

GENERAL COUNSELING OPTIONS

The below options are compiled by Redeemer Counseling Services 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.

Faith-based Private Practices (Alphabetical by last name)		
Name / Contact	Specializations / Training	Fees / Insurance?
<p>Scott Abbott, M.A., LMHC</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>347-927-1155 scottmabbott@gmail.com</p>	<p>Provides letters for out-of-network insurance reimbursement.</p> <p>Christian counselor. Worked at Redeemer Counseling Services for several years as a counselor.</p> <p>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>Fee: \$225 for 45-min session.</p> <p>Insurance? No</p> <p>Out of network reimbursement letters? Yes.</p> <p>Call or email for a free 10-minute consultation or to book first appointment.</p>
<p>Deahna Calgaro, LMHC Lamppost Counseling NYC Remote counseling deahna@lpcnyc.com</p>	<p>Christian counselor. Worked at Redeemer Counseling Services for several years as a counselor.</p> <p>In private practice specializing in trauma as well as working with couples. Certified in EMDR.</p>	<p>\$200 / session</p>
<p>Peter Cha, LMFT Haven Counseling Services LLC 646-481-0622 peter@havencounseling.org</p>	<p>Clinical Director at Redeemer Counseling Services for more than 10 years before transitioning to his own practice. He has over 20 years of experience. He is Internal Family Systems trained, Certified in EMDR, Certified Administer MBTI, and Certified Trainer in Prepare/Enrich Inventory. He is proficient in addressing a wide range of concerns. He sees individuals and couples.</p>	

<p>Dr. Jay Feld, LMFT Manhattan: 280 Madison Ave #1011, New York, NY 10016 Queens: 71-36 110th St, #1-K, Forest Hills 917-572-4068 Doctorjay@doctorjay.net www.doctorjay.net</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 relationship counseling. Experience with pastors and church leaders as couples and individuals.</p>	<p>Insurance? No</p> <p>Out of network reimbursement letters? Yes.</p>
<p>Anthony Lopez, MAR, EdS, LMHC Remote counseling Licensed in FL, NY, NJ, VA, TX, CA, PA (518) 217-8439 tony@redeemedspirit.com</p>	<p>Christian counselor. Worked at Redeemer Counseling Services for several years as a counselor. 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</p> <p>Sliding Scale Fees: Individual: \$135-\$225 Couples: \$145 -\$250</p>
<p>Robin MacFarlane, PhD robin@robinmacfarlanephd.com (646) 494-1992</p>	<p>Former resident counselor at Redeemer Counseling Services.</p> <p>Sees adults, and specializes in anxiety, panic attacks, and insomnia. Enjoys working with individuals who feel lost and lonely.</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 in practice for 26 years.</p> <p>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>Offers Sliding Scale: Individuals \$125-\$200, couples and families \$175-250</p> <p>Insurance? No.</p> <p>Ask about counselor residents with lower rates under his supervision.</p>
<p>Michelle Park, LMFT ReEnvision Marriage and Family Therapy 38-01 23rd Ave, Suite 415 Astoria, NY 11105 Phone: (646) 450-9972 Michelle.Park@ReEnvision.Life www.reenvision.life</p>	<p>Christian counselor. Worked at Redeemer Counseling Services for several years as a counselor.</p> <p>In private practice seeing couples, families and individuals. Hours: M, T 10 AM – 9 PM</p> <p>Anxiety / Boundaries / Conflict Resolution / Communication / Grief & Loss / Emotional Intimacy / Anger Management / Identity Issues /</p>	<p>\$175 per session</p> <p>Sliding Scale.</p> <p>Free 20 minute consultation</p> <p>Insurance? No</p>

	Spiritual Issues / Life Transitions / Parenting / Post Abortive Issues / Dating & Premarital / Marriage /Affair Recovery / Ministry Families	Out of network reimbursement letters? Yes.
Dr. Michele Stefano Piccolo, PhD. Manhattan: 1651 Third Avenue, Suite 205 New York, NY 10128 646-598-7782 info@drpiccolo.nyc www.drpiccolo.nyc	Licensed Clinical Psychologist and Christian Counselor. Focusing on areas of anxiety, depression, spirituality, life-stages and transitions. In-depth Christian therapy focusing on finding hidden patterns.	Sliding scale. Insurance: Aetna (if out-of-network benefits) Empire BlueCross BlueShield (in-network) Medicare (in-network) CareConnect (in-network)
Julie Reinhold, PsyD. Psychologist DBT-Linehan Board of Certification, Certified Clinician TM 347-385-2466 julie@juliereinholdpsyd.com	Christian Psychologist and former Redeemer Counseling Services counselor. Over 20 years of experience. Completed DBT certification with the Linehan Board of Certification. While Dr. Reinhold sees clients with wide range of issues, she is specialized in working with adults with ADHD. She also draws from CBT for ADHD and a specific approach to mindfulness adapted to working with ADHD symptoms.	
Laura Speiller, LMFT SureHope Counseling, NYC LLC Midtown Manhattan, NYC Phone: 718-908-4855 https://surehopetherapy.com E-mail: laura@surehopetherapy.com	Former Redeemer Counseling Services Counselor. In private practice. 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 Band-Aid approach never brings the sustained change we long for in order to thrive. Due to COVID-19 All sessions currently online	
Missy Terrell, LMHC 347 Fifth Avenue, Suite 610 New York, NY 10016 917-734-5078 missyterrell.com	Christian counselor. Formerly worked at Redeemer Counseling Services as a counselor. In private practice offering Christian psychotherapy specializing in trauma. Is certified in EMDR and trained in IFS.	\$200 / 50 minute session Insurance? No. Out of Network reimbursement letters? Yes.

<p>Sobeyda Valle-Ellis, LCSW Heart Matters NYC Manhattan: (917) 922-8821 HeartMattersNYC@gmail.com www.HeartMattersNYC.com</p>	<p>Christian counselor. Worked with Redeemer Counseling Services for over 10 years. In private practice offering individual, family, couples, and marriage counseling. Speaks Spanish.</p> <p>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>Full fee: \$200, offers sliding scale.</p> <p>Offers lower fee options through counseling interns, supervised by Sobeyda.</p>
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Name / Contact	Specializations / Training	Fees / Insurance?
<u>Biblical Counselors</u>		
<p>Steve Hoppe, MDiv, Crosstown Counseling, LLC Educational Foundation (CCEF) Advanced Counseling Certification</p> <p><i>Remote Only</i></p> <p>steve@crosstowncounseling.org www.crosstowncounseling.org stevehoppe.com</p> <p>212.537.6502</p>	<p>Specialty areas include: marriage counseling, abuse (physical, emotional, sexual, spiritual), drug/alcohol addiction, anger, anxiety, depression, family dynamics, same-sex attraction, pornographic addiction, dating/relationships, premarital counseling (Prepare-Enrich certified), OCD, spiritual doubt, guilt, shame.</p>	<p>Fee for couples: \$195 (80 minutes) Fee for individuals: \$195 (80 minutes)</p> <p>Out-of-network insurance? No.</p> <p>Out of network reimbursement letters? Yes.</p> <p>Sliding scale on a limited basis.</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 / 50 minute session</p> <p>Out-of-Network Insurance? No</p> <p>Out of network reimbursement letters? Yes.</p> <p>Sliding scale.</p>
<u>Out of State Referrals</u>		
<p>Greenwich Center for Hope & Renewal 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>Arlene Navarro ReStory Counseling Philadelphia: 1420 Walnut Street Suite 1010 Philadelphia, PA 19102 484-489-0558 counseling@restorycounseling.org www.restorycounseling.org</p>	<p>Christian counselor, worked with Redeemer Counseling as a counselor and supervisor.</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>	

Counseling Centers and Institutes (Alphabetical)

Name / Contact	Specializations / Training	Fees / Insurance?
<u>Lower Cost Faith Based Therapy</u>		
Full Circle Health Bronx: 2429 East Tremont Avenue, Bronx, New York 10461 1-800-518-FULL www.fullcirclehealth.org	Christian Counseling Center. Offers Professional Counseling, Professional Evaluations, Mental Health Consultation, EAP Support, Domestic Violence Programs	Takes insurance.
NYACK Marriage and Family School Manhattan: Contact Andrew Mercurio: 845-770-5739	Christian Marriage and Family Therapy Program offering low fee student counselors	From \$10-\$35 per session. Counseling sessions will be observed by a senior therapist.
Pastoral Counseling Center of Flushing Queens: Ellen Van Etten, Director 142-10 Sanford Avenue Flushing, NY 11355 (718) 463-4613 www.pcccares.org	Counseling services by integrating psychotherapeutic techniques with Biblical principles.	
Wellsprings Counseling Center New Jersey locations: Fair Lawn, Hoboken, Mountain Lakes Manhattan and Upstate, NY: 41 Central Park West, Suite 1H, New York, NY 10023 646-957-2322 www.wellsprings.org/counseling	Christian counseling center for individuals, groups, marriage, and children.	Accepts some insurance. Call with insurance information.
<u>Lower Cost Therapy</u>		
Blanton Peale Institute Manhattan: 7 West 30th Street, 9th Floor New York, NY, 10001 (212) 725-7850 www.blantonpeale.org/	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.

info@blantonpeale.org		
<p>Chinese American Planning Council Sherry Ng, MSW Manhattan: 165 Eldridge Street New York, NY 10002 212-941-0030 cpc-nyc.org</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>Crisis Intervention, Individual and Family Counseling, Home Visits, Parent Training Courses, Resources for Families</p>	
<p>Post Graduate Institute 71 West 23 Street, New York, NY 212-576-4104</p>	<p>Contact for scheduling. Redeemer Counselors have previously worked here as well.</p>	<p>Lower fee options.</p>

Coaches
(Alphabetical by last name)

Name / Contact	Specializations / Training	Fees / Insurance?
<p>Kimberly Hunt Espere Coaching esperecoaching.com</p>	<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>	
<p>Lauren Moy Career and Job Search Coach lauren.l.moy@gmail.com 347-233-0723</p>	<p>Certified Career Coach https://www.linkedin.com/in/moylauren Works with professionals to achieve their career goals</p>	
<p>Missy Terrell 347 Fifth Avenue, Suite 610 New York, NY 10016 Website: missyterrell.com 917-734-5078</p>	<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-</p> <p>Does not take insurance, out-of-Network reimbursement letters provided.</p>
<p>Dr. Olimpio Wen Certified Executive Coach & Principal Consultant wenleadership.com</p>	<p>Provides leadership coaching, team consultation & facilitation, Career Design, and Assessments.</p>	