



Jacqui's Newsletter

Resources and referrals for all things therapy!

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Check out the following therapists,
therapy groups and community
resources!

Carolyn Mehlomakulu, LMFT-S, ATR - Specializes in psychotherapy and At Therapy for children, teens, and families. Also an ally of the LGBTQIA community. Accepts BCBS, Blue Cross Blue Shield PPO (BCBS) Blue Cross Blue Shield (Magellan) - HMO, Medicaid, CHIP, Medicaid - traditional/regular, Seton Health Plan (Amerigroup)- STAR Medicaid and CHIP, Sendero (Beacon) - STAR Medicaid and CHIP, Superior Health Plan (Cenpatico) - STAR Health, STAR Medicaid, and CHIP, and Crime Victim's Compensation program. Contact her through her website therapywithcarolyn.com or 512.660.7279
email: therapywithcarolyn@gmail.com
13706 N Hwy 183, Ste 114, Austin, TX, 78750

Brittany Jones, LMFT-A - Located at Austin Anxiety & Behavioral Health. Specializes in anxiety, depression, school-related stress, behavior difficulties, and blended family dynamics. Works with clients of all ages but specializes in working with children and adolescents. Contact her through their website austinanxiety.com or office phone: 512.246.7225 or work cell: 512.693.9272 email: jones@austinanxiety.com
300 Joe DiMaggio Blvd, Set 66, Round Rock, 78665

Lisa Willek, M.Ed., LPC - Specializes in Play Therapy, individual, group, family and child therapy. Works with ages 2 and up, also facilitates a women's empowerment group (for additional groups see her website). Contact her through her website nurturingheartscounseling.com or 512.569.6152 email: lisa@nurturingheartscounseling.com
1504 Leander Rd., Georgetown, TX 78628

Janet Tuohy, MSW, LCSW-S - Specializes in anger/stress management, depression and anxiety, couples/relationship counseling, family counseling, grief/loss counseling, identity issues, military life, PTSD, EMDR, and sexual abuse recovery. Accepts Tricare and private pay. Hours by appointment, evening and Sunday hours available. Contact her through her website zenhart.com or 512.368.1715 email: janet@zenhart.com
Office location: 102 West Morrow St. Set 202, Georgetown, TX, 78626 Mailing Address: PO Box 306, Georgetown, TX, 78627

Shania Singh, LCSW - Specializes in LGBTQIA issues, psychotherapy, solution focused therapy, premarital counseling and dating coaching. Provides counseling to couples, families, victims of domestic violence, rape, trauma, homelessness, military individuals and families, grief counseling and is poly and kink friendly. Private pay, offers a sliding scale as needed, accepts HSA/FSA cards. Contact her through her website fiveonnetwocounseling.com or 512.522.1061 email: hello@fiveonnetwocounseling.com
1012 E 38th 1/2 St., Austin, TX 78751

Nicole Griffith, LPC, LMFT - Specializes in Gottman Method Couples Therapy, adolescents & young adults 12 and up, getting unstuck from negative cycles of thinking & behavior, and recovery from toxic relationships. Primary population served is women issues related to caregiving, self-care, motherhood and balancing



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relationships. Individual counseling for adults & adolescents, couples counseling and family counseling available. Offers a free 30 minute consultation to determine if she is a good fit for you. Private pay, offers sliding scale and accepts HSA/FSA cards and accounts, out of network provider. Contact her through her website achieveconnectioncounseling.com or 713.540.2301 email: ngriffith.counselor@gmail.com
1603 Medical Parkway, Set 320, Cedar Park, TX 78613

Ruth Airhart, LPC-AT/S, ATR-BC - Specializes in Art Therapy with individuals, groups and families. Accepts Private pay, BCBS, BCBS CHIP, Cenpatico, Medicaid, Magellan, Multiplan, PHCS Networks and Superior HealthPlan (CHIP and STAR). Contact her through her website airhart-therapy.com or 512.569.9330 email: ruth@airhart-therapy.com
8400 N Mopac Expy, Set 302, Austin, TX 78759

Kate Gose Naylor, LMFT - Specialty is Equine Assisted Psychotherapy, Natural Lifemanship Trauma-Informed Equine Assisted Psychotherapy, Dually certified as an LMFT and Equine Professional. EAP is suitable for improving your relationships with self/others, Trauma-Focused Treatment, Couples Counseling, empowerment, self-efficacy & improved communication skills. Also trained in Gottman Couples Therapy, sessions for individuals, couples and families. Accepts private pay, HSA/FSA cards, sliding scale fees available. Contact her through her website kategosenaylor.com or 512.522.8752
email: katenaylortherapy@gmail.com Offers services in Leander and Central Austin area. 4425 South Mopac Expressway, Austin, TX 78735

Spirit Reins, Trauma Focused- Equine Assisted Psychotherapy - Also specializing in Equine Assisted EMDR, play therapy, Sensory and Motor Psychotherapy, Nature Therapy and Art Therapy. Contact them through their website spiritreins.org or 512.515.0845. 2055 County Rd 284, Liberty Hill, TX 78642

Hopeful Hearts, Lisa Rivers, Certified PATH Instructor - Specializing in Horseback Therapy and working to treat ADD and other hyperactive disorders, developmental delays, emotional/behavioral challenges, Autism Spectrum Disorder, Substance abuse, Cerebral Palsy, Visual/Speech Impairments, Post-Traumatic

Stress Disorder and Traumatic Brain Injuries and more. Contact her through her website horseserct.org or 512.484.8480 email: lisarivers302@gmail.com.

Claudia Cardenas, Psychologist, PsyD, MA - Specializes in working with immigrants to support their process of adjusting to and achieving success in their new country. Also works with adolescents, adults, couples and families, speaks French and Spanish, works on issues including Trauma and PTSD, mood disorders, grief and loss and relationship issues. Private Pay out-of-network provider. Contact her through her website austininternationalcounseling.com or 857.776.7042. email: contact@austininternationalcounseling.com
13706 Research Blvd. Suite 114, Austin, TX 78750

Dixon Parnell, LPC - Specializes in Trauma Healing, Eating Disorders and Issues of Faith and Belief. Accepts FSA/HSA cards, private pay, BCBS PPO, Cigna Behavioral Health of Texas, Magellan Healthcare Network, Multiplan and Optum. For a free consultation or more information about Dixon see his website at dixon.life or 512.595.0864. email: dixon@dixon.life Dixon sees clients at two locations: 4131 Spicewood Springs Road, Suite M2, Austin, TX 78759; or 2306 Lake Austin Blvd, Austin, TX 73703

Paula Buls, MSSW, LCSW - Specializes in LGBTQ Therapy, is a Trans Identified Therapist, Hormone replacement and surgery letters, Kink aware professional, Poly knowledgeable and friendly, individual, relationship and group therapies. Paula is an out-of-network provider accepting private pay and will provide documentation for insurance reimbursement, also offers a limited number of sliding scale slots. Contact her through her website paulabuls.com or 512.228.8199. email: paula@paulabuls.com 223 West Anderson Lane, Suite A 115, Austin, TX, 78752