

The Wellness Association of Flower Mound is a local professional organization consisting of independent healthcare practitioners and community leaders focused on improving the overall health and well-being of our community and its residents. WAFM provides a forum for wellness professionals to meet, collaborate, educate, and further professional development in our respective fields in order to provide the highest level of care and services for patients and clients.

We want to see you thrive!



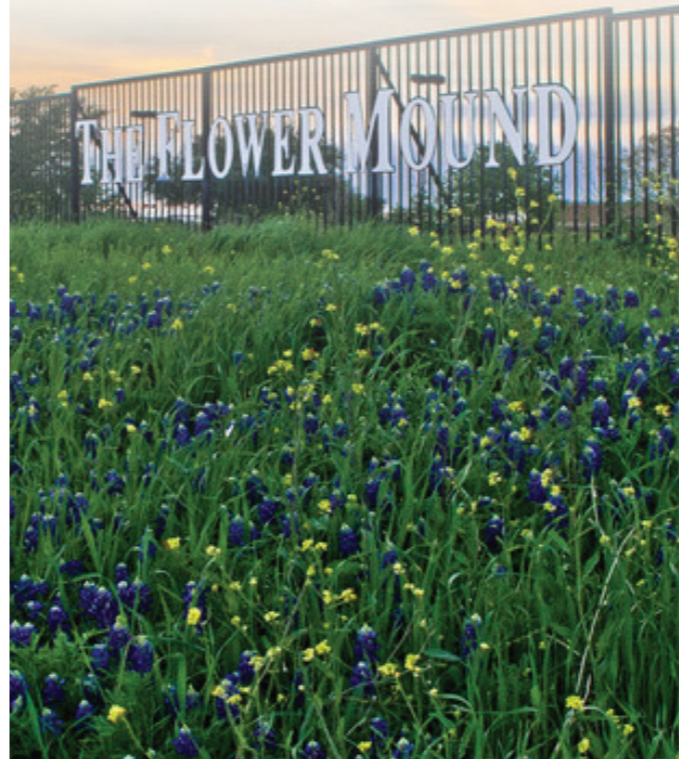
Contact individual practitioners for information about their specific services and how they can benefit you and/or your family.



WAFM Board of Directors:
 Tina Johnston, Co-founder
 Missy Distel, Co-founder
 Julie Ballinger
 Laura Hart
 Emilee Strain

Independent Wellness Practitioners

2018



Helping individuals and families increase wellness and success

FlowerMoundWellness.org

For more information about WAFM, please visit us at www.FlowerMoundWellness.org



Just some of the things WAFM members can help you with:

- ADHD Coaching
- Addictions
- Adolescents
- Anger
- Anxiety
- Assessments
- Autism
- Behavior Issues
- Bi-Polar Illness
- Career Development
- Case Management
- DBT
- Decision-making
- Depression
- Drug Education
- Eating Disorders
- EMDR
- Family Counseling
- Grief
- Healthy Habits
- Life Coaching
- Marriage Counseling
- Mood Disorders
- Panic Attacks
- Parenting
- Personal Success
- Play Therapy
- PTSD
- Regret
- Relationships
- Self-harm
- Speech Therapy
- Stress
- Teens
- Testing
- Transitions
- Trauma
- and more.

A Special Thank You to our Wellness Partner:



Origins Behavioral Healthcare
www.originsrecovery.com
 1-844-U-GET-WELL

With centers nestled in tropical settings of South Padre Island in Texas, and West Palm Beach and Vero Beach in Florida, Origins Behavioral HealthCare offers clients a variety of focused treatment options as they arrive from all around the world to receive the extraordinary care provided by our professional staff. Origins delivers a highly-individualized, longer-term treatment experience that holistically nurtures the mind, body and spirit in the transformative process of recovery.

WELLNESS PRACTITIONERS

Joann Aronow, LPC, NCC, LCDC, CSAT, EMDR trained

Living Perspectives Counseling

972-776-2088

www.LivingPerspectiveCounseling.com

Specialties: Alcohol addiction, drug addiction, sex addiction, grief, trauma, PTSD, dual diagnosis, couples, and Family Therapy

***Dr. Julie Ballinger, PhD, LPC, RPT, BCN**

Guiding Compass Counseling

972-432-4395

www.GuidingCompassCounseling.com

Specialties: Play Therapy, Adolescents, Adults, Couples, Biofeedback

Michelle Barnwell, MSW, LCSW

Barnwell Counseling and Family Therapy

214-663-8482

barnwellcounselingandfamilytherapy.com

Specialties: Treatment of Adolescents, Adults, and Couples facing issues related to anxiety, depression, family conflict, and life transitions

Jaclyn Carrington, M.S, LCSW, LMFT

Carrington Counseling

214-770-6548

www.JaclynCarrington.com

Specialties: Individual/Marriage Counseling, Depression/Anxiety, PTSD, Anger Management

Michael Dawson, M.A., LPC

Fully Living Counseling, PLLC

Flower Mound Counseling, PLLC

972-523-1235

www.FullyLivingNow.com

www.FlomoCounseling.com

Specialties: Adults, Mood Disorders, Marriage, Gottman Method, Christian counselor

Tiana Gooden, MSW, LCSW

Gooden Counseling, PLLC

972-861-0060

www.GoodenCounseling.com

Specialties: Play therapy, Teens, Young Adults, Substance Use and Addiction, Family and Relationship Issues, Parenting, Clinical Supervision

Rick Gordon, LCSW, CSAT

214-862-5452

www.RickGordonLCSW.com

Specialties: Trauma, Addiction, Anxiety, Sex Addiction (not sex therapy), Individual, Family, Couples, Relationships

***Dr. Laura Hart, PhD, Licensed Psychologist**

Hart Counseling and Assessment, PLLC

972-532-7813

www.hartcaa.com

Specialties: Emotion Regulation Issues, Impulsivity, Assessment Services for Attention/Focus, Learning Differences, Personality, Career

Dr. David Huffman, PhD, M.Div, LPC-S, RPT

Guiding Compass Counseling

972-432-6670

www.GuidingCompassCounseling.com

Specialties: Families in transition, Play Therapy, Adolescents, Couples, Parenting

***Tina Johnston, M.Ed., NCC, LPC, EVGP, GCDF, MCC**

NewStarts, PLLC

469-341-7888 | 817-337-6733

www.CreateNewStarts.com

Specialties: Therapeutic Coaching, Career Counseling, Personal Potential, Business Leaders, Job Stress, Employee Development and Productivity, Peer Groups

Nicole Kulas, MS, CMC, CDP

AgeWell Care Management

214-799-4485

www.agewellcm.com

Specialties: Advocacy and Crisis Intervention, Health and Disability, Financial and Legal, Housing, and Local Resource assistance for older and disabled adults.

Lisa Binz Mongoven, PsyD, Licensed Psychologist

214-683-0848

www.Dr.Lisa.Mongoven.com

Specialties: Clinical Psychology, Attachment, Development, Depression/Anxiety, Addiction, Identity Issues

Kim Muench, Certified Parent Coach

Founder, Real Life Parent Guide

972-689-0250

www.reallifeparentguide.com

Specialties: Guiding mothers of adolescents into transforming their relationships for a peace-filled home and family life.

Suzanne Nieves, MA, LPC-intern

Supervised by Lori Vann

214-701-8114

www.LoriVannCounseling.com

Specialties: Self-injury, Grief and loss, Anxiety, Depression, Couples

Terri Osvog, M.A., Board Certified Coach, ADHD Coach

Life is Contagious

214-728-9777

www.LifeIsContagious.com

Specialties: Children/teens/adults/professionals - ADHD Strengths, Executive Functioning, Skills Coaching, Organization

Dr. Denise Parker DC, Holistic Chiropractor

Resonate Wellness & Chiropractic

972-951-9355

www.ResonateWellnessChiro.com

Specialties: Resolving the physical effects of your stress-body, mind and spirit.

Renee Pfeffer, MA, LPC, EMDR Certified

Renee Pfeffer Counseling PLLC

972-989-6743 | therapy@reneeppfeffer.com

www.ReneePfeffer.com

Specialties: Depression, Anxiety, Grief, Trauma Resolution

Tara Pierce, M.Ed., M.S., LPC-S

Behavior Specialist and Child Advocate

972-695-9733

www.taralpierce.com

Specialties: Emotional and behavioral issues, autism spectrum, behavior diagnostics, effective coping skills, parent coaching

Cheryl Rayl, LPC-S, M.A.C

Grace Counseling

800-972-0643

www.Grace-Counseling.com

www.Watchdog-Solutions.com

Specialties: Addiction, Caregiver Family Therapy, Anxiety, Depression, Parenting Issues, Substance Abuse, IOP, Binge Eating, Registered Dietician & Physical Fitness, Trauma Resolution with EMDR

Michelle Slater, M.S., LPC

Living Perspective Counseling

940-453-0810

www.LivingPerspectiveCounseling.com

www.MichelleSlaterLPC.com

Specialties: EMDR, Trauma Resolution, Family of Origin, Grief, Loss

Lee Anne Smith, M.A., LPC

Wings of Grace Counseling, PLLC

Neurofeedback of North Texas, LLC

972-878-8784

WingsofGraceCounseling.com

NeurofeedbackofNorthTexas.com

Specialties: EMDR, Neurofeedback, ADD/ADHD, PTSD, Concussion, Anxiety, Depression, Chronic Illness, Couples, Peak Performance.

Mary Smith, B.S., AAC, Certified ADHD Coach

Encouraging Development

972-839-0678

www.EncouragingDevelopment.com

Specialties: Life skills coaching for students, parents & adults who are affected by ADHD. Basic and advanced life skills development program for life after high school.

***Emilee Strain, M.S., LPC-S**

Living Perspective Counseling, Inc.

972-539-7373

www.LivingPerspectiveCounseling.com

Specialties: Adolescent Challenges, Substance and Addiction, Trauma Resolution (EMDR), and Supervision

Shelley Tedder, M.A., LPC

469-404-8725

www.ShelleyTedderCounseling.com

Specialties: Self-Injury, Teens/Adults/Couples, Cognitive Behavior Therapy, Dialectical Behavior Therapy, Gottman method

Lori Vann, M.A, LPC-S

Vann Counseling, Speaking, and Media Consulting

214-270-6966

www.LoriVannCounseling.com

www.LoriVannSpeaking.com

Specialties: Self-injury, Perfectionism, Boundaries in personal and professional life, Assertiveness

Annette Wilkes, OTR, MOT

Stepping Stones Therapy for Kids!

972-874-9400

www.steppingstonestherapy.net

ssat@steppingstonestherapy.net

Specialties: Occupational Therapy, Speech Therapy, Feeding, Sensory Integration, Vision, ADHD, Autism, Rehabilitation

Taylor Zebrosky, M.S., LPC, LCDC-I, NCC

Hopemead Counseling and Trauma Center

214-686-0622

www.Hopemead.com

Specialties: Addiction, Borderline Personality Disorder, Trauma, Shame Resilience, Codependency, EMDR, DBT

SUPPORT MEMBERS

***Missy Distel | Professional Relations Officer**

Origins Behavioral HealthCare®

Origins Recovery Centers®

Hanley Center at Origins®

Hannah's House by Origins®

Gate Lodge at Origins®

Welcome Home. Healing Happens Here.

www.originsrecovery.com

24-hour Admissions: (888) U-Get-Well

Mobile: (214) 592-7012

Corporate Headquarters: (561) 841-1000

Kathy O'Keefe, B.F.A.

WTF - Winning the Fight!

972-467-7704

www.WTF-WinningTheFight.org

Specialties: Drug Education, Families dealing with addiction, Community involvement

Scott Wisenbaker

Solutions of North Texas

940-898-6202

www.sontx.org

Specialties: Addiction Recovery Specialists, Denton County Mental Health Court

**Board Member*

Contact individual practitioners for information about their services.