

Counseling Resource List – Mercy Church

Compiled by Dawn Demas – 3.23.21

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

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.

Recovering Hope Counseling - <https://recoveringhopecounseling.com/>

6412 Bannington Rd Charlotte NC 28226
(980) 446-3190
scott@recoveringhopecounseling.com

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.

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
- Diana Smith, MA LCMHC - works with trauma, couples, individual adults - EMDR and EFT
- 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

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

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)
- Heather Connaroe Durham - trauma and anxiety, career, and relationship
- Hannah Tomlinson – **Mercy member** – trained in EFT (Emotionally Focused Couples Therapy); works with individuals and couples teens through adults
- Kara Watson-Cueller - addictions, DBT for Borderline, great with family issues

Carolinas Counseling Group – Carolinas-counseling.com

7401 Carmel Executive Park Dr.

Ste. 210

Charlotte, NC 28226

704-752-8414

- This strong Christian group has psychoeducational and psychological testing available. Also offers play therapy for children.
- Josh Taylor - works with couples, specializes in foster and adult parenting, sees 15yo and older

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

- 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. 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.

Healthy Healing Counseling

10720 Carmel Commons Boulevard

Suite 330

Charlotte, NC 28226

- Darci Callahan: 704-589-7056, darci@healthyhealingcounseling.com - marriage family therapist

Trauma Specialists:

Tamra Roberts - https://www.trueyoucounseling.net/?utm_source=gmb&utm_medium=referral

Galina Olivera-Celdran- <https://agapechristiancounseling.org/staff/galina-olivera-celdran/>

Robin Navarro - <https://www.mosaicpsychcenter.com/>

Cynthia Morris - <https://surehopecounseling.com/cynthia-morris-trauma-child-abuse/>