, no insurance

**Theoretical Orientations:** Attachment-Based, Cognitive Behavioral, Emotionally-Focused

**Therapy/Counseling Specialty Areas:**

Affair Recovery, Sexual Betrayal, Marriage Enrichment, Conflict Resolution, Intimacy, Communication, Parenting, Christian Marriage Coaching

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**Sarah Oh**, LMFT #51185

**Practice:** Sozo Family Counseling, Inc.

**Phone:** (909) 703-4878

**Email:** [sarahoh.lmft@gmail.com](mailto:sarahoh.lmft@gmail.com)

**Address:** 521 West Citrus Avenue, Redlands, CA 92373

**Population Served:** Children and Teens (13-17), Adults (18+), Geriatric(60+)

# SANDALS CHURCH COUNSELING REFERRALS

**Therapy Format:** In person/Office only

**Cost and Insurance:** \$120/session, Sliding scale available.

**Theoretical Orientations:** Attachment-based, Cognitive Behavioral, Mindfulness-Based, Psychodynamic, Systems, Christian Counseling

## **Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Bipolar, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Family Therapy, Grief/Loss, OCD, Postpartum Issues, Prenatal Issues, Women's Issues

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**Mona Orton**, LMFT 115163, RPT◆◆

**Practice:** Treehouse Therapy

**Phone:** 909-954-1070 **Website:** [treehousetherapy.com](http://treehousetherapy.com)

**Email:** [TreehouseTherapy@yahoo.com](mailto:TreehouseTherapy@yahoo.com)

**Address:** 101 E. Redlands, Blvd, Suite 206, Redlands, CA 92373

**Population Served:** Children and Teens (2-18)

**Therapy Format:** In person

**Cost and Insurance:** \$150 per 50 minute Session, Insurances accepted: United, Kaiser, IEHP and Tricare. Sliding Scale available for financial hardships

**Theoretical Orientations:** EMDR, Play Therapy, Attachment-based, Cognitive Behavioral, Mindfulness-Based, Child-centered, Gestalt and Solution Focused Therapy

## **Therapy/Counseling Specialty Areas:**

Behavior Modification, Bullying, Crisis, Depressive Disorders, Divorce, Domestic Violence, Family Therapy, PTSD, Sexual Abuse, Suicidal thoughts, Trauma, Victims of Abuse and Trauma, Women's Issues.

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**Michael Sudyka**, LMFT, MFT 49089

**Practice:** Restoration Counseling Service

**Phone:** 909-255-1250, **Email:** [Mike@restorationcs.com](mailto:Mike@restorationcs.com)

**Website:** [www.RestorationCS.com](http://www.RestorationCS.com)

**Address:** 101 E. Redlands Blvd, Suite 170F, Redlands, CA, 92373

**Population Served:** Children/Adolescents (13-17), Adults (18+)

**Therapy Format:** In person/Office Only

**Cost and Insurance:** \$150 per session. No Insurance.

**Theoretical Orientations:** Behavioral, Cognitive, Relational

## **Therapy/Counseling Specialty Areas:**

Behavior Modification, Christian Counseling, Cognitive Behavioral Therapy, Depressive

# SANDALS CHURCH COUNSELING REFERRALS

Disorders, Family Therapy, Men's Issues, Solutions Focused, Victims of Abuse and Trauma

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**Kerri-Anne Nicole Denton** LMFT #120563

**Practice Name:** Selah Sustained Counseling Services

**Website:** <https://selahsustained.com/>

**Address:** 101 E. Redlands Blvd., Suite 295, Redlands, CA 92373

**Population Served:** Children (13-17), Adults (18+)

**Therapy Format:** Telehealth/In Person

**Cost and Insurance:** \$115 - \$160 per session, no insurance

**Theoretical Orientations:** EFT, Client Centered, DBT, and CBT, Mindfulness-Based.

## **Therapy/Counseling Specialty Areas:**

Women and Anxiety/ Depression. Postpartum Depression, Prenatal Issues, Chemical Dependency, Christian Counseling, Couples Counseling, Grief and Loss, PTSD, ADHD, Anxiety/Panic attacks, Autism Spectrum Disorder, Behavior Modification

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**Whitney Machado**, LMFT #117017

**Practice:** Emmaus Counseling

**Phone:** (909)-283-3963 **Email:** Wmachado@emmausredlands.com

**Address:** 705 Cajon St, Redlands, CA 92373

**Population Served:** Adults, families, and couples.

**Therapy Format:** In person and virtual

**Cost and Insurance:** \$120 per session (20% discount if you attend Sandals) (no insurance accepted)

**Theoretical Orientations:** Attachment-based, CBT, DBT, Emotionally Focused, Family Systems, Gottman, Gestalt, Motivational Interviewing, Narrative Therapy, Person-Centered, Psychodynamic, Solution Focused

**Therapy/Counseling Specialty Areas:** Anger management, Anxiety, Boundaries, Codependency, Depression, Domestic violence, Eating Disorders, OCD, Premarital counseling, Relationship issues, Self-esteem, Trauma

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**Dr. Bryan Cafferky**, PhD, MDiv, CFLE, LMFT #121120

**Practice:** Untangling Our Relationships Therapy

**Phone:** (909) 328-6179 **Email:** bryan@untanglingourrelationships.com

**Website:** <https://www.untanglingourrelationships.com/>

**Address:** 537 Cajon Street, Redlands, CA 92373

**Population Served:** Adults (18+), Couples

**Therapy Format:** In-person and Web-based



# SANDALS CHURCH COUNSELING REFERRALS

**Cost and Insurance:** \$200 per session, No Insurance Accepted.

**Theoretical Orientations:** Attachment-Based, Behavioral, Cognitive Behavioral, Emotionally-Focused, Family Therapy, Relational. Systems, Family Systems, Community Resiliency Model, Trauma Resiliency Model

**Therapy/Counseling Specialty Areas:** Anxiety/Panic, Behavior Modification, Christian Counseling, Crisis, Depressive Disorders, Domestic Violence, Grief Issues, Infertility, Life Transition, Marriage Therapy, Men's Issues, Pre-Marital Counseling, PTSD, Self Harm, Sexual Abuse, Solutions Based, Suicide, Trauma, Victims of Abuse and Trauma, Depression/Sadness, Work/Life Issues, Parenting Issues, Mood Disorders, Medical Issues

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**Hillary Thomas**, CA LPCC #6465

**Practice:** New Hope Christian Counseling Centers

**Address:** 1916 Orange Tree Lane, Suite 450-G, Redlands, CA 92374

**Phone:** 951-247-6542, **Website:** [newhopechristiancounseling.org](http://newhopechristiancounseling.org)

**Email:** [Hillary.Thomas@newhopeccf.com](mailto:Hillary.Thomas@newhopeccf.com)

**Population Served:** Children (Ages 3-10) Adolescents (4-17), Adults (18+), Geriatrics (60+), and Spanish Speaking

**Therapy Format:** In person/Office Only

**Cost and Insurance:** \$125/session, \$100 for those in need and biweekly services available.

**Theoretical Orientations:** Behavioral, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Family Therapy, Music Therapy, Relational, Play Therapy, Systems, Family Systems

**Therapy/Counseling Specialty Areas:**

Addiction, ADHD, Affair Recovery, Adoption, Anxiety/Panic, Behavior Modification, Bipolar, Chemical Dependency, Christian Counseling, Crisis, Cultural Issues, Depressive Disorders, Foster Care, Grief Issues, Life Transition, Marriage Therapy, Men's Issues, Pre-Marital Counseling, PTSD, Self Harm, Solution Focused, Solutions Based, Suicide, Trauma, Victims of Abuse and Trauma

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**Amanda Hayden**, AMFT 116878

**Practice:** New Hope Christian Counseling Centers

**Practice Address:** 1916 Orange Tree Lane, Suite 450-G, Redlands, CA 92374

**Phone:** 951-247-6542, **Website:** [newhopechristiancounseling.org](http://newhopechristiancounseling.org)

**Email:** [amanda.hayden@newhopeccf.com](mailto:amanda.hayden@newhopeccf.com)

**Population Served:** Children (Ages 3-10) Adolescents (11-17), Adults (18+), Geriatrics (60+)

**Therapy Format:** In person/Office and Web based

**Cost and Insurance:** \$100 for a 45-55 min session. Cash only in Redlands, also work at the Moreno Valley and Hemet locations and accept CARES clients.

# SANDALS CHURCH COUNSELING REFERRALS

**Theoretical Orientations:** Art Therapy, Family Therapy, Psychodynamic, Family Systems

**Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Depressive Disorders, Life Transition, Marriage Therapy, PTSD, Self Harm, Suicide, Trauma, Victims of Abuse and Trauma, Women's Issues

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**Gabriela Heigl**, AMFT, 127811

**Practice:** Brett Ryan, Marriage and Family Counseling Inc.

**Practice Address:** 101 E Redlands Blvd Suite 170F Redlands, CA 92373

**Website:** [www.brettryancounseling.com](http://www.brettryancounseling.com)

**Phone:** 909-754-4643 **Email:** gabbyheiglconsulting@gmail.com

**Population Served:** Adolescents (ages 11-17), Adults (18+), Couples

**Therapy Format:** In person/Office and Web-based

**Cost and Insurance:** Fee \$140, no insurance, superbill is available for PPO insurance reimbursement

**Theoretical Orientations:** Attachment-Based, Cognitive Behavioral, EMDR, Emotionally-Focused, Mindfulness-Based, Psychodynamic, Relational, Systems

**Therapy/Counseling Specialty Areas:** Anxiety/Panic, Christian Counseling, Grief Issues, Life Transition, Marriage Therapy, Pre-Marital Counseling, PTSD, Sexual Abuse, Trauma, Victims of Abuse, Women's Issues

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# SANDALS CHURCH COUNSELING REFERRALS

## RIVERSIDE

### APPROVED CLINICS

#### **Psychological Services of Riverside**

**Phone:** 951-552-8137 **Email:** office@psychservicesriverside.org

**Address:** 2900 Adams St, Suite C-10, Riverside, CA 92504

**Population Served:** Children, Adults (18+), Geriatrics (Ages 60+), Disabled Persons, Couples, and Families

**Therapy Format:** In person and Telehealth

**Cost and Insurance:** Range: For student therapists, \$30-\$75/session, for licensed psychologist, \$130-\$155/session. Sliding Scale available. No Insurance

**Theoretical Orientations:** Attachment-Based, Behavioral, Cognitive, Cognitive Behavioral, Acceptance and Commitment Therapy, Psychodynamic, Emotion Focused, Play Therapy

#### **Therapy/Counseling Specialty Areas:**

ADHD, Adoption, Anxiety/Panic, Bipolar, Chemical Dependency, Christian Counseling, Cognitive Behavioral Therapy, Crisis, Cultural Issues, Depressive Disorders, Dialectical Behavior Therapy, Divorce, Domestic Violence, Eating Disorders, End of Life Issues, Family Therapy, Grief Issues, HIV/AIDS Related Issues, Infertility, Men's Issues, OCD, Pain Management, Personality Disorders, Postpartum Issues, Pre-Marital Counseling, Prenatal Issues, PTSD, Schizophrenia/Psychotic Disorders, Self-Harm, Sexual Abuse, Solutions Focuses, Trauma, Victims of Abuse and Trauma, Women's Issues

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### PSYCHIATRISTS/PSYCHOLOGISTS

**John Engelhardt**, Psychologist 31436

**Practice:** The Relationship Warehouse

**Phone:** (503) 330-7850 **Email:** john@therelationshipwarehouse.com

**Website:** [therelationshipwarehouse.com](http://therelationshipwarehouse.com)

**Address:** 7119 Indiana Avenue, Riverside, CA 92504

**Population Served:** Children (13-17), Adults (18+), Geriatrics (Ages 60+)

**Therapy Format:** In person/Office Only

**Cost and Insurance:** \$130/session. Sliding Scale available. No Insurance

**Theoretical Orientations:** Attachment-Based, Cognitive Behavioral, Psychodynamic, Relational,

# SANDALS CHURCH COUNSELING REFERRALS

Acceptance and Commitment Therapy

## **Therapy/Counseling Specialty Areas:**

ADHD, Anxiety/Panic, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Divorce, Grief Issues, Men's Issues, PTSD, Sexual Abuse, Victims of Abuse and Trauma

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**Dr. Noel Cooper**, Psy.D, PSY27664

**Practice:** Psychological Services of Riverside

**Phone:** 951-552-8137 **Website:** [www.psychservicesriverside.org](http://www.psychservicesriverside.org)

**Address:** 2900 Adams St. Suite C-10

**E-mail:** ncooper@calbaptist.edu

**Population Served:** Adolescents (Ages 11-17), Adults (Ages 18+) Geriatrics (Ages 60+) Disabled Persons, Couples

**Therapy Format:** In person and web-based

**Cost and Insurance:** \$130/session. Sliding scale available, no insurance.

**Theoretical Orientations:** Cognitive Behavioral, Emotionally-Focused, Interpersonal, Mindfulness-Based, Narrative, Psychodynamic, Relational, Prepare-Enrich, Family Wellness

## **Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Adoption, Christian Counseling, Clergy and Clergy Families, Crisis, Cultural Issues, Depressive Disorders, Divorce, Domestic Violence, End of Life Issues, Foster Care, Grief Issues, Infertility, LGBTQI+, Life Transition, Marriage Therapy, Men's Issues, OCD, Postpartum Issues, Pre-Marital Counseling, Prenatal Issues, Self Harm, Solution Focused, Solutions Based, Suicide, Trauma, Victims of Abuse and Trauma, Women's Issues

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**Dr. Natalie Rios**, PSY25690

**Practice:** Spring Forth Counseling Services

**Phone:** (951) 480-8653 **Email:** [info@springforthcounselingservices.com](mailto:info@springforthcounselingservices.com)

**Website:** <https://www.springforthcounselingservices.com/>

**Address:** Telehealth

**Population Served:** Adults (18+)

**Therapy Format:** Web Based

**Cost and Insurance:** \$140-\$150, Sliding scale available; please call for more information. Cigna and Optum accepted insurance.

**Theoretical Orientations:** Attachment-Based, Behavioral, Cognitive, Cognitive Behavioral Therapy, Family Therapy, Mindfulness-Based, Psychodynamic, Relational, Family Systems, Narrative Therapy, Motivational Interviewing, Acceptance and Commitment Therapy, and Solution-Focused Therapy

# SANDALS CHURCH COUNSELING REFERRALS

## Therapy/ Counseling Specialty Areas:

Affair Recovery, Anxiety/Panic, Bipolar, Christian Counseling, Cultural Issues, Depressive Disorder, Divorce, Eating Disorders, Grief Issues, Life Transitions, Marriage Therapy, Infertility, Perinatal Mental Health (mental health during pregnancy and postpartum), Premarital Counseling, PTSD, Trauma, Victims of Abuse and Trauma, Women's Issues, Self Esteem, Identity Development, Young Adults (18-25), Stress and Coping, Relationship Concerns.

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## LICENSED CLINICIANS

### Jennifer Peau M.S., LMFT, #490185 ■

**Practice:** Balance and Peace Counseling Services

**Phone:** (760) 221-5104 **Email:** [balance@jpcounselor.org](mailto:balance@jpcounselor.org)

**Website:** [www.jpeaucounseling.com](http://www.jpeaucounseling.com)

**Address:** 6800 Indiana Ave Suite 130 Riverside 92506

**Population Served:** Adolescents (Age 11-17), Adults (18+), Geriatrics (Ages 60+)

**Therapy Format:** In person and telehealth

**Cost and Insurance:** \$65 for Associates, \$125 Indiv with me, \$150 couples and families, Sliding Scale available: \$60 with associates, \$100 Indiv with me \$125 for couples/families. No insurance.

**Theoretical Orientations:** Art-Therapy, Cognitive, Behavioral, Mindfulness-Based, Systems, Strengths based, Solution Focused, Narrative, EMDR

### Therapy/Counseling Specialty Areas:

Anxiety/Panic, Christian Counseling, Cultural Issues, Men's Issues, Marriage Therapy, Solution Focused, Solution Based, Life Transitions, Trauma

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### Lu Ann Ahrens, LMFT, MFC #40054

**Practice:** Lu Ann Ahrens

**Phone:** 951-782-8050 **Email:** [luahrens@gmail.com](mailto:luahrens@gmail.com)

**Website:** [www.luannahrens.com](http://www.luannahrens.com)

**Population Served:** Adults (18+), Geriatrics (Ages 60+)

**Therapy Format:** Web-based only

**Cost and Insurance: Accepted insurances:** LLUMC Risk Management. Call for out-of-pocket costs

**Theoretical Orientations:** Emotionally-Focused, Attachment Theory, Client-centered, Relational, Family Systems

### Therapy/Counseling Specialty Areas:

Anxiety/Panic, Christian Counseling, Couples/Marriage/Relationships, Crisis, Cultural Issues, Depressive Disorders, Divorce/Remarriage, Family Therapy, Grief Issues, PTSD, Trauma,

# SANDALS CHURCH COUNSELING REFERRALS

Victims of Abuse and Trauma, Women's Issues, Stage of Life transitions

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**Dr. Aine Bergin** LMFT 40818 ■

**Practice Name:** Dr. Bergin Psychotherapy Family Services

**Phone:** 951-684-6684

**Address:** 6800 Indiana Avenue, Ste 150, Riverside, CA 92506

**Population Served:** Children/Adolescents (birth-17), Adults (18+), Geriatrics (Ages 60+), Spanish Speaking, Disable Persons

**Therapy Format:** In person/Office Only

**Cost and Insurance:** \$200/Hour. Sliding Scale is available. Insurance accepted: IEHP, Anthem Blue Cross, Blue Cross/Blue Shield, Kaiser, Cigna, Aetna

**Theoretical Orientations:** Equine and Animal Assisted Therapy, Attachment-Based, Cognitive Behavioral, Emotionally-Focused, Mindfulness-Based, Psychodynamic, Relational, Systems, play Therapy, Gottman, EMDR Certified Therapist, Neurofeedback, Biofeedback

**Therapy/Counseling Specialty Areas:**

ADHD, Adoption, Anxiety/Panic, Autism/PDD/Asperger's, Behavior Modification, Bipolar, Chemical Dependency, Christian Counseling, Cognitive Behavioral Therapy, Crisis, Cultural Issues, Depressive Disorders, Dialectic Behavior Therapy, Divorce, Domestic Violence, End of Life Issues, Family Therapy, Grief Issues, Group Therapy, HIV/AIDS Related Issues, Infertility, OCD, Personality Disorders, Postpartum Issues, Pre-Marital Counseling, Prenatal Issues, PTSD, Schizophrenia/Phychotic Disorders, Sexual Abuse, Solutions Focused, Trauma, Victims of Abuse and Trauma, Women's Issues

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**Claudia Bouslough** LMFT, MFC 51654

**Phone:** 951-403-1495, **Email:** [cbousloughlmft@gmail.com](mailto:cbousloughlmft@gmail.com)

**Address:** 5053 La Mart Dr. Ste 105 Riverside, CA 92507

**Population Served:** Adults (18+)

**Therapy Format:** In person/Office Only

**Cost and Insurance:** Accepts direct payment from clients only (PPO insurances may reimburse clients for part of the payment for therapists that are Out of Network). Flexible Spending Accounts and Health Savings Accounts are accepted as forms of direct payment.

**Theoretical Orientations:** Psychodynamic, Relational, Mindfulness-Based, Attachment-Based, EMDR

**Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Christian Counseling, Depressive Disorders, Divorce, Eating Disorders, End of Life Issues, Grief Issues, OCD, Pain Management, Personality Disorders, Sexual Abuse, Victims of Abuse/Trauma

# SANDALS CHURCH COUNSELING REFERRALS

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**Ilese Buchanan** LMFT, 103846 ■

**Practice:** Buchanan Counseling Services

**Phone:** 951-344-6428 **Website:** [buchanancounselingservices.com](http://buchanancounselingservices.com)

**Address:** 3400 Central Avenue, Suite 310, Riverside, CA 92506

**Population Served:** Children (13-17), Adults (18+), Geriatrics (60+), Spanish Speaking, Couples & Families

**Therapy Format:** Web Based

**Cost and Insurance:** \$155-\$175 per session. Take Insurance from: IEHP, Triwest, TriCare West

**Theoretical Orientations:** Attachment-Based, Cognitive Behavioral, Psychodynamic, Systems, EMDR Certified Therapist and Consultant-in-Training

**Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Cognitive Behavioral Therapy, Depressive Disorders, Divorce, Family Therapy, Grief Issues, Pre-Marital Counseling, PTSD, Sexual Abuse, Trauma, Victims of Abuse and Trauma

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**Martha M. Campbell** LMFT, MFC 42540 ■

**Phone:** 951-686-8646

**Address:** 5053 La Mart Dr. Ste 105, Riverside, CA 92507

**Population Served:** Children (13-17), Adults (18+), Geriatrics (60+), Spanish Speaking, Disabled Persons, and Couples

**Therapy Format:** In person/Office Only

**Cost and Insurance:** ESI, Holman Group, Exclusive Care, MHN, BDA

**Theoretical Orientations:** Behavioral, Psychodynamic, Relational, Cognitive, Cognitive Behavioral, Systems, Attachment Based, Emotionally-Focused, EMDR

**Therapy/Counseling Specialty Areas:**

ADHD, Anxiety/Panic, Autism/PDD/Aspergers, Behavior Modification, Bipolar, Christian Counseling, Cognitive Behavioral Therapy, Cultural Issues, Depressive Disorders, Divorce, Domestic Violence, End of Life Issues, Family Therapy, Grief Issues, Group Therapy, HIV/AIDS Related Issues, Men's Issues, OCD, Personality Disorders, Postpartum Issues,

Schizophrenia/Psychotic Disorders, Sexual Abuse, Solution Focused, Victims of Abuse and Trauma, Women's Issues

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**Hilary Catling** LMFT, MFC 39694

**Phone:** 951-313-1077 **Website:** <http://www.hilarycatling.com>

# SANDALS CHURCH COUNSELING REFERRALS

**Address:** 6809 Indiana Ave. Suite 141, Riverside, CA 92506

**Population Served:** Young Children, Children (13-17), and Adults (18+)

**Therapy Format:** In person/Office and Web-based

**Cost and Insurance:** Cash or Check only, \$120-hour

**Theoretical Orientations:** Attachment-Based, Cognitive Behavioral, Relational

## **Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Christian Counseling, Depressive Disorders, Family Therapy, Grief Issues, Infertility, Sexual Abuse, Victims of Abuse/Trauma, Women's Issues

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**Sandra Hernandez B., LMFT110711** ■ ◆◆

**Practice Address:** 5790 Magnolia Avenue, Ste 202, Riverside, CA 92506

**Phone:** 951-200-3175

**Population Served:** Adults (18+), Geriatrics (60+), Spanish Speaking

**Therapy Format:** In person/Office Only

**Cost and Insurance:** \$100/session, Sliding scale available based on income. No Insurance.

**Theoretical Orientations:** Behavioral, Cognitive Behavioral, Mindfulness-Based, Relational, Systems

## **Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Behavior Modification, Cognitive Behavioral Therapy, Cultural Issues, Depressive Disorders, Divorce, End of Life Issues, Family Therapy, Grief Issues, OCD, Premarital Counseling, Women's Issues

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**Jonathan Scot Kane, MFT 97689**

**Practice:** Kane & Associates Family Counseling, Inc.

**Phone:** 951-965-8260 **Website:** [www.jonathankanelmft.com](http://www.jonathankanelmft.com)

**Address:** 5055 Canyon Crest Dr., Riverside, CA 92507

**Population Served:** Children (13-17), Adults (18+), Geriatrics (60+)

**Therapy Format:** In person, Telehealth

**Cost and Insurance:** \$120 per session. Prepare Enrich Couples Assessment \$35

(Couples Only). Insurance accepted: IEHP, MHN, HMC Healthworks, Exclusive Care

**Theoretical Orientations:** Attachment Based, Behavioral, Cognitive, Cognitive Behavioral, Emotional-Focused, Relational, Solution Focused.

## **Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Behavior Modification, Bipolar, Christian Counseling, Couple/Marriage Counseling, Depressive Disorders, Divorce, Domestic Violence, End of Life Issues, Family Therapy, Men's Issues, OCD, Pain Management, Personality Disorders, Pre-Marital Counseling, Sexual Abuse



# SANDALS CHURCH COUNSELING REFERRALS

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**Kristen Lennon**, LMFT, MFC 39481

**Practice:** Kaiser Permanente

**Phone:** (951)248-4000, **Website:** [www.kp.org](http://www.kp.org)

**Population Served:** Adults (18+), Geriatrics (60+), and Disabled Persons

**Therapy Format:** In person/Office Only

**Cost and Insurance:** Kaiser

**Theoretical Orientations:** Cognitive, Cognitive Behavioral, Mindfulness-Based

**Therapy/Counseling Specialty Areas:**

Adoption, Anxiety/Panic, Bipolar, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Grief Issues, Solution Focused, Victims of Abuse/Trauma, Women's Issues

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**Reba Machado**, M.S., Certified EMDR Therapist, LMFT, MFT 53910

**Practice:** Raincross Family Counseling

**Phone:** 951-977-3638 **Email:** [raincrossfc@gmail.com](mailto:raincrossfc@gmail.com)

**Website:** [www.raincrosstherapy.com](http://www.raincrosstherapy.com)

**Address:** 6800 Indiana Ave. Suite 130, Riverside, CA 92506

**Population Served:** Children (13-17) and Adults (18+)

**Therapy Format:** In person/Office and Web-based

**Cost and Insurance:** Anthem Blue Cross, MHN, Health Net, Aetna, Cigna, Kaiser, IEHP Members or \$125 per session (Associate MFT's Available for \$60 per session)

**Theoretical Orientations:** EMDR

**Therapy/Counseling Specialty Areas:** Post-Traumatic Stress Disorder, Bipolar Disorder, Obsessive Compulsive Disorder, Anxiety, Depression, Substance Abuse Recovery, Victims of Abuse/Trauma, Route 91 2017 Victims

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**Lanise Thakkar**, M.S., LMFT #120900

**Practice:** Raincross Family Counseling

**Phone:** 909-942-1948, **Email:** [LaniseThakkar@gmail.com](mailto:LaniseThakkar@gmail.com)

**Address:** 6800 Indiana Ave. Suite 130, Riverside, CA 92506

**Population Served:** Couples

**Therapy Format:** Web-Based

**Cost and Insurance:** \$150 per session (sliding scale offered for Sandals Church Members)

**Theoretical Orientations:** Christian Counseling, CBT, DBT, Family Systems, Relational, Strength-Based

# SANDALS CHURCH COUNSELING REFERRALS

## Therapy/Counseling Specialty Areas:

Couples Counseling, Premarital Counseling (Trained in SYMBIS and Prepare and Enrich), Faith-Based Counseling

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**Ashley Rose Nelson**, LMFT #130332

**Practice:** Raincross Family Counseling

**Phone:** 951-977-3638, **Email:** [ashleymarierose.nelson@gmail.com](mailto:ashleymarierose.nelson@gmail.com)

**Address:** 6800 Indiana Ave. Suite 613, Riverside, CA 92506 and Virtual Office

**Population Served:** All Ages

**Therapy Format:** Web-Based

**Cost and Insurance:** \$125 (Sliding Scale Available for Sandals Church Members), Provider for most major insurance plans (inquire)

**Theoretical Orientations:** EMDR, Attachment-Based, CBT, Mindfulness Based, Client Centered, Christian Counseling

## Therapy/Counseling Specialty Areas:

Faith-Based Counseling, Enneagram, EMDR, Person-Centered, Solution Focused, and Cognitive Behavioral (CBT)

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**Paulina Woolley**, AMFT 121059 ◆◆ ■

**Practice:** Raincross Family Counseling **Website:** [www.raincrosstherapy.com](http://www.raincrosstherapy.com)

**Phone:** 909-206-4458, **Email:** [P.gonzalez5951@gmail.com](mailto:P.gonzalez5951@gmail.com)

**Address:** 6800 Indiana Ave. Suite 130, Riverside, CA 92506 and Web-Based

**Population Served:** All Ages, Bilingual: Spanish Speaking

**Therapy Format:** In Person and Virtual

**Cost and Insurance:** Individual Sessions: \$60 (\$50 for Sandals Church Congregation), Couples/Family: \$75 (\$60 for Sandals Church Congregation)

**Theoretical Orientations:** Attachment-based, CBT, DBT, Emotionally Focused, Family Systems, Gottman, Narrative Therapy, Person-Centered, Psychodynamic, Solution Focused

## Therapy/Counseling Specialty Areas:

Anxiety/Panic, Depressive Disorders, Domestic Violence, Eating Disorders, Grief Issues, Infertility, Postpartum Issues, Prenatal Issues, PTSD, Women's Issues, Culture/Justice Iss

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**Robin L. Nichols**, MFT 97174 ◆◆

**Address:** 5053 La Mart Drive, Suite 207 Riverside, CA 92507

**Phone:** 951-364-4838 **Email:** [rlnichols.mft@gmail.com](mailto:rlnichols.mft@gmail.com)

# SANDALS CHURCH COUNSELING REFERRALS

**Population Served:** Children/Adolescents (Ages 13-17), Adults (Ages 18+), Geriatrics (Ages 60+)

**Therapy Format:** In person/Office Only

**Cost and Insurance:** Sliding Scale for 6 Sessions (\$100/session), no insurance. A 20% discount will be offered with a referral or mention of Sandals Church.

**Theoretical Orientations:** Attachment-Based, Behavioral, Cognitive Behavioral, Mindfulness-Based

## **Therapy/Counseling Specialty Areas:**

ADHD, Anxiety/Panic, Behavior Modification, Bipolar, Cognitive Behavioral Therapy, Crisis, Divorce, End of Life Issues, Family Therapy, Grief Issues, Personality Disorders, Premarital Counseling, PTSD, Trauma, Victims of Abuse and Trauma

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## **Ariele Oshiro-Wilkie, LPCC8401**

**Practice:** Steadfast Counseling Services **Website:** [steadfastcounselingservices.com](http://steadfastcounselingservices.com)

**Address:** Pierce Street Suite 200 Riverside, CA 92505

**Email:** [steadfastcounselingservices@gmail.com](mailto:steadfastcounselingservices@gmail.com)

**Population Served:** Adults (Ages 18+), Geriatrics (Ages 60+)

**Therapy Format:** In person & Web-based

**Cost and Insurance:** \$150. No insurance, offers Out-of-Network Reimbursement

**Theoretical Orientations:** Attachment-Based, Behavioral, Cognitive Behavioral, Emotionally-Focused, Mindfulness-Based, Psychodynamic, Relational, Systems

## **Therapy/Counseling Specialty Areas:**

Behavior Modification, Christna Counseling, Cognitive Behavioral Therapy, Group Therapy, Sexual Abuse, Solution Focused, TRauma, Other (Sexual Addition & Betrayal Trauma)

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## **Julie Weaver, M.S., LMFT 120720** ◆◆

**Phone:** 951-394-3733 **Email:** [julies4therapy@gmail.com](mailto:julies4therapy@gmail.com)

**Address:** 5790 Magnolia Avenue, Suite 202, Riverside, CA 92506

**Population Served:** Children/Adolescents (7-17), Adults (18+), Geriatrics (Ages 60+)

**Therapy Format:** In person/Office Only

**Cost and Insurance:** \$80 for individuals and \$100 for couples. Sliding scale for Sandals Church referrals and teletherapy sessions offered during the pandemic. No insurance.

**Theoretical Orientations:** Attachment-Based, Cognitive Behavioral, Psychodynamic, Relational, Systems

## **Therapy/Counseling Specialty Areas:**

ADHD, Adoption, Anxiety/Panic, Behavioral Modification, Bipolar, Christian Counseling, Cognitive

# SANDALS CHURCH COUNSELING REFERRALS

Behavioral Therapy, Crisis, Depressive Disorders, Dialectical Behavior Therapy, Divorce, Domestic Violence, Family Therapy, Grief Issues, Group Therapy, OCD, Personality Disorders, Premarital Counseling, PTSD, Victims of Abuse and Trauma, Women's Issues.

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## MARRIAGE AND FAMILY THERAPIST ASSOCIATES

**Selina Jordan** AMFT, 129905 ◆◆

**Practice:** Campbell Counseling Services

**Phone:** (909) 993-7183 **Email:** [sjordancounseling@gmail.com](mailto:sjordancounseling@gmail.com)

**Address:** 7177 Brockton Ave Suite 448 Riverside, CA

**Population Served:** Adolescents (Ages 11-17) Adults (Ages 18+) Geriatrics (Ages 60+)

**Therapy Format:** In person and Web-based

**Cost and Insurance:** \$60 for individuals; \$80 for couples, Sliding Scale. Insurance not accepted.

**Theoretical Orientations:** Art Therapy, Attachment-Based, Behavioral, Cognitive, Cognitive Behavioral, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Emotionally-Focused, Family Therapy, Group Therapy, Mindfulness-Based, Relational, Family Systems

### **Therapy/Counseling Specialty Areas:**

ADHD, Anxiety/Panic, Christian Counseling, Depressive Disorders, Domestic Violence, Life Transition, Marriage Therapy, Premarital Counseling, Self Harm, Trauma, Victims of Abuse and Trauma, Biblical Counseling

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**Nicholas Buchanan** AMFT, 111193

**Practice:** Buchanan Family Foundation

**Phone:** 951-274-5700 **Email:** [nic17buchanan@gmail.com](mailto:nic17buchanan@gmail.com)

**Address:** 1410 3rd. Street Suite 12 Riverside Ca. 92507

**Population Served:** Adults (18+), Couples, and Families

**Therapy Format:** Web-Based

**Cost and Insurance:** \$70. Insurance not accepted.

**Theoretical Orientations:** Emotionally-Focused  
**Therapy/Counseling Specialty Areas:**  
Affair Recovery, Divorce, Marriage Therapy

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**Jessica Hernandez**, AMFT 118127, APCC 7571

**Practice:** Spring Forth Counseling Services

**Practice contact info:** <https://www.springforthcounselingservices.com>

**Population Served:** Adolescents (Ages 11-17), Adults (Ages 18+)

**Therapy Format:** Web-Based

**Cost and Insurance:** \$80 dollars for individuals, \$90 for couples.

# SANDALS CHURCH COUNSELING REFERRALS

**Theoretical Orientations:** Attachment-Based, Cognitive Behavioral, Emotionally- Focused, Mindfulness-Based

**Therapy/Counseling Specialty Area:**

Anxiety/Panic, Cognitive Behavioral Therapy, Depressive Disorders, Eating Disorders, Family Therapy, Grief Issues, Solution Focused.

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**Susy Alanis**, AMFT 106945

**Practice:** Spring Forth Counseling Services

**Practice contact info:** <https://www.springforthcounselingservices.com>, (909) 352-4469 ,  
[susyalanis05112013@gmail.com](mailto:susyalanis05112013@gmail.com)

**Population Served:** Adolescents (Ages 15-17), Adults (Ages 18+), Spanish Speaking

**Therapy Format:** Web-Based

**Cost and Insurance:** \$80 dollars for individuals, \$90 for couples. Cigna and Evernorth.

**Theoretical Orientations:** Behavioral, Cognitive Cognitive Behavioral Therapy, Family Therapy, Mindfulness-Based, Psychodynamic, Relational, Family Systems

**Therapy/Counseling Specialty Area:**

Anxiety/Panic, Autism/PDD/Aspergers, Bipolar Disorder, Christian Counseling, Crisis, Depressive Disorders, Grief Issues, Infertility, Marriage Therapy, Premarital Counseling, Prenatal Issues, Solution Focused, Trauma, Women's Issues

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**Ciara LaBonte**, MFT Associate, 104196◆◆

**Practice:** Toni Jauregui Counseling Services

**Phone:** 714-309-8266 **Email:** [ciaralabonte@hotmail.com](mailto:ciaralabonte@hotmail.com)

**Address:** 6800 Indiana Ave. Ste. 130 Riverside, CA 92506

**Population Served:** Child/Adolescents (13-17), Adults (18+), Geriatrics (60+)

**Therapy Format:** In person/Office Only

**Cost and Insurance:** \$50 per session. No insurance or sliding scale.

**Theoretical Orientations:** Attachment-Based, Behavioral, Cognitive, Cognitive Behavioral, Relational

**Therapy/Counseling Specialty Areas:**

ADHD, Anxiety/Panic, Behavioral Modification, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Divorce, Grief Issues, Group Therapy, Premarital Counseling, Solution Focused, Women's Issues

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**Sarah Sanchez**, M.S., AMFT, 130575

# SANDALS CHURCH COUNSELING REFERRALS

**Practice:** Citrus City Family Counseling

**Phone:** 909-257-7371

**Email:** [sarahsancheztherapy@gmail.com](mailto:sarahsancheztherapy@gmail.com)

**Website:** [www.citruscityfamilycounseling.com](http://www.citruscityfamilycounseling.com)

**Address:** 2641 Hamner Ave., Suite 201, Norco and 6800 Indiana Ave., Suite 130, Riverside

**Population served:** Adolescents (11-17), Young Adults (18-30), and Adults (18+)

**Therapy Format:** In person and web-based

**Cost and Insurance:** \$70 for 50 minutes. Accepts Cigna, Anthem and Aetna

**Theoretical Orientations:** Attachment-Based, Behavioral, Cognitive Behavioral Therapy, Emotionally-Focused, Mindfulness-Based, Relational

**Therapy/Counseling Specialty Areas:** Anxiety, Christian Counseling, Codependency, Depression, Emotional Regulation, Faith and Spirituality, Grief, Life Transitions, Premarital Counseling, Relationship issues, Self Harm and Suicide Ideation, Self Esteem and Confidence Issues, Stress, and Trauma.

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**Emily Rickard, AMFT117867** ◆◆

**Phone:** 951-295-2832 **Email:** [emilyrickardtherapy@gmail.com](mailto:emilyrickardtherapy@gmail.com)

**Address:** 7177 Brockton Ave. Ste 448, Riverside, CA 92506

**Population Served:** Children/Adolescents (3-17), Adults (18+), Geriatrics (Ages 60+)

**Therapy Format:** In person/Office Only (temporarily offering telehealth sessions during Covid19 Shelter in Place orders)

**Cost and Insurance:** \$60 per session for individuals and \$75 per session for Couples. No insurance.

**Theoretical Orientations:** Cognitive Behavioral, Emotionally-Focused, Psychodynamic, Relational, Systems

**Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Christian Counseling, Cognitive Behavioral Therapy, Depressive Disorders, Family Therapy, Premarital Counseling, Solutions Focused

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**Alanna Villanueva, ASW90181** ■

**Practice:** Lacuesta Family Counseling

**Phone:** (951) 465-5246 **Website:** [alannav@lacuestafamilycounseling.com](mailto:alannav@lacuestafamilycounseling.com)

**Address:** 6800 Indiana Avenue Suite 130 Riverside, CA 92506

**Population Served:** Adolescents (Ages 11-17), Adults (Ages 18+), Spanish Speaking

**Therapy Format:** In person & Web-based

**Cost and Insurance:** \$60. Does not take insurance.

# SANDALS CHURCH COUNSELING REFERRALS

**Theoretical Orientations:** Attachment-Based, Behavioral, Cognitive Behavioral, Systems

**Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Christian Counseling, Cognitive Behavioral Therapy, Cultural Issues, Eating Disorders, Family Therapy, Group Therapy, PTSD, Solution Focused, Trauma, Women's Issues

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**Lanicia Medina**, CBU Graduate Student, MFT Trainee ◆◆

**Supervised By:** Reba Machado, M.S., LMFT, MFC53910

**Practice:** Mighty Oak Community Counseling Center

**Phone:** 951-684-6684

**Website:** [www.mightyoakcommunitycounselingcenter.com](http://www.mightyoakcommunitycounselingcenter.com)

**Email:** [r.machado@drbergin.org](mailto:r.machado@drbergin.org)

**Address:** 6800 Indiana Ave. Suite 130, Riverside, CA

**Population Served:** Children (3-10), Adolescents (11-17), Adults (18+)

**Therapy Format:** In-Person

**Cost and Insurance:** \$50, Anthem Blue Cross

**Theoretical Orientations:** Attachment-Based, Behavioral, Cognitive, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Emotionally-Focused, Family Therapy, Group-Based, Mindfulness-Based, Psychodynamic, Relational, Play Therapy, Systems, Family Systems

**Therapy/Counseling Specialty Areas:** Addiction, ADHD, Anxiety/Panic, Behavior Modification, Christian Counseling, Crisis, Cultural Issues, Depressive Disorders, Divorce, Domestic Violence, Eating Disorders, Grief Issues, Infertility, LGBTQI+, Marriage Therapy, OCD, Personality Disorders, Postpartum Issues, Pre-Marital Counseling, Prenatal Issues, PTSD, Sexual Abuse, Solution Focused, Solution Based, Suicide, Trauma, Women's Issues

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## NON-LICENSED COUNSELORS

**Dan Bishop**, Biblical Counseling

**Practice:** The Relationship Warehouse -- IE and OC

**Phone:** 949-482-2233 **Email:** [cndbish55@sbcglobal.net](mailto:cndbish55@sbcglobal.net)

**Website:** [www.therelationshipwarehouse.com](http://www.therelationshipwarehouse.com)

**Address:** 7119 Indiana Avenue, Riverside, CA 92504

**Population Served:** Children/Adolescents (13-17), Adults (18+), Couples

**Therapy Format:** In person/Office and Web-based

**Cost and Insurance:** Sliding scale based on income, no insurance.



**Theoretical Orientations:** Behavioral, Cognitive, Cognitive Behavioral, Mindfulness-Based, Relational, Deep Healing

# SANDALS CHURCH COUNSELING REFERRALS

## Therapy/Counseling Specialty Areas:

Anxiety/Panic, Christian Counseling, Depressive Disorders, Grief Issues, Premarital Counseling, Trauma

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**Jennifer Jackson**, Certified Christian Life Coach  

**Practice:** Rhythms of the Soul

**Phone:** 951-830-6141 **Email:** [jenni@rhythmsofthesoul.com](mailto:jenni@rhythmsofthesoul.com)

**Website:** [rhythmsofthesoul.com](http://rhythmsofthesoul.com)

**Address:** 2900 Adams Street Suite C-255 Riverside, CA 92504

**Population Served:** Teens (13-17), Women (18+)

**Therapy Format:** In person/Office and Web-based

**Cost and Insurance:** \$85 per session, (\$65 for Sandalites), No Insurance.

**Theoretical Orientations:** Client Centered, Behavior Modification, Cognitive, Cognitive Behavioral, Mindfulness-Based, Solution Focused

## Coaching/Counseling Specialty Areas:

Anxiety/Panic, Boundary work, Communication, Codependency, Divorce, Goal Setting, Grief Issues, Group Therapy, Parenting, Purity, Self-Esteem, Surrender

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**Danny Herrera**, Board Certified Christian Life Coach, LPCC  

**Practice:** Rhythms of the Soul

**Phone:** 951-901-6093

**Website:** [rhythmsofthesoul.com](http://rhythmsofthesoul.com)

**Address:** 2900 Adams Street Suite C-255 Riverside, CA 92504

**Population Served:** Adolescents (11-17), Adults (18+), Geriatrics (60+)

**Therapy Format:** In person/Office and Web-based



**Cost and Insurance:** Varies from \$50 to \$120 for couples, sliding scale available, no insurance.

**Theoretical Orientations:** Behavioral, Cognitive, Family Therapy, Relational

## Therapy/Counseling Specialty Areas:

Addiction, Anxiety/Panic, Christian counseling, crisis, Divorce, Domestic Violence, End of Life Issues, Grief Issues, HIV/AIDS Related Issues, Marriage Therapy, Men's Issues, Premarital Counseling, Sexual Abuse, Suicide, Trauma, Victims of Abuse and Trauma

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**Dr. Guy Grimes**, Christian Counselor, Relationship Coach  

**Practice:** The Relationship Warehouse

**Phone:** (949) 482-2233, **Email:** [guy@therelationshipwarehouse.com](mailto:guy@therelationshipwarehouse.com),

**Website:** [therelationshipwarehouse.com](http://therelationshipwarehouse.com)



# SANDALS CHURCH COUNSELING REFERRALS

**Address:** 7119 Indiana Avenue, Riverside, CA 92504

**Population Served:** Adolescents (13-17), Adults (18+), and Geriatrics (60+)

**Therapy Format:** In person/Office and Web-based

**Cost and Insurance:** Sliding scale based on household income. \$65 for 50k or less, \$80 for 50k-75k, \$100 for 75k-100k, \$125 for \$100K-\$150k, \$150 for \$150K plus

**Theoretical Orientations:** Behavioral, Cognitive, Cognitive Behavioral, Systems

**Therapy/Counseling Specialty Areas:** Anxiety/Panic, Christian Counseling, Family Therapy, Grief Issues, Group Therapy

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**Roxanna Grimes**, Christian Counselor, Registered Addiction Specialist ❖❖

**Practice:** The Relationship Warehouse

**Phone:** 949-482-2233, **Email:** [Roxanna@therelationshipwarehouse.com](mailto:Roxanna@therelationshipwarehouse.com)

**Website:** [therelationshipwarehouse.com](http://therelationshipwarehouse.com)

**Address:** 7119 Indiana Avenue, Riverside, Ca. 92504

**Population Served:** Recovery, Codependence, Relationships, Adults (18+)

**Therapy Format:** In person/office and web-based

**Cost and Insurance:** Sliding scale based on household income. \$65 for 50k or less, \$80 for 50k-75k, \$100 for 75k-100k, \$125 for \$100K-\$150k, \$150 for \$150K plus

**Theoretical Orientations:** Cognitive Behavioral, 12 Steps, Spiritual formation

**Therapy/Counseling Specialty Areas:**

Christian Counseling, Grief, Group Therapy, Transformational, Deep healing, Spiritual

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**Mary Ann Young**, Certified Christian Life Coach

**Practice:** Agent 99 Life Coaching

**Phone:** (951) 237-0995

**Email:** [agent99maryannyoung@gmail.com](mailto:agent99maryannyoung@gmail.com)

**Population Served:** Adults (18+)

**Therapy Format:** Web-based (only)

**Cost and Insurance:** \$75.00 per session (\$55.00 for Sandals Church Referral) No Insurance

**Theoretical Orientations:** Couples/Client Centered, Cognitive, Relational based, Marital Satisfaction

**Coaching/Counseling Speciality Areas:**

Modish Marital Life Coaching - Specializing in Couples Care; Dating, Pre-marital, and Married Couples, Solution Focused

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# SANDALS CHURCH COUNSELING REFERRALS

**Chelsie Beleno**, Christian Counselor

**Practice:** Chelsie Beleno, M.A. Christian Counseling

**Phone:** 408-987-1859

**Email:** <https://chelsiebeleno.clientsecure.me/>

**Population Served:** Adults (18+)

**Therapy Format:** Web-based (only)

**Cost and Insurance:** \$75, no insurance.

**Theoretical Orientations:** Emotionally-Focused

**Counseling Specialty Areas:** Affair Recovery, Anxiety/Panic, Christian Counseling, Divorce, Life Transition, Marriage Therapy, Premarital Counseling

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**Lesa Edwardson**, Certified Advance Life Coach and Christian Counselor

**Practice:** Lesa Edwardson, Faith + Life + Relationship Coaching

**Phone:** (951) 465-5098 **Email:** [lesa.coach@gmail.com](mailto:lesa.coach@gmail.com)

**Website:** <https://www.lifecoachlesa.com/>

**Population Served:** Adults (18+), Geriatrics (60+), Couples, Disabled Persons

**Therapy Format:** Web-based

**Cost and Insurance:** \$75.00 per-session (Sandals Church Referrals \$65.00 A Sliding Scale is available based on income) No Insurance.

**Theoretical Orientations:** Attachment-Based, Behavioral, Cognitive, Emotionally-Focused, Mindfulness-Based, Relational. *Trained in Celebrate Recovery & 12-step for Codependency*

**Coaching/Counseling Speciality Areas:** Addiction Recovery, Goal Driven Coaching, Affair Recovery, Adoption, Anxiety/Panic, Christian Counseling, Crisis, Cultural Issues, Divorce, Domestic Violence, End of Life Issues, Foster Care, Grief Issues, Infertility, Life Transition, Pain Management, Pre-Marital, Pre-natal, Suicide, Womens Issues

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# SANDALS CHURCH COUNSELING REFERRALS

## SANTA ANA

### LICENSED CLINICIANS

**Christopher Faris**, LMFT 77127

**Practice:** Christopher Faris Counseling

**Phone:** 866-684-6530, **E-mail:** [cfariscounseling@gmail.com](mailto:cfariscounseling@gmail.com)

**Address:** 505 N. Tustin Ave, STE. 235, Santa Ana, CA, 92795

**Website:** [www.christopherfariscounseling.com](http://www.christopherfariscounseling.com)

**Population Served:** Adults (18+), Geriatrics (60+)

**Therapy Format:** In person/Office Only

**Cost and Insurance:** \$200 per session for each 50 minute hour. Offers a sliding scale in some circumstances. Takes PPO's as an out of network provider, but is not on any insurance panels

**Theoretical Orientations:** Attachment-based, Cognitive Behavioral, Certified EMDR Therapist

#### **Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Christian Counseling, Cognitive Behavior Therapy, Divorce, Grief Issues, Infertility, Men's Issues, Postpartum Issues, Sexual Abuse, Victims of Abuse or Trauma

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### PSYCHIATRISTS/PSYCHOLOGISTS

**Michael S. Tramell**, Psychiatrist A85828

**Practice:** Michael S. Tramell MD Inc

**Phone:** 949-388-0475 **Website:** [www.drtramell.com](http://www.drtramell.com)

**Address:** 2130 East Fourth Street, Ste 170, Santa Ana, CA 92705

**Population Served:** Children (13-17), Adults (18+), Forensic Assessment for non-patients

**Cost and Insurance:** Assessment \$450 (average, time 1.5 hours), Medication follow up \$150 (average 30 min), Forensic Evaluation \$400/hour

**Theoretical Orientations:** Behavioral, Biological/Medical Cognitive, Cognitive, Cognitive Behavioral

#### **Therapy/Counseling Specialty Areas:**

ADHD, Anxiety/Panic, Autism/PDD/Asperger's, Bipolar, Chemical Dependency, Cognitive Behavioral Therapy, Depressive Disorders, Eating Disorders, OCD, Personality Disorders, Schizophrenia/Psychotic Disorders, Sexual Abuse, Victims of Abuse and Trauma

# SANDALS CHURCH COUNSELING REFERRALS

## SANTA MONICA

### MARRIAGE AND FAMILY THERAPIST ASSOCIATES

**Faith Yoo**, AMFT 113646

**Phone:** 424-258-4441 **Email:** [havefaithintherapy@gmail.com](mailto:havefaithintherapy@gmail.com)

**Address:** 2116 Wilshire Blvd., Ste 230, Santa Monica, CA 90403

**Population Served:** Children (13-17), Adults (18+)

**Therapy Format:** In person/Office Only

**Cost and Insurance:** \$120 per session, \$95 for Sandals Referrals. No Insurance.

**Theoretical Orientations:** Attachment-Based, Cognitive Behavioral, Emotionally Focused, Psychodynamic, Relational

#### **Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Behavior Modification, Christian COounseling, Cognitive Behavioral Therapy, Cultural Issues, Depressive Disorders, Eating Disorders, Family Therapy, Grief Issues, Group Therapy, HIV/AIDS Related Issues, OCD, Pain Management, Personality Disorders, Premarital Counseling, PTSD, Sexual Abuse, Solution Focused, Trauma, Victims of Abuse and Trauma, Women's Issues

# SANDALS CHURCH COUNSELING REFERRALS

## TEMECULA

### LICENSED CLINICIANS

**Stephanie Davis** LMFT #113869

**Practice Name:** Stephanie Davis Counseling

**Email:** Stephaniemdavis2019@gmail.com

**Phone:** 615-948-6187

**Address:** 43533 Ridge Park Dr. Suite B Temecula, CA. 92590

**Population Served:** Children (Ages 3-10), Adolescents (Ages 11-17), Adults (Ages 18+),  
Geriatrics (Ages 60+)

**Therapy Format:** In person/Web based

**Cost and Insurance:** \$50-150. Income Based Scale. I am currently working to be on panel for  
Medi-cal, Triwest, Tricare and IEHP.

**Theoretical Orientations:** Art Therapy, Cognitive Behavioral, Play Therapy, Family Systems. Violet  
Oaklander, TRIM Training, CPI Trainer, Restorative Practice.

**Therapy/Counseling Specialty Areas:**

ADHD, Anxiety/Panic, Behavior Modification, Christian Counseling, Depressive Disorders,  
Divorce, Foster Care, Grief Issues, LGBTQI+, Marriage Therapy, Premarital Counseling, Self  
Harm, Solution Focused, Victims of Abuse and Trauma, Women's Issues

# SANDALS CHURCH COUNSELING REFERRALS

## TUSTIN

### MARRIAGE AND FAMILY THERAPIST ASSOCIATES

**Abigail Fuller**, AMFT #115814

**Practice:** Emmaus Road Christian Counseling

**Phone:** (714) 869-1535, **Email:** [afuller@emmausroadcounseling.com](mailto:afuller@emmausroadcounseling.com)

**Address:** 14081 Yorba Street, #221, Tustin, CA 92780

**Population Served:** Children/Adolescents (13-17), Adults (18+)

**Therapy Format:** In person/Office Only

**Cost and Insurance:** \$100/hour, sliding scale available, no insurance taken.

**Theoretical Orientations:** Attachment-based, Cognitive Behavioral, Relational, Systems, EMDR

**Therapy/Counseling Specialty Areas:**

Anxiety/Panic, Christian Counseling, Family Therapy, Pre-Marital Counseling, PTSD, Sexual Abuse, Trauma, Victims of Abuse and Trauma, Women's Issues

# SANDALS CHURCH COUNSELING REFERRALS

## YORBA LINDA

### LICENSED CLINICIANS

**Sylvia Roan** LCSW 77521

**Email:** [sylvia@newlifefamilycounseling.com](mailto:sylvia@newlifefamilycounseling.com) **Website:** [www.newlifefamilycounseling.com](http://www.newlifefamilycounseling.com)

**Phone:** 714-695-5232 **Mobile:** 626-353-8772

**Address:** 22600 Savi Ranch Parkway, Suite A 42, Yorba Linda, CA 92887

**Population Served:** Children/Adolescents (13-17), Adults (18+), and Geriatrics (60+), Disabled Persons, Other

**Therapy Format:** In person/Office Only

**Cost and Insurance:** \$100-\$250. In network provider with BS of CA, Beacon Health Options for Kaiser, outpatient and EAP; Military One Source; Out of network with Aetna and other insurance carriers.

**Theoretical Orientations:** Behavioral, Cognitive, Cognitive Behavioral, Emotionally-Focused, Relational, Systems, Christian Counseling

### **Therapy/Counseling Specialty Areas:**

ADHD, Anxiety/Panic, Autism/PDD/Aspergers, Behavior Modification, Christian Counseling, Cognitive Behavioral Therapy, Crisis, Cultural Issues, Depressive Disorders, Divorce, Domestic Violence, Family Therapy, Grief Issues, Group Therapy. OCD, Premarital Counseling, PTSD, Sexual Abuse, Solution Focused, Trauma, Victims of Abuse and Trauma, Women's Issues, Parenting Challenges for Parents of Teens, school age children, and Teens, Tele Psychotherapy.

# SANDALS CHURCH COUNSELING REFERRALS

## OUT-OF-STATE (WEB-BASED ONLY)

### LICENSED CLINICIANS

**Kelli Mosley**, LMFT CA- 142755, NV- 01524

**Practice:** Mended Hopes

**Phone:** 702-551-9380 **Email:** [mendedhopes@gmail.com](mailto:mendedhopes@gmail.com)

**Website:** [mendedhopes.com](http://mendedhopes.com)

**Population Served:** Adolescents (13-17), Adults (18+), First Responders, Athletes (high school to competitive/professional levels), Performers

**Therapy-Format:** Web-Based

**Cost and Insurance:** \$130 (individuals); \$150 (couples); Professional Athletes and Performers- \$200+, sliding scale available (patient-based upon request). No Insurance but can provide superbill.

**Theoretical Orientations:** Attachment-based, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Family Therapy, Group Therapy, Team Building/Performance Enhancement, Mindfulness-based, Systems, Family Systems, Brainspotting

**Therapy/Counseling Specialty Areas:** Adoption, Anxiety/Panic, Behavior Modification, Christian Counseling, Crisis, Cultural Issues, Depressive Disorders, Foster Care, Grief Issues, Life Transition, Marriage Therapy, Pre-Marital Counseling, PTSD, Self Harm, Sexual Abuse, Trauma, Suicide, Victims of Abuse and Trauma, First-Responders, Performance Enhancement