

MERCY ROAD CHURCH

Counseling Resources 5/26

CompassPoint Biblical Counseling (compasspointbc.org)

13232 Old Meridian St. Carmel, IN 46032 (317) 804-1864

Steve Hocker, Certified Biblical Counselor

Specialties: spiritual concerns, discipleship, trauma, addiction, anxiety, depression, anger, grief, abuse, marriage, family

Crosswinds Counseling (crosswindscounseling.org)

3777 Priority Way S, Indianapolis, IN (877) 594-9204

Carissa Lopez-Bockus, LMHC, (317) 412-9172

Specialties: trauma, stressor-related concerns, anxiety, depression, multicultural concerns, grief & loss
Children 3 years+, adults up to their 60's, languages- English & Spanish

Grant Anderson, LMHC

Specialties: anxiety, depression, adolescents, family, substance abuse, trauma, abuse, EMDR

Aubrey Morris, Licensed Mental Health Counselor

Specialties: OCD, anxiety, self-esteem, relational conflict, life transitions, grief, identity formation, EMDR

***8/22 waiting list**

Kiara Williams, LMHC Associate

Specialties: anxiety, children, teens, eating disorders, trauma ***limited availability**

Denise Recker (dmrecker@gmail.com)

(219) 712-4642 Carmel, IN

Certified Soul Care Coach/ Trauma Informed Coach, Life Skills International, Freedom Academy

10 years of classroom instruction, 100's of hours coaching. Former cohost of Renovating U & Me Podcast

Learn how to thrive rather than just survive by learning skills that can renovate your life. Denise offers a safe space where clients' hearts can feel seen and heard without judgment. She understands that God's desire is to redeem our story through biblically sound, Holy Spirit led, trauma informed practices. She has learned through her own healing journey that destructive emotionally based life cycles and patterns can be interrupted and healed through partnering with the Holy Spirit and co-authoring our future. Sliding scale fee is available.

DL Counseling (dlcounselingllc.com)

9465 Counselors Row, Suite 200 Indianapolis, IN 46240 (317) 886-0093

David Leap, LMHC

Specialties: addiction-gambling, substance use, and maladaptive sexual behaviors, trauma, shame, depression, anxiety, and men's issues

Sarah Barksdale, MAAC, LMHCA

Specialties: addiction-gambling, substance use, and maladaptive sexual behaviors, trauma, shame, depression, anxiety, family and marriage counseling

Dr. Tim Heck Counseling Services

(719) 285-0626 drtimheck.com drtim@drtimheck.com LMFT in Colorado, Indiana, Texas
(pending licensure in Wisconsin, PA) online counseling

Specialties: Depression, anxiety, grief, trauma, life transition, marriage, pre-marital, spiritual & faith issues, EMDR, Gottman model, Internal Family systems, Cognitive-Behavioral therapy

Family Matters Christian Counseling

1010 3rd Ave SW Suite 107, Carmel, IN 46032 (317) 669-2279

Michon McCorkle, LMFT-S

Specialties: Emotional Abuse, Spirituality, Depression/Anxiety, Marriage, Pre-Marital

Doesn't treat: Physical Violence, Sex addiction

Groff & Associates (groffandassociates.com)

7425 East 86th St. Indianapolis, IN 46250 (317) 474-6448 Ext. 102 scheduling

Accept Medicaid & many insurance carriers

Sally Groff, MA Marriage & Family Therapy (317) 474-6448, Ext. 101 Clinical Director

Specialties: Play therapy, EMDR, Gottman Method, Image Therapy, Spiritual Help & Healing, Grief & Loss, Divorce Recovery, Healing, relationship work

Doesn't treat: Gay/Lesbian couples, Domestic Violence

Ashley Dugan, MA-CMHC, Age group 5-69, Individual, Marital, Family

Cathy Appleton, LCSW

Specialties: depression, anxiety, post-traumatic stress, sexual abuse, self-esteem, anger management, communication skill development, life transitions

couples, family, children 8+

Doesn't treat: perpetrators

Karla Calumet, PHD, MFT

Specialties: Singles, marriage, family, ages 6 yrs. & up, Integrative Systems, Cognitive Behavioral, Solution focused therapy, Internal family systems

Lynn Rubino, LMHCA

Specialties: co-dependency, affair recovery, ADHD, anxiety, depression, play therapy

Doesn't treat: Male sexual addictions

Mary Guynn, MA MHC

Specialties: Adults, couples (premarital, marital), children, play therapy, adolescents, families, grief

Riana Golder, MSW

Specialties: Trauma work, Individual, couple, family

Doesn't treat: Children, individuals with racist views or discriminatory perspectives.

Scott Jones, Theology, Master of Divinity, Master of Art in Counseling

Specialties: Boundaries, Difficult Relationships, Emotional Health, Men's Issues, Spiritual Issues, 14 years

old & up

Journey to Authenticity debbie.boruff@gmail.com

6120 Thrushwood Dr., Indianapolis 46250 (317) 441-9005

Mrs. Debbie Boruff, Board Certified Master Mental Health Coach, AACC

(American Association of Christian Counselors)

Youth Mental Health Coach, Life Coach

Experience: Pastoral Staff team, Discipleship Coordinator, Preschool Connection, Alcohol/Drug Recovery Ministries for over 15 years.

Debbie is passionate about helping create systems of care and support for all people, especially those working on their mental health, trauma recovery and chemical dependency recovery. Her approach philosophy is with Scripturally based strategies that align with proven results in the mental health industry. Healthy people create churches of healing and grace.

Specialities: teens, women, men at Rapha Road Recovery House

Debbie offers coaching for Mercy Road attenders at no charge and others by sliding scale.

Natalie Garwood Counseling, LLC

600 E. Carmel Dr., Ste 133, Carmel, IN 46250, 317-689-7365

MA Clinical Mental Health Counseling, LMHC

Natalie@nataliegarwoodcounseling.com

Specialities: Individual, Couples, Anxiety, Depression, trauma, relational issues, self-worth

Doesn't treat: Minors, families, active addiction, court-ordered therapy, certain personality disorders, high risk suicide

New Direction Counseling

3815 River Crossing Parkway #100, Indianapolis 46240, 317-210-0691

2045 Averitt Road, Greenwood 46143

caleb.rice@sdgndcounseling.com www.sdgndcounseling.com

Caleb Rice, LMFTA

Specialties: Couples, Men's Issues, Premarital, Trauma, ADHD (children & adults)

Renewal Wellness Center (myrenewalcounseling.com)

12265 Hancock St., Ste. 37, Carmel, IN 46032 (317) 730-5155

Brittany Thomas, MSW

Specialties: grief, trauma/anxiety, ministry staff/family members, women's issues, premarital Counseling, high school - adult, women & marital issues, no individual men

Christy Bakker, LMHC

Specialties: Spirituality, anxiety, grief, teen & young adults, Family of Origin issues, women's issues

Jenni Conner, BS Psychology/Christian Counseling, MA Professional Counseling, LMHC

Specialties: trauma work, anxiety, depression, parent/child relational problems, children, adolescents, teens, young adults, women

Doesn't treat: marital problems, sexual disorders, conduct disorders, most personality disorders

Sean Oosterlinck, MA LCMHC

Specialties: Anxiety, depression, OCD, sex/porn addiction, trauma work, marriage, infidelity, adolescents 5-17, adults, individual, couple, family

Doesn't treat: serious mental illness (hospital, inpatient), active substance abuse (alcohol, drugs) as a primary issue

Restoration by Grace (restorationbygrace@outlook.com)

13295 Illinois St., Suite 130, Carmel, IN 46032 (317) 520-1888

Grace King, LMHCA (Licensed Mental Health Counselor Associate)

Specialties: Age 10+; Focus on adolescents and young adults, Anxiety, Depression

Doesn't treat: Crisis situations

Rooted Counseling and Support Center (rootedcounselingandsupportcenter.com)

12770 W. New Market St., Suite 206, Carmel, IN 46032 (317) 660-5532 clients only,
(909) 762-1692 personal cell only for church staff

Sydney Isley, LMFT in CA & IN

Specialties: EMDR (Trauma, PTSD), generalized anxiety disorder, OCD, Depression

Individual, Marital, Family

Doesn't treat: Same sex relationships, LBGQTQ community

Sojourners Rest Counseling (sorestcounseling.com)

3905 Vincennes Road Indianapolis, IN 46268 (317) 471-3527

Phillips Hwang, MA MFT, LMHC, NCC, DCC

Specialties: Christian sex therapist, recovery from infidelity individuals, sexual addiction, sexual abuse, unwanted same sex attraction, spouses with sexual addiction, all virtual counseling

8/22* approx. 3 month waiting list

Taraja Family Counseling Wendy.Kihiu@tarajafamilycounseling.com

16 E. Main St., New Palestine, IN 46163

Wendy Kihiu, MAMFT, LMFT (317) 641-4852, (317) 366-6863

Specialties: Pre-teens, teens, young adults, Financial counseling, Pre-Marital, Marital & Family Counseling, Individual adult counseling, speaks Swahili

Doesn't treat: Same sex couples, gay affirmation therapy

Three Strands Counseling (threestrandscounseling.com)

travis@threestrandscounseling.com (574) 780-1731 Travis Cooper, LMHC, MA Clinical Mental Health Counseling, Grace College, BS Psychology Indiana Wesleyan University

Specialties: Premarital, Abuse, Addiction, ADHD/ADD, Anger, Anxiety, Bipolar Disorder, Depression, Divorce, Eating Disorders, Family issues, Grief, OCD, Marriage, Parenting, Pornography, Personality Disorders, Sexuality, Spiritual Issues, Stress, Trauma, Women's Issues
Family, Individual, Child/Adolescent, doesn't treat children under 5
Offer income based sliding fee scale.

The Significant Marriage (www.thesignificantmarriage.com)

(951) 532-4801

Mary Gothi, Psychotherapist MA - Specialties: individual and family counseling, parenting education

Mary and Dave Gothi, marital coaching and education, all Mercy Road churches

Other Significant Marriage coaches:

Bob & Robyn Julian - all Mercy Road churches

Johnny and Amanda Mobley - all Mercy Road churches

<https://www.thesignificantmarriage.com/couples-coaching.html>

Other Counseling Resources:

Agape Empowerment Counseling

1111 E 54th St #115, Indianapolis, IN 46220

(317) 543-9769

The Cabin Counseling & Resource Center

220 S. Elm St., Zionsville, IN (317) 873-8140

121 S. Walnut St., Westfield, IN (317) 804-3697 Sliding Scale

CenterPoint Counseling

7700 N Meridian St, Indianapolis, IN 46260

(317) 252-5518

Counseling Center at the Crossing

10412 Allisonville Rd UNIT 105, Fishers, IN 46038

(317) 578-9200

E. 91st St. Counseling Center

6049 E. 91st St., Indpls, IN 46250

(317) 598-1580 Sliding Scale

Eagle Creek Counseling

3935 Eagle Creek Pkwy, Indianapolis, IN 46254

(317) 293-5563

Flourish Christian Counseling
14074 Trade Center Dr #140, Fishers, IN 46038
(317) 775-3030

Indiana Health Group (indianahealthgroup.com)
703 Pro Med Dr. Carmel IN, 46032 (317) 843-9922
(availability changes frequently, check website for availability according to specific need)

New Hope Counseling
1505 N Delaware St #200 Indianapolis, IN 46202
(317) 983-5281

Noblesville Baptist Church
-Offers free counseling
1338 Pleasant St, Noblesville, IN 46060
(317) 773-1501

Reflections Christian Counseling
7230 Arbuckle Commons Suite 239, Brownsburg, IN 46112
(317) 943-4311

Westside Christian Counseling
8610 W 10th St Indianapolis, IN 46234
(317) 271-7822

Please note: *If you have questions about counseling or need assistance, please reach out to Erika Jay at erika@mercyroad.cc.*