

## COUNSELING AT HOPE

Our counseling philosophy is based on two main ideas: God did not intend for you to do life alone and unless you have a place to be ruthlessly honest about yourself, you are not as healthy and whole as you can be.

If you would like to start the process of living out those main ideas (and we think you should), here are some ways in which we would like to be a part of that journey with you.

1. Email or call your campus pastor to set up a time to talk. Our campus pastors are not professional counselors but they can listen, pray, and give you some godly guidance. They can also lead you to some great resources and next steps.
    - Frisco East
      - Larry Evans - Care Pastor ([levans@hopefellowship.net](mailto:levans@hopefellowship.net))
      - Robert Jordan ([rjordan@hopefellowship.net](mailto:rjordan@hopefellowship.net))
    - Frisco West
      - Gavin Papit ([gpapit@hopefellowship.net](mailto:gpapit@hopefellowship.net))
    - McKinney
      - Eric Sebastian ([esebastian@hopefellowship.net](mailto:esebastian@hopefellowship.net))
  2. We also have classes like Divorce Care and Grief Recovery that are available throughout the year as well as options for men, women and couples.  
Check out [www.hopefellowship.net /classes](http://www.hopefellowship.net/classes) to access a list of all our classes and Bible studies.
  3. We have developed relationships with some wonderful Christian therapists in the area. There is a cost involved on your part, but these are some folks that we trust that will give you great guidance and godly principles. Feel free to contact them to check on price and availability. They are listed in alphabetical order.
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### **Andrea Adams, M.A., L.P.C.**

Planting Seeds Christian Counseling | [www.plantingseedsc.com](http://www.plantingseedsc.com)

3535 Victory Group Way, Bldg. 5, Ste. 500, Frisco, TX 75034

469-287-5502 (main) | 469-667-8034 (direct)

[andrea@plantingseedsc.com](mailto:andrea@plantingseedsc.com)

Andrea is a Licensed Professional Counselor and Certified Clinical Trauma professional who offers counseling services based on a cognitive-behavioral approach combined with a grace-based perspective for children ages 9-12, teens ages 17-19, individual adults, parents and families. Andrea understands we all have a patchwork of different experiences throughout our lives and places emphasis on the importance of our perceptions of those events. It is her belief that our perceptions of these events greatly influence us and can control our thinking, moods and behaviors. It is Andrea's desire to help each person find their way through the difficult circumstances of life by offering hope in healing, sincere and honest counsel and a path towards developing faith based resiliency. Her specialties include Grief and Loss, Trauma, Anxiety, Depression, Life Transitions, Childhood Phobias, Child, Adolescent and Adult issues.

**Kelley Connell, LCSW**

[kelleyconnell.com](http://kelleyconnell.com)

5400 West Plano Parkway, Suite 210

Plano, TX 75093

972/532-9535

Kelley Connell is a Licensed Clinical Social Worker with 23 years of experience, who works with Adolescents age 12 and above, Adult Individuals and Couples. Kelley's therapeutic approach is Faith Based, Interactive and Solution Focused to help one learn New Skills and achieve Healing and Growth. Kelley's perspective is that Struggle leads to Understanding, Chaos to Peace, Confusion to Clarity, Despair to Hope, Self Doubt to Confidence, and Anxiety and Depression to Joy. Kelley believes we are all trying to Find our Authentic Selves and have a basic need to feel we Belong, are Accepted and Valued for who we are. Kelley's specialties include; Depression and Anxiety, Grief and Loss, Marriage and Parenting, Blended Families, Adolescents, Recovery from Affair, and Spouses of Sex Addicts.

**R. Scott Gornto**

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972.312.8893

[admin@auxanocounseling.com](mailto:admin@auxanocounseling.com)

Scott is a licensed marriage and family therapist, former pastor, certified sex therapist, speaker, and author based in Frisco/Plano, Texas. Since 1998, Scott has worked with Individuals, Couples/Marriages, Adolescents, Families, Groups, Churches, Executives and Leaders. He's the creator of the Auxano Approach© to relationships, The Truth About Marriage© workshops and intensives for couples, the RQ Relational Intelligence program for C-level executives and leaders, and the author of The Stories We Tell Ourselves™

**Kelly Hoxsey**

Frisco Family Counseling, PA

[www.friscofamilycounseling.com](http://www.friscofamilycounseling.com)

9555 Lebanon Rd. Ste. 903, Frisco, TX 75035

972.625.0039

Kelly is a Licensed Professional Counselor and Registered Play Therapist in Frisco, TX. She helps children, adolescents, adults, couples and families gain renewal, growth and change. She uses Biblical principles to cultivate the kinds of lives and relationships that God intended you to have: those that are satisfying, promote intimacy, are filled with hope, allow for healing and strive for purpose.

**Matt McKinney**

[journeyoncounseling.org](http://journeyoncounseling.org)

972.588.4007

[matt@journeyoncounseling.org](mailto:matt@journeyoncounseling.org)

*Two Locations:*

2770 Main St. Ste. 282  
Frisco, TX 75033

6401 Eldorado Parkway  
McKinney, TX 75070

Matt is a licensed professional counselor and his experience includes: premarital and marriage counseling, communication and conflict resolution, divorce recovery, identity and self-worth development, men's issues, anger, anxiety and fear, grief and loss, depression, codependency, teenagers and personal growth.

**Paul D. Myers M.A. LPC**

972.345.6788

*Two Locations:*

Stonebriar Counseling Associates  
9741 Preston Road, Suite 208  
Frisco, TX 75034

Hope Works Counseling, Ste. 1400  
2001 W Plano Parkway  
Plano, TX 75075

Paul is a licensed professional counselor who works with individual adults, parents, families, children and adolescents. He specializes in the following areas:

- Anxiety
- Depression
- Adolescents and Children/Family Therapy
- Grief and Loss
- Marriage and Premarital
- Addictions
- Career Indecision or Adjustment
- Abuse and Trauma
- Bipolar I and II

**Tami L. Schow, MA, LPC-Intern**

Under the supervision of Jenifer Bradt, LPC-S

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[tami@plantingseedsc.com](mailto:tami@plantingseedsc.com)

Tami is a Licensed Professional Counselor -Intern and her experience includes: anxiety, panic, depression, marital reconciliation, family and parenting concerns, adult and child divorce recovery, intimacy and pornography issues, work-life stress, family of origin issues, shame, grief/loss, shyness, healthy self-concept development, healthy boundary development, and spiritual issues.

**Rhett Smith**

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Rhett is a licensed marriage and family therapist and former pastor with over 19 years of experience helping people transform their lives and relationships. Rhett works with individuals, couples and families; specializing in relational issues (dating, premarital, marriage), anxiety, self-care/wellness. His goal is to help you become aware of what holds you back, and then empower you to learn, grow and connect as a person, and in relationships with others. Rhett is the author of *What it Means to be a Man* and *The Anxious Christian*.

**Tara Wedemeyer, MS, LPC, NCC**

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[tara@plantingseedsc.com](mailto:tara@plantingseedsc.com)

Tara is a Licensed Professional Counselor, who works with adolescent and adult populations. She received her Master's in Counseling and Development from Texas Woman's University and her Bachelor of Science from the University of North Texas. She utilizes her knowledge and skills in order to help people achieve their goals, gain better balance, and overcome difficulties, thus facilitating cognitive, emotional, and behavioral growth. She has experience in individual, group, and family therapy. Tara uses research-based approaches and is trained in relaxation therapy, substance abuse, and play therapy. She is committed to joining her clients on their journey to health and wholeness. Tara is passionate about life and people and creates a warm, safe, and creative environment.