



Care Ministries | Christian Counseling Referrals

A Reference for finding and selecting professional Christian counseling services in the community

The following is a list of professional Christian counselors in the community. Individuals who are seeking a counselor are encouraged to contact two or three possible counselors and follow the guidelines below to find the best match.

GUIDELINES FOR CHOOSING A COUNSELOR

Check with your insurance provider to find out if they cover counseling/mental health services and then get the details of your coverage. Make sure to ask whether they allow you to go to “out-of-network” providers. The listing on the following pages indicates which counselors take insurance and which ones do not. Choose 2-3 possible providers from the list to speak to (or check out their website as many have this information listed there), asking them to give you the following information:

- Their education/training background and licensure status. There are three types of mental health licensure in Washington: Licensed Psychologist (LP), Licensed Marriage and Family Therapist (LMFT), and Licensed Independent Clinical Social Worker (LICSW). Licensure and education do not guarantee effectiveness or quality of services, but may be good indicators of experience level.
- What their areas of specialization are, and have them tell you if they have experience or training in dealing with your specific issue or concern. - Their relationship with Christ, and how they integrate their faith in their counseling practice.
- Ask about their fees, whether they take insurance and if so, which plans, and whether they have a sliding-fee scale. Ask them about their payment policy, for example, whether they bill monthly or require payment at each session, etc.
- Discuss with them the length and frequency of counseling sessions, as well as the expected duration of treatment, how they handle cancellations or emergency appointments, etc.

After interviewing possible counselors, think and pray over the decision and make the best choice you can based on the information you gathered and your “gut feeling” about who is the best fit for your needs. Remember, you are “hiring” the counselor, and if after the first session or two you are not comfortable with the counselor, it is a good idea to try another option. Keep in mind, though, that counseling is a very difficult and stressful process, and that a certain amount of discomfort and anxiety are a normal part of counseling. Try to discern whether the problem is related to the counselor, or to the issues being covered.

WHEN AND HOW TO END COUNSELING

Ending counseling is ultimately the decision of the client. Some issues may need a longer term of therapy while others can be dealt with effectively in a few sessions. Discuss your progress regularly with your counselor and agree together on when to end. It is important that you neither end prematurely, before gaining the full benefit of counseling, nor continue on needlessly, becoming dependent on your counselor.

Tacoma Christian Counseling - 253.777.1997 - <https://tacomachristiancounseling.com>

Puyallup Location

Counselor	Services & Specialities	Insurance
Dr. Kevin Boll MDIV, DMin, LMHCA	Aging and geriatric issues, anger management, anxiety, bipolar disorder, chemical dependence, counseling for children, counseling for teens, codependency, couples counseling, depression, family counseling, grief and loss, group counseling, infidelity and affairs, marriage counseling, men's issues, OCD, personal development, pornography addiction, premarital counseling, relationship issues, sexual abuse, sexual addiction, spiritual development, trauma, women's issues	OON/Private Pay
Richard Price, MA, LMFT	anxiety, codependence, couples counseling, grief & loss, individual counseling, marriage counseling, men's issues, personal development, premarital counseling, relationship issues, spiritual development	OON/Private Pay
Leah Elliott, MA, LMHCA, LMFTA	ADHD, Aging & Geriatric Issues, Anger management, anxiety, counseling for children and teens, Codependence, couples counseling, codependency, depression, family counseling, grief & loss, group counseling, individual counseling, infidelity and affairs, marriage counseling, men's issues, OCD, Personal development, pornography addiction, premarital counseling, relationship issues, sexual addiction, spiritual development, weight loss, women's issues	OON/Private Pay

Tacoma Location

Counselor	Services & Specialities	Insurance
Sarah Farrell, MSW, LICSW	adolescents, eating disorders, couples, crisis intervention/trauma, post-abortion counseling, end of life, depression, anxiety	OON/Private Pay
Carmilla Solomon, MA, Ed.D, LMHC	Depression, anxiety, sexual abuse, marriage, relationship issues, women's issues, coaching, professional development, personal development, trauma, infidelity	OON/Private Pay

Federal Way Location

Counselor	Services & Specialities	Insurance
David Hodel, MA, LMHCA, EMDR	Anxiety, depression, marriage and family, grief, emotional trauma & phase of life, suicidal ideation, life coaching, premarital counseling, EMDR	OON/Private Pay

Counselor	Services & Specialities	Insurance
Benita Weems, MA, MDIV, LMHCA	anxiety, depression, grief, abandonment and neglect, trauma, personal development, spiritual development, couples/ individual/family counseling, PTSD, sexual abuse, women's issues, codependency, marriage counseling, counseling for teens	OON/Private Pay

Parkland Location

Counselor	Services & Specialities	Insurance
Emmanuel Villarivera, MA, LMHC	anxiety, depression, couples, marriage, infidelity and affairs, PTSD, Trauma, ADHD, aging and geriatric issues, chemical dependency, counseling for children, men's issues, personal development, professional development, spiritual development, sex and porn addiction, abandonment and neglect, anger management, bipolar disorder, coaching, counseling for teens, grief and loss, OCD, psychiatric care services, relationship issues, sexual abuse, premarital counseling, psychiatric care counseling	OON/Private Pay

Pearl Counseling Associates LLC - 253.752.1860 - <http://www.pearlcounseling.com>

Tacoma Location

Counselor	Services & Specialities	Insurance
Carole Anderson, MS, LMFT	Prayer therapy, infidelity/reconciliation, spousal support of sexually addicted, domestic violent abuse/recovery, sexual abuse/recovery, depression/anxiety, grief & loss, moral failures/recovery, women's issues	Regence Blue Shield Premera Blue Cross Aetna Value Options Magellan First Choice Health First Choice Health, EAP

Counselor	Services & Specialities	Insurance
Karen Bream, MA, LMHC	Working with all age groups; focusing on families, adults, couples and children, depression, stress, anxiety/phobias, marital reconciliation, affair recovery, couples conflict resolution and communication, ADD/ADHD< broad spectrum autistic/aspergers issues, grief & loss, parenting concerns, divorce recovery, sexual abuse recovery, blended families, anger management, integrating issues of faith, career directions & school issues	Cigna Regence Premera Tricare Magellan First Choice United Healthcare Kaiser Additional Other Insurances (Inquire)
Scarlet Cramer, LMFT	Couples, individual, and family, depression/anxiety, learning disabilities, ADD/ADHD, Trauma & abuse, grief & loss, PTSD, preteen/adolescent issues, parent/child relationships	Regence
Sally Dullum, LICSW	child, adolescent, individual, and family counseling, ADD/ADHD, anger management, anxiety/phobias, asperger's/PDD/ Sensory issues, bullying/self-esteem building, child play therapy (roughly ages 4-11), depression/ bipolar, divorce/ infidelity recovery, domestic violence, family-adoption, blended, conflict, grief & loss, learning disabilities, parent coaching, preteen/adolescent issues, sexual abuse recovery, transitions- expat, retirement, health, trauma & abuse	Premera
Philip Ernest, MAC, LMHC	individuals, couples, family, adoption & adoption issues, adolescents, pre-marital counseling, adoption home studies, addiction, pornography and other addictions, depression	First Choice, Kaiser, Regenece, Premera, Aetna, Reliant Behavior Health
Shonaa Porter, LMHC	Depression, anxiety, domestic violence & abuse, addiction, eating disorders, sexual abuse, marriage counseling	Regency, First Choice, Kaiser (PPS/HMS and Core)
Jeanette Scott, MA, LMHC	Freedom from shame, self-contempt, guilt, desire for a different way to view life and see and others, anxiety/ depression, childhood sexual abuse, facing a cross-road or a brick wall in life, loss (loved one, relationship, dreams or desires) , spiritual questions/issues, healing from affairs, divorce, divorce recovery, couples, adolescents	First Choice, First Choice EAP, United Health Care, United Behavioral Health, Some Kaiser plans, Tricare, Regence Blue Shield, some others.

Counselor	Services & Specialities	Insurance
Mike Smith	Martial therapy, divorce recovery, individual therapy, blended families, child and adolescent therapy, infidelity, anxiety issues, family conflict, depression/bipolar, pre-martial	Regenece Blue Shield, First Choice Health, Premera Blue Cross, Genesis EAP, Value Options
Jim Williams	adolescents, father/son issues, Biblical/spiritual guidance, sexual addictions, abuse recovery, anxiety, grief and loss, pre-marital	Regence, Premera, others may be covered an an out of network benefit

Well Counseling - 513.645.3256 - <https://wellcounselingnw.com>
Puyallup & Gig Harbor

Counselor	Services & Specialities	Insurance
Kate Konzelman, MS, LMHCA	Personal issues, past trauma, grief/loss, family counseling, adolescent and young adults, post adopt and fostering	

Teleios Counseling - 253.335.5683 - <https://www.linkedin.com/in/diller-jay-10664411>
Lake Tapps, Sumner, Bonney Lake

Counselor	Services & Specialities	Insurance
Rev. Dr. Jay Diller, LMHCA	Counseling: <u>individual</u> -loss/trauma/grief concerns, Sexual addiction, post-residential treatment addiction recovery, anxiety/depression. <u>Marriage</u> systems approach to pre-marital, communication/conflict, affair/betrayal recovery. Family-systems approach to recovery from dysfunctional family lifestyle. <u>Christian Leadership</u> -individual/marriage/family & organizational concerns.	

The Shepherd's Center - 253.858.2224 - <https://theshepherdscenter.com>
Gig Harbor

Counselor	Services & Specialities	Insurance
E. Katie Bradrick MA, LMHC	Behavioral addition, anxiety, depression, complete trauma/PTSD, grief/loss, suicide ideation, self-esteem, life transitions, relations issues, borderline/personality disorder, single incident trauma, bipolar, stress, parenting, coping skills, adults, child 5-12, teens 13+	OON/Private Pay

Counselor	Services & Specialities	Insurance
Sandra L. Brannon, MS, LMFT	Anxiety, depression, complete trauma/PTSD, grief/loss, suicide ideation, self-esteem, divorce/infidelity, life transitions, relations issues, women's issues, single incident trauma, health issues/cancer, stress, parenting, spirituality, co-dependency, adults, couples	
Paul Duke, MA, LMHC, CSAT-C	Behavioral addiction, anxiety, depression, complex trauma/PTSD, grief/loss, suicide ideation, self-esteem, divorce/infidelity, life transitions, relationships issues, men's issues, single incident trauma, health issues, cancer, stress, parenting, identity issues, spirituality, co-dependency, non-substance abuse addiction, existential issues, adults, couples, teens 13+, groups	OON/Private Pay, Triwest
Teresa Eltrich-Auvil, MS, LMHC	Anxiety, depression, grief/loss, postpartum, self-esteem, divorce/infidelity, life transitions, relationship issues, women's issues, single incident trauma, stress, coping skills	Twiwest, Regence, Premera, BCBS, First Choice, Kaiser Permanente, Cigna, Tricare, Beacon, United Healthcare, Aetna, Group Health
Sarah Farrell, MSW, LICSW	Eating Issues, Anxiety, Depression, complex trauma/PTSD, grief/loss, suicide ideation, self-esteem, divorce/infidelity, life transitions, relationship issues, women's issues, single incident trauma, health issues/cancer, stress, performance issues, parenting, coping skills, identity issues, spirituality, co-dependency, adults, couples, teens 13+	
Amanda Harmon MA, LMHC	Treatment of children (6 and older) and adolescents, bereavement. concerns that children experience, including responses to trauma, mood disorders such as depression and anxiety, behavioral concerns and defiance, ADHD and coping with parental separation	OON/Private Pay, Regence, First Choice, Tricare, United Healthcare
Elizabeth Humes, LMHC	Eating Issues/Disorders, Life Transitions	Regence, First Choice, Kaiser Permanente, Aetna, Group Health
Brittany Jones MS, LMFT	anxiety, depression, complex trauma/PTSD, grief/loss, suicide ideation, self-esteem, divorce/infidelity, life transitions, relationship issues, women's issues, single incident trauma, health issues/cancer, bipolar, stress, parenting, coping skills, spirituality, adoption, asperges's/spectrum disorder, sensory issues, emerging adults,	Regence, Premera, First Choice
Suzanne Kirsch, MS, LMFT	Suicide ideation, self-esteem, borderline/personality disorder, women's issues, single incident trauma, bipolar, spirituality, adults, couples, teens 13+	OON/Private Pay

Counselor	Services & Specialities	Insurance
Sheri Lane, MA, LMFT	anxiety, depression, complex trauma/PTSD, grief/loss, suicide ideation, self-esteem, divorce/infidelity, life transitions, relationship issues, women's issues, single incident trauma, health issues/cancer, stress, parenting, coping skills, spirituality, fire fighters/first responders, adults, family, couples	Regence, First Choice
Linda MacDonald, MS, LMFT	depression, complex trauma/PTSD, grief/loss, divorce/infidelity, life transitions, relationship issues, women's issues, spirituality, co-dependency, for women—infidelity & betrayal, adults, couples, groups	OON/Private Pay, Regence, Premera, KPS, Lifewise, First Choice, Kaiser Permanente, Cigna, Blue Cross/Blue Shield, Pacicare, Magellan, MHN, Teamsters, LEOFF, Tricare, Calve Options, Beacon, United Healthcare, Group Health
Gary Lee Maples, MS, LMHC, CSAT	Behavioral addiction, divorce/infidelity, relationship issues, men's issues, co-dependency, sex addiction	OON/Private Pay
Bonnie McKenney, MS, LMHC	anxiety, depression, complex trauma/PTSD, phobia, adults, children 9-12, teens 13+	
Stacie McLean, MA, LMHC	anxiety, depression, complex trauma/PTSD, grief/loss, suicide ideation, self-esteem, divorce/infidelity, life transitions, relationship issues, borderline/personality disorder, men's issues, women's issues, single incident trauma, major mental health, stress, performance issues, coping skills, identify issues, spirituality, co-dependency, severe/persistent mental health	OON/Private Pay
Catherine McMonigle, LMFT	Complex trauma/PTSD, grief/loss, divorce/infidelity, relationship issues, women's issues, single incident trauma, stress, parenting, coping skills, spirituality, domestic violence	Regence, First Choice
Sandra Milton, MSW, LICSW, ACSW	anxiety, depression, complex trauma/PTSD, grief/loss, self-esteem, divorce/infidelity, life transitions, relationship issues, women's issues, single incident trauma, stress, performance issues, parenting, coping skills, spirituality, adoption, foster families	Premera, KPS, Lifewise, First Choice, Kaiser Permanente, US Family Health Plan, Cigna, PacifiCare, United Healthcare

Counselor	Services & Specialities	Insurance
Neil Sampson, LMFT	Behavioral addiction, anxiety, depression, grief/loss, self-esteem, relationship issues, parenting, coping skills, spirituality	Regence, First Choice
Aimee Tesdahl, MA, LMHC, CMHS	specializes in treating children, youth, and young adults ages 4 and up. She treats children and youth for behavioral issues, anxiety, depression and trauma and is trained in Cognitive Behavioral Therapy and Parent Child Interaction Therapy for these concerns. She also specializes in sexual trauma as well as child and youth trauma. She has been trained in TF-CBT (Trauma Focused Cognitive Behavioral Therapy) and CORE Training for treating sexual abuse, and is an OCVA (Office of Crime Victim Advocacy) certified therapist for trauma and abuse. She also currently treats adults for a range of concerns including depression, anxiety, trauma, OCD, self esteem, identity issues, grief and relationship concerns.	Regence, Premera, Likewise, Cigna, Blue Cross/Blue Shield

Trinity Counseling - 360.715.3230 - <https://www.trinitycounselor.com>
Bellingham (eCounseling available)

Counselor	Services & Specialities	Insurance
Patrick Geracie	Mood disorders, substance abuse, sexual addictions, marriage & relationship issues, spiritual issues, anger management, trauma & abuse, anxiety disorders, child/adolescent issues, career development	Most insurance plans are accepted

Psychology Today - <https://www.psychologytoday.com/us>

Not having any luck using this referral list? Psychology Today is a good resource to find a counselor and can filter for insurance, location, and what type of counseling you are seeking.

Need Immediate Help?

Crisis Hotlines

Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746

National Domestic Violence Hotline: 1-800-799-7233 and TTY 1-800-787-3224

National Institute on Drug Abuse Hotline: 1-800-662-4357

SAMHSA (substance abuse) National Helping: 1-800-662-4357

The Childhelp National Child Abuse Hotline: 1-800-422-4453

Suicide Prevention Lifeline: 1-800-273-8255

Pierce County Crisis Line: 1-800-576-7764

Pierce County Resource Line: 211