Catholic Therapists

Trusted Catholic mental health professionals
walking with you on your journey.

Melanie Anes, LPC-MHSP
Allied Behavioral Health Solutions

Accepts a variety of insurances
Specialties: children and teens of all ages, trained in Infant and Early Childhood Mental Health (under 5 years old), young adult women
https://es.alliedbehavior.com/meet-the-team/melanie-anes%2C-ms
manes@alliedbehavior.com
(615) 292-3661

Lucy Bordiuk, A-LPC-MHSP
Fiat Integrative Health

Specialties: ages 16+, anxiety, EMDR, trauma, grief
https://fiathealth.org/lucy-bordiuk/
lbordiuk@fiathealth.org
(629) 252-7880 - front desk

Aidan Culloton, LAMFT, CSPC, ASDI
Culloton Counseling

Specialties: athletes, brainspotting, teens with autism, couples
https://www.cullotoncounseling.com/aidan-culloton
cullotoncounselingllc@gmail.com

Megan Flores, LPC-MHSP
Private practice

Specialties: interpersonal process groups, substance use, maternal mental health, family & relational dysfunction, identity & life transitions, high achievement & perfectionism, helping-professionals burnout
https://www.megan-flores.com/
therapy@megan-flores.com
(615) 568-1923

Sean C. Harding, NCC, LPC-MHSP
Clinical Director and Owner at Exodus Counseling and Mentorship Programs

www.exoduscounseling.org
sean@exoduscounseling.org
(615) 266-4335

William Bellet, PhD, Clinical & Consulting Psychologist
Private practice

Specialties: adult, individual, and marriage counseling; succession planning and consulting for private or family-owned businesses
https://outofself.com/
bill@outofself.com/
(615) 371-1011

Chesna Climaco, A-LPC-MHSP
Mamaya Health

Accepts insurance; telehealth only
Specialties: ages 16+, young adults, mothers/postpartum, EMDR
chesna@mamayahealth.com
https://www.mamayahealth.com/providers/chesna-climaco

Delaney Culloton, LPC-MHSP, PhD
Culloton Counseling

Specialties: EMDR, EFT, DBT, IFS, trauma, couples
https://www.cullotoncounseling.com/dr-delaney-culloton
cullotoncounselingllc@gmail.com

Colleen Halfmann, LMFT
Private practice at Holy Family Catholic Church

Specialties: ages 14+, EMDR, Restoration Therapy Level 2, trauma, ADHD, anxiety, ASD
https://holyfamilycc.com/amo-team/colleen-halfmann/
colleen.halfmann@holyfamilycc.com
(615) 373-0704

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Lori Inkrot, LPC-MHSP, NCC
Trinitas

Specialties: IFS level 1, EMDR, anxiety, trauma, depression, suicidalitu, anxiety, and grief
https://www.trinitas.guide
lori@trinitas.guide
(304) 551-0830

Chloe Page, LMFT
Castleman Counseling

Specialties: ages 6+, play therapy, relational challenges, behavior challenges, anxiety, and parenting
https://castlemancounseling.com
chloepagecounseling@gmail.com
(629) 777-6599

Grace Rebarchak, PMHNP-BC
Private practice

Specialties: medication management & psychiatric care
Accepts a variety of insurances
https://care.headway.co/providers/grace-rebarchak
grace@hopewithgrace.com

Travis Speier, MS
Fiat Integrative Health

https://fiathealth.org/travis-speier/
tspeier@fiathealth.org
(629) 252-7880 - front desk

Scott Weeman, MMFT
Fiat Integrative Health

Specialties: mood challenges, relationship issues, addiction, compulsive behaviors, grief, trauma
https://fiathealth.org/scott-weeman/
sweeman@fiathealth.org
(629) 252-7880 - front desk

Joshua F. Medeiros, LPC-MHSP, CCT
Mitis Care Counseling PLLC

Specialties: trauma, anxiety & depression, couples & premarital counseling, grief, military-focused care
https://mitiscarecounseling.com
joshua@mitis care
(615) 682-1282

Gabriella Pattillo, Master's Level Clinical Intern
The Therapeutic Studio, LLC

Specialties: ages 13+, mood disorders, neurodivergence, high acuity
https://www.thetherapeuticstudiollc.org/gabriella-pattillo
gabbyp@thetherapeuticstudiollc.org
(615) 567-3732

Sarah Smith, LPC-MHSP
Child & Family Counseling Center

Population: children 7+, adolescents, adults
Areas of focus: anxiety, trauma, self esteem, codependency, life transitions
Modalities: CBT, ACT, DBT skills, play therapy, EMDR
https://williamsonfamilycounseling.com/team/sarah-smith
ssmith@williamsonfamilycounseling.com
(615) 866-9386 - front desk

Grace Tierney, A-LPC-MHSP
Fiat Integrative Health

Specialties: ages 6+, anxiety, EMDR, eating disorders, body image; runs a group for primary infertility
https://fiathealth.org/grace-tierney
gtierney@fiathealth.org
(629) 252-7880 - front desk