

## 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 care 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))
    - Frisco West
      - Aaron Frizzelle ([afrizzelle@hopefellowship.net](mailto:afrizzelle@hopefellowship.net))
    - McKinney
      - Mike Martin ([mmartin@hopefellowship.net](mailto:mmartin@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.

**Dr. Cory Allan**

[simplemarriage.net](http://simplemarriage.net)

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Simple Marriage was founded by Dr. Allan in 2002 and seeks to assist couples and individuals in living fully alive. There are many things that get in the way of the life and marriage we want to live. By discovering the natural processes of relationships, you can begin to harness the energy already there in order to have the marriage you may not have thought possible.

Simple Marriage also offers marriage intensives (typically occurs later in the week or weekends) as an alternative to weekly sessions for those in need of a more time-effective and intensive therapy approach. There is also a focus on working with men and parenting issues. Check out the website for other helpful resources and access to the Simple Marriage weekly podcast.

**Kelley Connell, LCSW**

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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.

**Carol Fontenault MA**, Pastoral Counselor

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[Living Hope Biblical Counseling](#)

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Carol is a Pastoral Counselor, Board Certified, with over 15 years of experience; she loves to help individuals, couples, and families find hope and healing through Christ's love and work of the Spirit. Using God's Word and prayer, she guides her clients through a solution-focused process that provides skills, insight and opportunities for growth and transformation. She has a heart to encourage and refresh ministry leaders and their families, giving them a safe place to share their story and rediscover their passion for ministry. She loves to help couples work through their struggles to find greater oneness and joy that comes from walking with God and loving each other. Her hope for each person is for them to experience the abundant life that God has promised.

Some key areas of focus include: spiritual growth and direction, identity, insecurity, fear and anxiety, grief and depression; additional areas of expertise include: women's concerns, marriage and relationship matters; sexual abuse and healing; teen concerns and direction, and children's play therapy.

Carol has a warm and understanding demeanor and is committed to walk with her clients in their pursuit to find wholeness and healing. She holds a Masters in Counseling with a strong emphasis in Marriage, Parenting and Family. She is a Certified Prepare/Enrich facilitator for pre-marriage and marriage counseling, a women's speaker and author of *The Warrior's Bow*.

**R. Scott Gornto**

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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)

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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**

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Plano/Frisco Border Office:

Yeager Office Suites

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Matt is a Licensed Professional Counselor and since 2004 Matt has served in ministry, with a heart to help those who are hurting or in need. Matt is certified in PREPARE/ENRICH, a pre-marital and marriage assessment tool for counselors and clergy. Matt's expertise 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, pre-teens/ teenagers, and personal growth. Matt is now accepting Blue Cross Blue Shield PPO, for further information, please visit his website.

**Lauren Moore, LPC**

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*Two Locations:*

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Frisco, TX 75034

578 N. Kimball Ave., Suite 130

Southlake, TX 76092

Lauren is a Licensed Professional Counselor and serves people through a biblical counseling relationship. She integrates Biblical truth with cognitive behavioral techniques and exercises. She is equipped to work with adolescents, individuals, couples, and families. Her areas of specialty include anxiety, OCD, depression, disordered eating, communication, identity, grief, codependency, abandonment and attachment issues, parenting, marital and premarital counseling. She is a certified Prepare/Enrich facilitator.

Philippians 3:10-14 is the heartbeat of her counseling approach because it speaks to our identity as it proclaims who Christ is and who we are in Him. The passage points to the mighty power of God who abundantly overflows with all of the resources we need for change in our lives. We are all in need of a process to experience healing from our past wounds, to seek freedom from our chains, and to become more like Him in our thoughts, words and actions. She is honored to get to walk alongside people as they dive into what is difficult and work to achieve their desired goals.

**Paul D. Myers** M.A. LPC  
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Stonebriar Counseling Associates - *Two Locations:*

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Paul is a biblically based licensed professional counselor specializing in the following:

- Marriage and Relationship Counseling
- Premarital Counseling
- Children and Adolescents
- Anxiety
- Depression
- Addictions
- Abuse and Trauma

Paul is an "In network provider" for Blue cross blue shield and Cigna insurances. He also accepts private pay clients during evenings and weekends.

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

Under the supervision of Jenifer Bradt, LPC-S

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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**

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

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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.

**Deidre Wilson**

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Deidre is a Licensed Marriage and Family Therapist in private practice in McKinney, TX. Deidre specializes in helping individual adults, couples, and families restore peace in their most important relationships. Deidre helps those whose relationships are struggling and those who just want to optimize certain areas of an already good relationship. Her experience includes helping couples on the brink of divorce, high-conflict couples, healing from infidelity and emotional affairs, as well as anxiety management, and coaching on self-growth and self-care.