

## **Counseling Resource List – Mercy Church**

Compiled by Dawn Demas – 10/21/20

### **One:12 Counseling**

7745 Ballantyne Commons Pkwy  
Suite 102  
Charlotte, NC 28277  
704-626-6550  
Adults, marital, families, play therapy

### **Tamra Roberts**

704-909-9786  
[tamraroberts@trueyoucounseling.net](mailto:tamraroberts@trueyoucounseling.net)

Skilled EFT marriage therapist; Tamra also is trained in working with trauma through EMDR. Sees teens through adults, families and couples. She is only doing video sessions at this time.

### **Amy Work – Renewed Counseling - <https://www.renewedcounseling.net/>**

2120 Crown Centre Drive, Suite 400  
Charlotte, NC 28227  
Phone: 704-317-7231  
Fax: 980-217-7239

Excellent CBT therapist; she is also a play therapist who is especially skilled in working with families going through divorce; she is very knowledgeable in parent coaching to go along with addressing anxiety, depression, behavioral issues in kids. Also works with individuals addressing anxiety, depression, mood disorders etc.

### **Access Counseling Group – <http://accesscm.org/>**

10030 Park Cedar Dr.  
Suite 200  
Charlotte, NC 28210  
704-751-7775

Highlights:

- Rob Lewinski, MA, LPC (Gordon-Conwell) – Emotionally Focused Couples Therapy (EFT), individual therapy, neuropsychotherapy, trained in trauma treatment, emotionally healthy spirituality
- Amarie Lewinski, MA, LPC (Gordon-Conwell) - Emotionally Focused Couples Therapy (EFT), individual therapy, trained in trauma treatment, emotionally healthy spirituality, Prepare-Enrich premarital inventory
- Access also offers play therapy for children and neurofeedback

**Agape Christian Counseling** - <http://www.agapechristiancounseling.org/>

2124 Crown Centre Dr., Suite 400

Charlotte, NC 28227 (Also have an office in Huntersville)

704-849-0144

Highlights: Good team of Christian therapists that work with a wide variety of clientele and issues. A few specialize in sexual trauma and human trafficking.

- John White – works with individuals and families
- Galena Olivera-Celdran - individuals, marital

**Barnabas Center** - <http://thebarnabascenter.org/>

413-B South Sharon Amity Rd.

Charlotte, NC 28211

704-365-4545

Highlights – Offers a 14 week Honors group for men recovering from sexually addictive behaviors and relational brokenness. All Christian group – most are very Biblically focused.

**Darci Callahan, LMFT** - <http://healthyhealingcounseling.com/>

10720 Carmel Commons Blvd.

Charlotte, NC 28226

704-589-7056

Darci is a Gordon-Conwell grad and a licensed Marriage and Family therapist. She spent two years at the Forest Hill Church counseling center and works with adolescents, individuals and couples.

**Lance Nelson** – [lancecounseling.com](http://lancecounseling.com)

1811 Sardis Rd. N.

Suite 207

Charlotte, NC 28207

704-281-7118

Works with youth, adults, couples and families. Also an ordained minister.

**Bareiter Counseling Center** – [barietercc.com](http://barietercc.com)

1116 Greenwood Cliff

Charlotte, NC 28204

704-334-0524

- Carol Hollandsworth – individual, group, family – specializes in addiction and trauma
- Sharon Exum – marriage and family therapy – certified EFT (Emotionally Focused Couples Therapy)
- Hannah Tomlinson – **Mercy member** – trained in EFT (Emotionally Focused Couples Therapy); works with individuals and couples teens through adults
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**Carolinas Counseling Group** – [Carolinas-counseling.com](http://Carolinas-counseling.com)

7401 Carmel Executive Park Dr.

Ste. 210  
Charlotte, NC 28226  
704-752-8414

- This group has psychoeducational and psychological testing available. Also offers play therapy for children.

**Sure Hope Counseling** – <https://surehopecounseling.com/>

Matthews – 1126 Sam Newell Rd. Ste. A 704-443-8866  
North Charlotte – 1935 JN Pease Pl., Suite 204 980-272-8180

- Scott Smith – **Mercy member** – works with adults and couples – lots of experience with addiction; certified sex addiction specialist; works with anxiety, depression, and more severe disorders and co-occurring conditions.
- Mike Vaughn – men’s sexual addiction specialist (While he has worked with clients regarding many different issues in that time, his current specialties are: sexual addiction, trauma, and marital therapy. He is passionate about the power that God brings in the healing of these areas.)
- Kelly Saylor – anxiety, depression, Bipolar, couples, life transition challenges (I specialize in counseling couples concerning dating, engagement and marital issues. I also offer couple intensives and train other therapists and church staff in working with couples. Concerning mental health, I work with adults who deal with the challenges of anxiety, depression, and Bipolar disorder. Counseling individuals dealing with sexual abuse and anger management issues is another area of expertise of mine. Lastly, working with individuals facing life’s transitional struggles is another area I enjoy; these include: adapting to college, career planning and transitioning into retirement.)

**Carmel Baptist Counseling Group** – <http://carmelbaptist.org/resources/carmel-counseling-center/>

1145 Pineville Matthews Rd.  
Charlotte, NC 28105  
704-849-0686

- Dr. Pam Davis – play therapy specialist (Pam spent 22 years as a missionary in Thailand and has a unique understanding of the life stressors that families serving in ministry face. She specializes in working with common issues of childhood and adolescence, including peer pressure, self-esteem, anxiety, body image, self-identity, and trauma related issues. Pam also has specialized experience in addressing adult issues of spirituality, providing counseling to survivors of childhood abuse, and serving those who have lived and worked internationally.)
- Dr. Nancy Waring - Nancy offers Christ-centered counseling to adults on a wide range of emotional and spiritual issues, including: chronic illness, marital and relationship issues, singleness, depression and anxiety, career assessment and counseling, premarital assessment and counseling and family of origin issues
- Wendy Eunice (Wendy loves working with people who are developing boundaries, experiencing grief and loss, learning about conflict/resolution, dating, and singleness.

Wendy loves helping people explore their emotions and develop emotional regulation as well as understanding how emotion impacts current behaviors. She has experience working with those with adjustment disorders, bipolar, post-traumatic stress disorder, depression and anxiety)

- This is a good group with many experienced counselors.