

GENERAL COUNSELING OPTIONS

The below options are compiled by Redeemer Counseling Services and the Redeemer Diaconate as options for finding care in the areas of counseling or in the event of a crisis. Some options offer a Christian perspective. Redeemer Counseling Services has not screened every option and does not endorse them as official referrals.

Counseling Centers and Institutes	
<p><u>Blanton Peale Institute</u> Manhattan: 7 West 30th Street, 9th Floor New York, NY, 10001 (212) 725-7850 www.blantonpeale.org/ info@blantonpeale.org</p>	<p>Licensed mental health clinic offering psychotherapy and counseling services sensitive to one's beliefs and values. Many languages offered: Spanish, French, Korean, Russian, Mandarin, Polish, Japanese and Hebrew. Insurance accepted. For those without insurance, fees are based on a sliding scale, \$105-\$60.</p>
<p><u>Breakthru Counseling Care</u> Dr. Hannibal Silver, Director Manhattan: 1230 Avenue of the Americas Rockefeller Plaza Center New York, NY 10020 (917) 639-4132</p>	<p>Breakthrough Counseling Care is a group of professional, licensed counselors whose mission is to provide a safe haven to people to experience individual and relationship growth.</p>
<p><u>Full Circle Health</u> Bronx: 2429 East Tremont Avenue, Bronx, New York 10461 1-800-518-FULL www.fullcirclehealth.org</p>	<p>Christian Counseling Center. Takes insurance. Offers Professional Counseling, Professional Evaluations, Mental Health Consultation, EAP Support, Domestic Violence Programs</p>
<p><u>Healthy Minds NYC</u> Manhattan care@healthyminds.nyc 929-399-7120 www.healthyminds.nyc</p>	<p>Office locations around the city in Midtown Manhattan, Upper West Side and Chelsea. Some counselors are Christians. Healthy Minds works with insurance and submit on behalf of the client.</p>
<p><u>Greenwich Center for Hope & Renewal</u> Connecticut: 237 Taconic Road, Greenwich, CT 06831 (203) 340-9816 www.hopeandrenewal.org</p>	<p>Faith-based professional counseling and resource center: Counseling, Interventions, Renewal Groups, Educational Seminars and Professional Training</p>
<p><u>Chinese American Planning Council</u> Sherry Ng, MSW Manhattan: 165 Eldridge Street New York, NY 10002</p>	<p>Brooklyn, Manhattan, Queens locations Speak Chinese and Korean Free Services for Pregnant Women or Asian families with a child under 18 years old</p>

<p>212-941-0030 cpc-nyc.org</p>	<p>Crisis Intervention, Individual and Family Counseling, Home Visits, Parent Training Courses, Resources for Families</p>
<p><u>NYACK Marriage and Family School</u> Manhattan: Contact Andrew Mercurio: 845-770-5739</p>	<p>Christian Marriage and Family Therapy Program offering low fee student counselors from \$10-\$35 per session.</p> <p>Counseling sessions will be observed by a senior therapist.</p> <p>Contact Andrew Mercurio: 845-770-5739</p>
<p><u>Mobile Crisis Teams</u> Five Boroughs: 1-888-NYCWELL (692-9355)</p> <p>Visiting Nurses Mobile Team (Manhattan) (718) 536-3198</p>	<p>23 teams citywide. Crisis intervention, short-term treatment, linkage with community resources.</p> <p>www.nyc.gov/html/doh/html/cis/cis_mct.shtml</p>
<p><u>Pastoral Counseling Center of Flushing</u> Queens: Ellen Van Etten, Director 142-10 Sanford Avenue Flushing, NY 11355 (718) 463-4613 www.pcccares.org</p>	<p>Counseling services by integrating psychotherapeutic techniques with Biblical principles.</p>
<p><u>Post Graduate Institute</u> 71 West 23 Street, New York, NY 212-576-4104</p>	<p>Contact for scheduling. Lower fee options. We have one counselor Christine Chu who also works there.</p>
<p><u>Redeemer Counseling Services</u> Manhattan: Redeemer Counseling Services 1166 Avenue of Americas Suite 1600 New York, NY 10036 212-370-0475 x 0 counseling.redeemer.com</p>	<p>Professional, biblically based Christian Counseling Services for individuals, adults, marriage, family and premarital couples. Career and Financial counseling.</p> <p>Sliding scale and out-of-network reimbursement letters offered.</p>
<p><u>Wellsprings Counseling Center</u> New Jersey locations: Fair Lawn, Hoboken, Mountain Lakes</p> <p>Manhattan and Upstate, NY: 41 Central Park West, Suite 1H, New York, NY 10023 646-957-2322</p>	<p>Christian counseling center for individuals, groups, marriage, and children.</p> <p>Accepts some insurance. Call with insurance information.</p>

www.wellsprings.org/counseling

Therapists	
<p>Scott Abbott, M.A., LMHC 347-927-1155 scottmabbott@gmail.com</p> <p>Manhattan: 315 Madison Ave (at 42nd St), New York, NY 10017</p> <p>Brooklyn: 506 5th Ave (between 12th & 13th St) Brooklyn, NY 11215</p>	<p>Fee: \$225 for 45-min session. Provides letters for out-of-network insurance reimbursement.</p> <p>Christian; worked at Redeemer Counseling Services for several years as a counselor; now in private practice seeing couples and individuals for issues such as pornography/sexual addiction, substance abuse, trauma (EMDR), pre-marital (PREPARE), marriage, anger management, unwanted same-sex attraction, and faith integration.</p> <p>Call or email for a free 10-minute consultation or to book first appointment.</p>
<p>Christine Akerman, LCSW Manhattan: 303 Fifth Avenue, Suite 1403 New York, New York 10016 201-563-4061 csakerman@gmail.com</p>	<p>Fee for couples: \$250 Fee for individuals: \$225 Spots for sliding fee patients upon availability. Out-of-Network reimbursement letters provided.</p> <p>Christian counselor. Areas include: Trauma, Individual Counseling (Advanced AEDP training), Advanced EFT Training and Couples Therapy (marital and premarital counseling). Trained Psychosexual Therapist.</p> <p>Ask about counselor residents with lower rates under her supervision.</p>
<p>Molly Bobek, LCSW Manhattan: 1133 Broadway (at 26th St) New York, NY 646-389-2819 mbobek@gmail.com</p>	<p>Christian counselor. Offers counseling for families, couples and individuals.</p>
<p>Deahna Calgaro, MA, LMHC Lamppost Counseling NYC Manhattan: 347 5th Avenue Suite 1410 (Hearts Matter) New York, NY 10016 deahna@lpcnyc.com</p>	<p>Christian counselor specializing in trauma as well as working with couples. Certified in EMDR. Worked at Redeemer Counseling Services.</p>

<p>Alexandria Cole alexandriacolema@gmail.com 347 Fifth Avenue, Suite 610 New York, NY 10016 Website: missyterrell.com</p>	<p>Extern at Missy Terrell's Private Practice (Former RCS Counselor)</p> <p>Specializes in work with adolescents and young adults ages 11-25.</p>
<p>Chad Hardison, LMFT East Setauket/Port Jefferson, NY chad.hardison1@gmail.com</p>	<p>Christian Counselor. Worked with Redeemer. Marital, individual, families, and premarital.</p>
<p>Robert Dalberth Manhattan, various locations 646-584-2773 bobdalberth@mac.com</p>	<p>Biblical counseling assisting individuals, couples, and families</p>
<p>Sobeyda Valle-Ellis, LCSW Manhattan: (917) 922-8821 HeartMattersNYC@gmail.com www.HeartMattersNYC.com</p>	<p>Christian counselor. Worked with Redeemer Counseling Services for over 10 years. Speaks Spanish.</p> <p>Full fee: \$200, offers sliding scale. Offers lower fee options through counseling interns, supervised by Sobeyda.</p> <p>Individual, family, couples, and marriage counseling. Specialties: EFT couples therapy, family therapy with teens & young adults. Eating disorders, midlife crisis, betrayals, recovery from childhood and adult trauma, EMDR, mood disorders and spiritual depression.</p>
<p>Mike Evers, M.A., LMHC 875 6th Avenue 646-389-5298 ResoulingTherapy.com.</p>	<p>My speciality is working with men in their 20-30s. Many of those clients I see struggle with anxiety, depression, stress, relational pain and/or sexual trauma. I utilize EMDR as one of my modalities as well as psycho-education and CBT, ACT, REBT, and strengths based. And of course, I offer a faith-based, Christian perspective for clients who are seeking that for their therapeutic experience.</p> <p>I also offer Group Therapy for this population (men in their 20-30s). I offer online counseling. I don't take insurance, but can provide receipts.</p>
<p>Dr. Jay Feld, LMFT Manhattan: 280 Madison Ave #1011, New York, NY 10016 Queens:</p>	<p>Christian Counseling for individuals, marriage, family and premarital couples.</p> <p>Experienced in grief counseling, sexual addiction counseling, and recovery from codependency, and</p>

<p>71-36 110th St, #1-K, Forest Hills 917-572-4068 Doctorjay@doctorjay.net www.doctorjay.net</p>	<p>relationship counseling. Experience with pastors and church leaders as couples and individuals.</p> <p>Provides out-of-network reimbursement letters.</p>
<p>Judith Fujimura, LMFT New Jersey: 362 Wall Street, Princeton, NJ 917-584-7107 judy@judycares.com www.judycares.com</p>	<p>Christian Counselor Marriage and Family Therapy \$150/session</p>
<p>Chelsea Fogal, LCSW, RYT Manhattan: 411 Lafayette Street, Suite 644 New York, New York 10003 (646) 450-4353 chelsea.fogal.therapy@gmail.com</p>	<p>Fee for Individuals: \$200 Sliding scale sessions are offered based on availability Out of network reimbursement letters are provided upon request</p> <p>Offering: video/phone sessions Services include: individual therapy, parent coaching, perinatal counseling Some common areas addressed in therapy: stress/overwhelm, over-thinking, emotional reactivity, life transitions, relationships, family wellness, self-worth/compassion, boundary-setting, work/life-balance, anger, and perfectionism. Approach: Together, we will work to identify and understand the patterns, thoughts, experiences, emotions, and behaviors that are blocking your health and wellness, and preventing you from experiencing your most authentic, true self. I will help support you as you learn to observe your thought patterns without reactivity or over-identification, allow yourself to experience the intelligence of your emotions, identify your deepest values and take effective action in alignment with these values. We as humans are always in the process of becoming and I view myself as a fellow traveler on your path of becoming in the direction of your soul's created purpose through acceptance and self-compassion.</p>
<p>Michelle Park, MA, LMFT ReEnvision Marriage and Family Therapy 38-01 23rd Ave, Suite 415 Astoria, NY 11105 Phone: (646) 450-9972</p>	<p>Worked at Redeemer Counseling Services before opening her private practice. Sees Couples, Individuals, Families.</p> <p>Does not take insurance. However, provides insurance letters for out-of network reimbursements/benefits</p>

<p>Email: Michelle.Park@ReEnvision.Life Web: www.reenvision.life</p>	<p>Hours: M, T 10am-9pm. Free 20 min consultation, \$175 per session, sliding scale is available for reduced fee.</p> <p>Anxiety / Boundaries / Conflict Resolution / Communication / Grief & Loss / Emotional Intimacy / Anger Management / Identity Issues / Spiritual Issues / Life Transitions / Parenting / Post Abortive Issues / Dating & Premarital / Marriage /Affair Recovery / Ministry Families</p>
<p>John Halbrook, Th.M, CSW-R, Ed.D Midtown Manhattan: 38 Gramercy Pk., #1B, NY, NY Pound Ridge, Westchester County 914-213-5873 http://www.johnhalbrookpsychotherapy.com</p>	<p>Pastoral psychotherapist and neurotherapist, licensed in NY State. For individuals, couples, families & groups</p>
<p>Crosstown Counseling, LLC Steve Hoppe, M.S., MDiv, Manhattan: 469 7th Ave. Suite 725 NY, NY 10018 (7th Ave. between 35th and 36th, just north of Penn Station) steve@crosstowncounseling.org www.crosstowncounseling.org stevehoppe.com (212)537-6502</p>	<p>Christian/Biblical Counselor. Advanced Counseling Certification from CCEF (ccef.org)</p> <p>Fee for couples/80-minute sessions: \$195 (80-minute) Fee for individuals: \$195 (80-minute) Out-of-Network reimbursement letters provided. Sliding scale available.</p> <p>Individuals, couples, families regarding issues including marriage, abuse, addiction, anger, anxiety, spiritual doubt and more.</p>
<p>Jamie Oh Yoo, MDiv, Counselor Manhattan: 352 Seventh Avenue, Suite 705 New York, NY 10001 (917)885=1868 www.jamieohyoo.com jamieohyoo@gmail.com</p>	<p>Trained in Christian counseling, works with individuals, premarital couples, Married couples.</p> <p>\$120 per 50min session, Sliding scale available for reduced fee.</p> <p>Does not take insurance, however, out-of-Network reimbursement letters provided.</p>
<p>Missy Terrell 347 Fifth Avenue, Suite 610 New York, NY 10016 Website: missyterrell.com 917-734-5078</p>	<p>Christian psychotherapy specializing in trauma. Is certified in EMDR and trained in IFS.</p> <p>Worked at Redeemer Counseling Services</p> <p>\$200 per 50min session- Does not take insurance, however, out-of-Network reimbursement letters provided.</p>

<p>Kayle Koepke, LMHC Manhattan: 171 Madison Avenue, 10th Floor, #2 New York, NY 10016 646-470-9098 Therapy@Kaylekoepke.com www.kaylekoepke.com/</p>	<p>Fees: Sliding scale from \$100 - \$225 for a 50-min session. Reduced fee services are available on a limited basis. Accepts Cigna. Offers lower fee options through counseling interns, supervised by Kayle.</p> <p>Individual, couples, family, relationships, anxiety, depression, eating disorders, sexual abuse, addiction recovery and trauma.</p> <p>Counseling techniques and treatments including, but not limited to: Cognitive Behavioral Therapy (CBT); Dialectical Behavioral Therapy (DBT); Emotionally Focused Therapy (EFT); Accelerated Experiential-Dynamic Psychotherapy (AEDP); and Attachment based therapy.</p> <p>Offers DBT Group Counseling costs \$50-75/session.</p>
<p>Dr. Stephen Kong Queens: 136-40, 39 Ave, room 203, Flushing NY 11355 Drswkong@gmail.com 646-2293563.</p>	<p>Christian Counselor specializing in individual and couples counseling. Offers in-person and remote counseling. Professor at Faith Bible Seminary. Supervisor of Alliance School of Counseling.</p> <p>Languages: English, Mandarin, Cantonese.</p> <p>\$100 per session. Offers sliding scale.</p>
<p>Dr. Hea-Kyung Kwon Manhattan: 1270 Broadway, Suite 305, New York, NY 10001 Fort Lee, New Jersey Location 212-286-0688 drkwon@psychoanalystdrkwon.com www.psychotherapistdrkwon.com</p>	<p>Psychotherapy and psychoanalysis Individuals and couples. Relationships, OCD, anxiety, depression, severely disturbed clients.</p> <p>Languages: English, Korean</p> <p>Fees: \$180 for individual (45 – 50 min), \$250 for couple (1 hour). Offers sliding scale and out-of-network letters for reimbursement.</p>
<p>Dr. SeungYeon Lee Manhattan: Park Ave. & 23rd Street New York, NY 917-573-6906</p>	<p>Christian Art Therapist. Licensed (LCAT) Art therapy for individuals, children, families and groups. Addresses family issues, trauma and loss, or interpersonal relationship challenges. Emotional and behavioral issues.</p>

<p>Anthony Lopez, MA, MAR, MA, EdS, LMHC Remote counseling Licensed in FL, NY, NJ, VA, TX, CA, PA tony@redeemedspirit.com (518) 217-8439</p>	<p>Christian Counselor. Worked with Redeemer as a counselor 6 years, Worked at Liberty University for 3 years running a multicultural leadership and mentoring program. Other experience includes mental health counseling in halfway homes, social work, and clinical case management.</p> <p>Specializations: Men's Issues, EMDR, Depression, Anxiety, and Couples, (Sees only men and couples)</p> <p>Full Fee: \$225 Individual men/\$250 couples Sliding Scale Fees: Individual: \$135-\$225 Couples: \$145 -\$250</p>
<p>Charles D. Mayer, M.Div., Psy.D., LMHC Manhattan: 141 East 35th Street Suite Ground J New York, NY 10016 212-685-0971 White Plains at 297 Knollwood Road 914-730-9262 cmayer723@aol.com charles.mayer@thesigmagroupllc.com www.mayerpsyd.com</p>	<p>Christian pastoral psychotherapist. Has been in practice 26 years. Wide variety of clients, including individuals, family, and marriage. Issues ranging from anxiety and depression to stage of life issues to addictions. Men's groups.</p> <p>No insurance</p> <p>Offers sliding scale: Individuals \$125-\$200, couples and families \$175-250</p> <p>Ask about counselor residents with lower rates under his supervision.</p>
<p>Robin MacFarlane, PhD robin@robinmacfarlanephd.com (646) 494-1992.</p>	<p>Former resident at RCS.</p> <p>Sees adults, and specializes in anxiety, panic attacks, and insomnia. Enjoys working with individuals who feel lost and lonely.</p>
<p>M. Katherine McEwen, L.C.S.W. Manhattan: 315 E 86th st, Suite 1G East New York, NY 10028 212-289-2121</p>	<p>Psychoanalytic Psychotherapy Pastoral Counseling</p>
<p>Sara McCullah, LCSW Brooklyn 347-687-3171 www.saramccullah.com</p>	<p>Christian therapist:</p> <p>Areas include: Anxiety / Depression / Life Transitions / Relationship Difficulties/ Anger/ Loss and Grief /Spiritual or Religious Concerns /Parenting/Stress</p>

	<p>Management/Childhood or Adult Trauma/ Shame-Guilt / Abuse Survivors / Phobias</p> <p>Fee: \$150 for 45 minute session. Sliding scale available.</p>
<p>Samantha Moser, LMFT & Founder Manhattan: Clear Directions NY 353 Lexington Ave, Suite #10 NY NY 10016 (929) 249-1668</p> <p>clear2u.org care@clear2u.org</p>	<p>Has Training in DBT and focuses clinical work on anxiety, grief and adjustments.</p> <p>Group sessions available.</p>
<p>Ireen Ninonuevo, LCSW Manhattan: support@ninonuevoconsulting.com www.ninonuevoconsulting.com</p>	<p>Christian therapist offering individual, couples counseling and group counseling. Specializes in healing from child abuse and interpersonal violence. Trained in EMDR, Trauma Focused CTB, Trauma Art Narrative Therapy, Treating Complex PTSD through Integrative Trauma Therapy, Insight Oriented Talk Therapy.</p>
<p>Dr. Michele Stefano Piccolo, PhD. Manhattan: 1651 Third Avenue, Suite 205 New York, NY 10128 646-598-7782 info@drpiccolo.nyc www.drpiccolo.nyc</p>	<p>Licensed Clinical Psychologist and Christian Counselor.</p> <p>Sliding scale. Insurance:</p> <ul style="list-style-type: none"> ● Aetna (if out-of-network benefits) ● Empire BlueCross BlueShield (in-network) ● Medicare (in-network) ● CareConnect (in-network) <p>Focusing on areas of anxiety, depression, spirituality, life-stages and transitions. In-depth Christian therapy focusing on finding hidden patterns.</p>
<p>Courtney Policano, LCSW Manhattan-Tribeca 291 Broadway Suite 1407 New York, NY 10007</p> <p>P: 978-325-0339 E: courtney@courtneypolicano.com</p>	<p>Fee: \$200/session; out of network reimbursable Licensed Clinical Social Worker. Incorporates spirituality into work when desired by client. Areas of speciality include: trauma, anxiety, depression, grief and loss, life transitions and maternal and perinatal mental health.</p>
<p>Dr. Frank Pastore Upstate, NY</p>	<p>Christian Counselor</p>

<p>1040 Main St, Peekskill, NY 10566 (914) 737-8217</p>	
<p>Kate Price Segedy, LCSW Brooklyn: 26 Court Street, Suite 540 Brooklyn, NY Manhattan: 611 Broadway, Suite 520 New York, NY 10012 347-926-3106 www.katepricesegedy.com</p>	<p>Christian Psychotherapist, specializing in trauma recovery. Works with individuals regarding depression, anxiety, stress management, self-esteem, eating disorders, and addiction. Also work with women who have experienced miscarriages, neonatal loss, and are experiencing perinatal anxiety.</p> <p>Sliding Scale available. Offers out-of-network reimbursement letters and works with clients to pay only 30-40% through a copay for all insurance options.</p>
<p>Laura Speiller, LMFT SureHope Counseling, NYC LLC Midtown Manhattan, NYC https://surehopetherapy.com E-mail: laura@surehopetherapy.com Phone: 718-908-4855</p>	<p>Former RCS Counselor Enjoys working collaboratively with individuals and couples toward greater healing and resiliency by applying sound clinical process, skills, and tools in light of one's faith journey. Believes it is essential to work on root issues, because taking a bandaid approach never brings the sustained change we long for in order to thrive.</p> <p>Due to COVID-19 All sessions currently online</p>
<p>Sybil A. Young, LMHC 917-746-0072</p>	<p>Christian therapist that works with individuals, families, couples, and children, that have had personal struggles with depression, suicide, family conflict, domestic violence, drugs and alcohol, including a range of other life issues.</p> <p>Sliding scale. Out of network.</p>
<p>Arlene Navarro Philadelphia: 2200 Arch Street 2nd Floor Philadelphia, PA 19103 267-322-6796 counseling@restorycounseling.org restorycounseling.org</p>	<p>Christian counselor, previously worked with Redeemer Counseling.</p> <p>Individuals, couples, and adolescents, and families. Works with issues of anxiety, depression, emotion regulation, marriage and couples counseling, mindfulness based practices, sexual abuse and trauma, grief and loss, and life stage transition, and singleness.</p>
<p>Roxanne Kalmbach, MFT Manhattan: 303 Fifth Ave Suite 1103 NY, NY 10016 Roxanne.kalmbach@gmail.com 559-593-3283</p>	<p>Christian Counselor working with: adolescents, young adults & adults around issues related to anxiety, depression, boundaries, grief, addictions, abuse, relationships, self image.</p>

Robyn Coale www.reallifewomenshealth.com	Christian Nurse Practitioner and Dietician addressing eating disorder concerns. Offers remote sessions

Coaches	
Kimberly Hunt Espere Coaching esperecoaching.com	<p>Aim is to walk alongside clients and offer actionable support, encouragement, and even to challenge them as needed, in order to facilitate the meaningful change they want in their lives.</p> <p>Some of the areas in which Espere Coaching can have the greatest impact are:</p> <ul style="list-style-type: none"> ● Personal and professional transitions ● Interpersonal relationships ● Purpose-driven living ● Spiritual growth ● Life alignment <p>Complimentary 30-minute consultation for potential new clients.</p>
<u>New York Peace Institute</u> Brooklyn: 718.834.6671 Manhattan: 212.577.1740 Nypeace.org info@nypeace.org	Volunteer Nonprofit Mediation Services. Secular, formally a program of Safe Horizons. The services are free.
Missy Terrell 347 Fifth Avenue, Suite 610 New York, NY 10016 Website: missyterrell.com 917-734-5078	<p>Provides Career Counseling</p> <p>Christian psychotherapy specializing in trauma. Is certified in EMDR and trained in IFS.</p> <p>Worked at Redeemer Counseling Services</p> <p>\$200 per 50min session- Does not take insurance, however, out-of-Network reimbursement letters provided.</p>
Lauren Moy Career and Job Search Coach	Certified Career Coach https://www.linkedin.com/in/moylauren

lauren.l.moy@gmail.com
347-233-0723

Works with professionals to achieve their career goals