



Healthy  
Carolinians  
of Orange  
County

**Advocates for Adolescents**

**“Teen Friendly”**

**Therapist Listing**

**November 2006**

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**This listing is also available on-line in an Adobe pdf  
format at the following web address:  
[www.co.orange.nc.us/healthycarolinians](http://www.co.orange.nc.us/healthycarolinians)**

## Introduction

### ***About Advocates for Adolescents and This Listing***

The Advocates for Adolescents Committee of Healthy Carolinians of Orange County is a group made up of representatives from 15 agencies in Orange County and individual members that work with adolescents. One goal of the committee is to improve access to mental health services for Orange County Youth.

The committee originally published this listing of “teen friendly” therapists in response to community requests for this information. We are pleased to present this second edition. Due to the current changes in mental health services, this has proven to be a useful document. All those included in the listing submitted their information voluntarily. The result is a list of providers; it is by no means an exhaustive list but will provide individuals, families, counselors and community members with a starting point for seeking therapeutic care for teens. We will update the list as needed and make it available on the Orange County Government website. To update information or be included in future printings, please e-mail [mhitt@co.orange.nc.us](mailto:mhitt@co.orange.nc.us) .

The committee does not specifically recommend any therapist included in this list but rather, we provide the information as a community service. Listings in this publication are in no way an indicator of competence or endorsement by Healthy Carolinians of Orange County, Advocates for Adolescents or any of our affiliated agencies or representatives. We would like to thank the Mental Health Association of Orange County for sharing the information contained in the introductory pages of this listing as well as the list of credential abbreviations of professionals found in Appendix D. We would also like to thank the Women’s Center for the definitions of therapy styles in Appendix E.

### **Advocates for Adolescents Member Agencies**

Adolescent Parenting Program ▪ Boomerang ▪ Caring Family Networks  
Chapel Hill-Carrboro City Schools ▪ Communities in Schools of Orange County  
Dispute Settlement Center ▪ Family Advocacy Network ▪ Interested Individual Members  
Mental Health Association in Orange County ▪ NAMI Orange County  
Orange County Health Department ▪ Orange County Rape Crisis Center  
Orange County Schools ▪ Private Therapists  
The Community Backyard ▪ The Women’s Center  
UNC-Chapel Hill School of Social Work

To find out more about the work of Advocates for Adolescents or to get involved, please contact Maria Hitt, Healthy Carolinians Coordinator at 919-968-2022 Ext 291 or by e-mail: [mhitt@co.orange.nc.us](mailto:mhitt@co.orange.nc.us).

## County Mental Health Resources

### Orange County Service Agencies

Northside Child and Family Counseling Center of Caring Family Network  
412 Caldwell St., Chapel Hill, NC 27516      [www.ydca.org/CFN](http://www.ydca.org/CFN)  
(919) 913-4200      Clinical mental health services

Family Counseling Center of Caring Family Network  
300 West Tryon St., Hillsborough, NC 27278      [www.ydca.org/CFN](http://www.ydca.org/CFN)  
(919) 732-1150      Clinical mental health services

UNC Department of Psychiatry, Division of Child & Adolescent Psychiatry  
1<sup>st</sup> Floor Neurosciences Hospital, CB#7160, Chapel Hill, NC 27599  
(919) 966-6826      [www.psychiatry.unc.edu](http://www.psychiatry.unc.edu)

The UNC Division of Child and Adolescent Psychiatry offers consultation, inpatient hospitalization, and related services for children and adolescents. They accept insurance and Medicaid. They are also involved in research studies for various child and adolescent psychiatric disorders. Often, patients participating in research studies may receive their care for no cost. For information about current research studies, please call ASPIRE (1-800-708-0048 or 919-966-8655).

OASIS: Outreach and Support Intervention Services  
110 Conner Drive, Suite 4, Chapel Hill, NC 27514  
919-929-2311      [www.psychiatry.unc.edu/clinicalservices/oasis.htm](http://www.psychiatry.unc.edu/clinicalservices/oasis.htm)  
Provides services to adolescents and young adults recovering from their first psychotic episode. Services include psychiatric and psychosocial assessments, medication management, individual, family and group therapy and support.

Davie Hall Clinic of Psychological Services  
University of North Carolina at Chapel Hill, CB #3270, Davie Hall,  
Chapel Hill, NC 27599-3270  
(919)962-6906      [clinic@unc.edu](mailto:clinic@unc.edu)

Adolescent and child psychotherapy and assessment provided by doctoral level students in clinical psychology who are closely supervised by licensed, doctoral level psychologists. Sliding fee scale. For more information, go to the website:  
<http://www.unc.edu/depts/clinpsy/services/index.html>

OPC STAR (Screening, Triage, Access & Referral)  
919-913-4100

Uninsured individuals in Orange, Person or Chatham counties who are seeking mental health, substance abuse or developmental disabilities services may call OPC STAR to seek a referral to services. Individuals with Medicaid or private insurance should contact a provider directly to access services.

## Mental Health Resources

### Orange County Advocacy, Support and Referral

#### Mental Health Association in Orange County

302 W. Weaver St., Suite F., Carrboro, NC 27510  
P.O. Box 2253, Chapel Hill, NC 27515-2253  
(919) 942-8083     [www.mhaoc.com](http://www.mhaoc.com)

Provides non-clinical services, including education, advocacy, information & referral, and support groups. (See page 45 of this listing.)

#### National Alliance for the Mentally Ill-Orange County (NAMI-OC)

P.O. Box 4201, Chapel Hill, NC 27514  
(919) 929-7822     [www.namiorange.org](http://www.namiorange.org)

Offer education, advocacy, and family support services. Includes Family-to-Family Program, a series of free classes for family members and friends of persons with mental illness. (See page 45 of this listing. NAMI sponsors a telephone helpline (929-7822), community educational activities, and advocacy efforts.

#### The Arc of Orange County

1777 North Fordham Blvd., Suite 201 Chapel Hill, NC 27514  
(919) 942-5119     [www.arcoforange.org](http://www.arcoforange.org)

The Arc provides support services for individuals with developmental disabilities including respite care, community inclusion for teens, self-advocacy group for adults, supportive employment, group and social activities, information and referral and advocacy.

### North Carolina

#### Division of Mental Health:

(919) 733-7011     3001 Mail Service Center, Raleigh, NC 27699-3001  
[www.dhhs.state.nc.us/mhddsas](http://www.dhhs.state.nc.us/mhddsas)

#### Mental Health Association in North Carolina:

(919) 981-0740     3820 Bland Rd., Raleigh, NC 27609  
Helpline: 1-800-897-7494     [www.mha-nc.org](http://www.mha-nc.org)

#### National Alliance for the Mentally Ill-North Carolina (NAMI-NC):

(919) 788-0801     309 West Millbrook Rd., Suite 121, Raleigh, NC 27609  
NAMI-NC Helpline: (800) 451-9682     [www.naminc.org](http://www.naminc.org)

## Questions to Consider When Seeking Help:

The therapeutic relationship is a key ingredient in successful treatment. Here are some of the topics you may wish to consider when selecting a therapist:

**Credentials:** Academic qualifications and licensure.

**Experience:** The length of time the person has been in practice, types of clients served (e.g., children, adolescents, etc.), and areas of specialty (e.g., major illness, eating disorders, divorce, etc).

**Treatment Procedures:** The length and frequency of sessions, medication information, emergency arrangements, expected duration of treatment. If, after a reasonable length of time, you feel that a rapport has not been established between you and your therapist, you may choose to change practitioners.

**Office Procedures:** Office hours, notification of cancellation of appointments.

**Confidentiality:** Who will have access to your records? May you have a copy of your records?

**Financial Arrangements:** Fees, insurance coverage, special payment considerations.

*(Mental Health Association of Orange County)*

**Ah-Tye, Collette, MD**  
**Human Resource Consultants**  
**100 Europa Drive, Suite 260**  
**Chapel Hill, NC 27514**

**Phone:** 929.1227  
**Bus Line:** Yes TTA,D  
**Office Hours:** M,T,W (10-5)

**Education**  
MD, University of California

**Certification/Licensure**  
4 years, Adult Psychiatry  
3 Years, Child and Adolescent Psychiatry

**Areas of Specialty**  
Anxiety, Attention and Learning Problems,  
Depression, Bipolar Disorder, General  
Psychological Issues, Grief and Loss, Parenting,  
Foreign Adoptions

**Client Populations**  
Adolescents, Children, Adults

**Therapy Styles**  
Eclectic-Psychodynamic, Cognitive-Behavioral,  
Interpersonal

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$235  
Offer Initial Consult by Phone: Yes-brief  
Regular Fee: \$175/hr, \$125/half hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: NA  
Lowest fee accepted without insurance: Please  
call

**Optional Questions**  
Gender: Female  
Race/Ethnicity: Asian-American

**Amundsen, Nicole, LCSW**  
**1829 East Franklin St.**  
**Franklin Square, Suite 900-B**  
**Chapel Hill, NC 27514**

**Phone:** 593.4501  
**Bus Line:** Yes CL, D  
**Office Hours:** M-F (til 8 PM)

**Education**  
MSW, UNC-CH

**Certification/Licensure**  
LCSW, 8 years private practice

**Areas of Specialty**  
Anxiety, Depression, Bipolar Disorder, General  
Psychological Issues, Parent Relationships,  
Separation and Divorce

**Client Populations**  
Adolescents, Children, Adults, Couples, Families

**Therapy Styles**  
Cognitive-Behavioral, Dialectical Behavior  
Therapy, Mindfulness-Based Stress Reduction,  
Insight-oriented, Psychodynamic

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$0  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$100/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: Negotiable  
Lowest fee accepted without insurance:  
Negotiable

**Optional Questions**  
Gender: Female  
Race/Ethnicity: Caucasian

**Bailes, Mark A., LCSW**  
**Hope Valley Psychotherapy**  
**Associates, LLP**  
**1502 Highway 54 West, #603**  
**Durham, NC 27707**

**Phone:** 419.3110 ext 111  
**Website:** www.hopevalleypsych.com  
**Bus Line:** TTA route 402 and 403  
**Office Hours:** M-F (9 to 7)

**Education**  
MSW, UNC-CH

**Certification/Licensure**  
20 years, Private Practice  
5 years, Children and Adolescent Mental Health Program  
3 years, Wake Teen Center

**Areas of Specialty**  
Anxiety, Children of Alcoholics and Co-Dependence, Depression, Bipolar Disorder, Drug, Alcohol, Tobacco and other Addictions, Separation and Divorce

**Client Populations**  
Adolescents, Children, Adults, Couples, Families

**Therapy Styles**  
Cognitive/Behavioral, Family Systems, Interpersonal and Logical Consequences

**Languages Spoken:** English

**Group Sessions Offered:** Yes  
Single Parenting, Partners of Sexual Abuse Survivors and Step families

**Fee Structure**  
Initial Consultation Fee: \$160  
Offer Initial Consult by Phone: Yes-limited  
Regular Fee: \$110/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance:  
Lowest fee accepted without insurance:

**Optional Questions**  
Gender: Male  
Race/Ethnicity: Caucasian

**Barksdale, Roxanne, LCSW**  
**Hillsborough Institute for Change**  
**960 Corporate Drive**  
**Suite 102**  
**Hillsborough, NC 27278**

**Phone:** 732.8722  
**Bus Line:** TTA- near Sportsplex  
**Office Hours:** By Appointment

**Education**  
MSW, UNC-CH

**Certification/Licensure**  
25 years, Clinical/Mental Health/Private Practice

**Areas of Specialty**  
Anxiety, Children of Alcoholics and Co-Dependence, Depression, Bipolar Disorder, Family Violence/Physical Abuse and Neglect, General Psychological Issues, Parent Relationships, Sexual Abuse and Incest

**Client Populations**  
Adolescents, Children, Adults, Couples, Families

**Therapy Styles**  
Transactional Analysis-Especially Redecision Therapy (TA-Gestalt), Relational Empowerment, Systems Models and Occasional Cognitive Behavioral

**Languages Spoken:** English

**Group Sessions Offered:** Yes  
Therapy groups

**Fee Structure**  
Initial Consultation Fee: \$100  
Offer Initial Consult by Phone: Yes-brief  
Regular Fee: \$100/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: No, 2 low fees slots available  
Lowest fee accepted with insurance: N/A  
Lowest fee accepted without insurance: \$80

**Optional Questions**  
Gender: Female  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual

**Barnett, Linda R., Ph.D.**  
**300 Eastowne Drive**  
**Suite 203**  
**Chapel Hill, NC 27514**

**Phone:** 490.0218  
**Bus Line:** Yes  
**Office Hours:** M-F(8-6)

**Education**  
BA, Stanford University, MA, PhD, University of Kentucky

**Certification/Licensure**  
23 years, Private Practice

**Areas of Specialty**  
Anxiety, Body Image/Eating Disorders, Depression, Bipolar Disorder, Grief and Loss, Self-Esteem

**Client Populations**  
Adolescents (16+), Adults, Couples

**Therapy Styles**  
Eclectic-Cognitive Behavioral with Dynamic Systems Awareness

**Languages Spoken:** English

**Group Sessions Offered:** Yes  
Motherless Daughters, Parental Loss, Eating Disorders

**Fee Structure**  
Initial Consultation Fee: \$120  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$110/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance: NA  
Lowest fee accepted without insurance: NA

**Optional Questions**  
Does your practice have a spiritual component?  
Addresses spiritual needs of clients  
Gender: Female  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual

**Bishop, Mara, ThM, CSC**  
**Whole Spirit**  
**206 East Woodridge Drive**  
**Durham, NC 27707**

**Phone:** 419.1074  
**Website:** www.wholespirit.com  
**Bus Line:** No  
**Office Hours:** Varies, call for appt.

**Education**  
MS. ThM, CSC, Greenwich University, Holos University, Foundation For Shamanic Studies

**Certification/Licensure**  
11 years, Private Practice, Shamanic Counseling

**Areas of Specialty**  
Spirituality

**Client Populations**  
Adolescents, Children, Adults, Couples

**Therapy Styles**  
Spiritual, Intuitive and Shamanic

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$95  
Offer Initial Consult by Phone: No  
Regular Fee: \$75/hr  
Accept Insurance: No  
Accept Medicaid: No  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: NA  
Lowest fee accepted without insurance: \$50/hr

**Optional Questions**  
Does your practice have a spiritual component?  
Shamanic Healing  
Gender: Female  
Race/Ethnicity: Caucasian

**Brooks, DeChanile J., MA, LPA**  
**180 Providence Road**  
**Suite 4**  
**Chapel Hill, NC 27514**

**Phone:** 439.4412  
**Bus Line:**  
**Office Hours:** M,W,Th (9-7)

**Education**  
M.A. Clinical Psychology, East Carolina University

**Certification/Licensure**  
13 years, inpatient, outpatient, clinic, residential, private practice

**Areas of Specialty**  
Anxiety, Depression, Bipolar Disorder, Drug, Alcohol, Tobacco and other Addictions, General Psychological Issues, Grief and Loss, Self-Injurious Behaviors

**Client Populations**  
Adolescents, Children, Adults, Families

**Therapy Styles**  
Insight Oriented, Supportive, Cognitive Behavioral

**Languages Spoken:** English

**Group Sessions Offered:** Yes  
Depression, Anxiety, DBT

**Fee Structure**  
Initial Consultation Fee: \$100  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$100/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance: NA  
Lowest fee accepted without insurance: NA

**Optional Questions**  
Gender: Female  
Race/Ethnicity: Caucasian

**Byck, Judy, MSW, LCSW**  
**201 Albemarle Street**  
**Durham, NC 27701**

**Phone:** 682.1179  
**Bus Line:** Yes- just off Main St.  
**Office Hours:** Day and Evening Hours

**Education**  
MSW, Smith College

**Certification/Licensure**  
18 years, Inpatient, Outpatient, Agency & Private Practice

**Areas of Specialty**  
Anxiety, General Psychological Issues, Parent Relationships, Self-Esteem, Trauma

**Client Populations**  
Adolescents, Adults, Couples, Families

**Therapy Styles**  
Relational, Psychodynamic and Feminist

**Languages Spoken:** English, French

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$105  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$105/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: call  
Lowest fee accepted without insurance: call

**Optional Questions**  
Gender: Female  
Race/Ethnicity: Caucasian

**Carlton, Alice, LCSW**  
**304 Barclay Road**  
**Chapel Hill, NC 27516**

**Phone:** 942.3494

**Website:** www.alicecarlton.com

**Bus Line:** A

**Office Hours:** M-F (8 to 6:30)

**Education**

MSW, UNC-CH

**Certification/Licensure**

18 years, Private Practice

7 years, Psych. Unit Alamance Memorial Hospital

4 years, Group Home

**Areas of Specialty**

Anxiety, Depression, Bipolar Disorder, Lesbian, Gay, Bisexual and Transgender Issues, Parent Relationships, Peer Relationships, Friendships, Dating

**Client Populations**

Adolescents, Children, Adults, Couples, Families

**Therapy Styles**

Family Systems, Imago Relationship Therapy, Clinical Hypnosis, Dialectical Behavior Therapy

**Languages Spoken:** English, French

**Group Sessions Offered:** Yes

Conscious Dating Workshops

**Fee Structure**

Initial Consultation Fee: \$0

Offer Initial Consult by Phone: No

Regular Fee: \$100/hr

Accept Insurance: Yes

Accept Medicaid: Yes

Offer a sliding fee scale: Flexible Payment Plan

Lowest fee accepted with insurance:

Lowest fee accepted without insurance: \$75

**Optional Questions**

Gender: Female

Race/Ethnicity: Caucasian

Sexual Orientation: Heterosexual

**Catania, Patricia, LCSW**  
**121 South Estes Drive**  
**Suite 204 A**  
**Chapel Hill, NC 27517**

**Phone:** 967.2744 or 260.1243

**Website:** www.patriciacatania.bigstep.com

**Bus Line:** Yes-next to PO

**Office Hours:** M-W & F (10 to 5) and Th (10 to 9)

**Education**

MSW, Barry University

**Certification/Licensure**

27 years, LCSW

7 years, LMFT

**Areas of Specialty**

Anxiety, Children of Alcoholics and Co-Dependence, Drug, Alcohol, Tobacco and other Addictions, Lesbian, Gay, Bisexual and Transgender Issues, Peer Relationships, Friendships, Dating, Separation and Divorce

**Client Populations**

Adolescents, Adults, Couples, Families

**Therapy Styles**

Systems and Cognitive Behavioral

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**

Initial Consultation Fee: Free 1/2 hour

Offer Initial Consult by Phone: Yes-brief

Regular Fee: \$95/hr

Accept Insurance: Yes

Accept Medicaid: No

Offer a sliding fee scale: Yes

Lowest fee accepted with insurance: \$95

Lowest fee accepted without insurance: \$70

**Optional Questions**

Gender: Female

Race/Ethnicity: Caucasian/Italian-American

**Clark, Megan, LPC, LMFT**  
1201 Raleigh Road  
Suite 202  
Chapel Hill, NC 27517

**Phone:** 929.1104  
**Bus Line:** G  
**Office Hours:** M-F (8:30-4:30)

**Education**

MA Counseling, Univ. of San Francisco

**Certification/Licensure**

8 years, Private Practice  
4 years, Elementary School  
3 years, Pre-School

**Areas of Specialty**

Attention and Learning Problems, General Psychological Issues, Parent Relationships, School Issues, Separation and Divorce

**Client Populations**

Children, Families

**Therapy Styles**

Systems with Psychodynamic, Play Therapy

**Languages Spoken:** English, Spanish

**Group Sessions Offered:** Yes

Child parent relationship clas, Filial therapy

**Fee Structure**

Initial Consultation Fee: \$100.00/hr  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$100/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance:  
Lowest fee accepted without insurance:

**Optional Questions**

Gender: Female  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual

**Cooper, Richard S., Ph.D.**  
125 Kingston Drive  
Suite 101  
Chapel Hill, NC 27514

**Phone:** 942.3229  
**Bus Line:** T  
**Office Hours:** M (9:30 to 7:45), T&Fri, (9:30 to 2:30)

**Education**

PhD, UNC-CH

**Certification/Licensure**

28 years, Private Practice

**Areas of Specialty**

Anxiety, Parent Relationships, Peer Relationships, Friendships, Dating, Separation and Divorce, Self-Esteem

**Client Populations**

Adolescents, Adults, Couples, Families

**Therapy Styles**

Interactive Eclectic

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**

Initial Consultation Fee: \$135  
Offer Initial Consult by Phone: Please call  
Regular Fee: \$110/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: Low-fee slots, please call  
Lowest fee accepted with insurance: \$70  
Lowest fee accepted without insurance: \$60

**Optional Questions**

Does your practice have a spiritual component?  
Jewish  
Gender: Male  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual

**Coopmans, Melany B., LCSW**  
**200 West Weaver Street**  
**Carrboro, NC 27510**

**Phone:** 636.0984  
**Bus Line:** CW,J , F  
**Office Hours:** Please Call

**Education**

M.A., LCSW, University of Chicago

**Certification/Licensure**

5 years, Private Practice  
3 years Clinical Practice

**Areas of Specialty**

Anxiety, Depression, Bipolar Disorder, Grief and Loss, Sexual Abuse and Incest, Self-Esteem, Couples Therapy

**Client Populations**

Adolescents, Adults, Couples, Families

**Therapy Styles**

Psychodynamic, Client Centered, Interpersonal and Cognitive

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**

Initial Consultation Fee: \$90  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$90/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: Depends  
Lowest fee accepted without insurance: \$50

**Dingman, Marguerite, LCSW**  
**1101 W. Main St.**  
**Suite 103**  
**Durham, NC 27707**

**Phone:** 493.7376  
**Bus Line:** Durham Rt 5  
**Office Hours:** M-Th, day and some evenings

**Education**

MSW, University of Illinois, Urbana-Champaign;  
M. Div. McCormick Theological Seminary

**Certification/Licensure**

6.5 years, Outpatient Clinic  
9 years, Inpatient and Residential Treatment with Children and Adolescents  
8 years, Child Welfare and Domestic Violence Services

**Areas of Specialty**

Family Violence/Physical Abuse and Neglect, General Psychological Issues, Parent Relationships, Self-Esteem, Spirituality

**Client Populations**

Adolescents, Children, Adults, Couples, Families

**Therapy Styles**

Psychodynamic/Relationship Oriented, Cognitive and Solution-Focused

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**

Initial Consultation Fee: \$90  
Offer Initial Consult by Phone: No  
Regular Fee: \$90/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance:  
Lowest fee accepted without insurance:

**Optional Questions**

Gender: Female  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual/Gay Affirmative

**Epperson, Pamela, Ed.D**  
**3310 Croasdaile Place**  
**#700**  
**Durham, NC 27705**

**Phone:** 383.4146  
**Bus Line:** Yes  
**Office Hours:** M - Th, Afternoons

**Education**  
EdD, Duke University

**Certification/Licensure**  
20 years, Part-time John Umstead Hospital

**Areas of Specialty**  
Depression, Bipolar Disorder, Grief and Loss,  
Parent Relationships, Sexual Abuse and Incest,  
Self-Esteem

**Client Populations**  
Adolescents, Adults, Families

**Therapy Styles**  
Psychodynamic, Cognitive and Behavioral

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$90  
Offer Initial Consult by Phone: No  
Regular Fee: \$85/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance:  
Lowest fee accepted without insurance: \$30

**Evely, Clyde, Ph.D.**  
**180 Providence Road**  
**Suite 4**  
**Chapel Hill, NC 27516**

**Phone:** 493.4400  
**Bus Line:** Yes D  
**Office Hours:** M-F (9-7)

**Education**  
PhD, UNC-CH

**Certification/Licensure**  
2.5 years, Private Practice  
15 years, OPC Mental Health Center

**Areas of Specialty**  
Anger Management/Aggression,  
Bullying/Harrassment/Interpersonal Violence,  
Depression, Bipolar Disorder, Family  
Violence/Physical Abuse and Neglect, Sexual  
Abuse and Incest

**Client Populations**  
Adolescents, Children, Adults, Families

**Therapy Styles**  
Cognitive Behavioral, Eclectic

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$145  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$115/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: \$70  
Lowest fee accepted without insurance: \$70

**Optional Questions**  
Gender: Male  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual

**Fellner, Katherine A., Ph.D.**  
**104 South Estes Drive**  
**Suite 206**  
**Chapel Hill, NC 27514**

**Phone:** 933.3773  
**Bus Line:** Yes  
**Office Hours:** Varies

**Education**  
PhD, University of California, Berkely

**Certification/Licensure**  
15 years, Community Mental Health  
Private Practice

**Areas of Specialty**  
Body Image/Eating Disorders, Depression,  
Bipolar Disorder, Parent Relationships, Peer  
Relationships, Friendships, Dating, Sexual Abuse  
and Incest

**Client Populations**  
Adolescents, Adults, Couples

**Therapy Styles**  
Psychodynamic, Cognitive-Behavioral, Systems

**Languages Spoken:** English

**Group Sessions Offered:** Yes  
Eating Disorders

**Fee Structure**  
Initial Consultation Fee: \$100  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$100/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: \$65  
Lowest fee accepted without insurance: \$50

**Fisher, Judy V., LCSW**  
**109-B Millstone Drive**  
**Hillsborough, NC 27278**

**Phone:** 644.0804  
**Bus Line:** No  
**Office Hours:** Flexible

**Education**  
MSW, Rutgers University

**Certification/Licensure**  
9 years, NJ  
3 years, NC

**Areas of Specialty**  
Attention and Learning Problems, Depression,  
Bipolar Disorder, General Psychological Issues,  
Parent Relationships, School Issues

**Client Populations**  
Adolescents, Children, Adults, Couples, Families

**Therapy Styles**  
Behavioral/Cognitive, Relaxation Techniques,  
Eclectic

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: sliding scale  
Offer Initial Consult by Phone: varies  
Regular Fee: \$90/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: varies  
Lowest fee accepted without insurance: varies

**Optional Questions**  
Gender: Female  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual-sensitive to  
homosexual issues

Advocates for Adolescents

**FitzGerald, Holly, LCSW**  
213 Oxford Hills Drive  
Chapel Hill, NC 27514

**Phone:** 942.4778

**Bus Line:** Yes

**Office Hours:** M, W & F, (11 to 7)

**Education**

MS, Columbia Pacific

**Certification/Licensure**

10 years, LCSW

**Areas of Specialty**

General Psychological Issues

**Client Populations**

Adolescents, Children, Adults, Couples, Families

**Therapy Styles**

Cognitive Behavioral Therapy

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**

Initial Consultation Fee: \$0

Offer Initial Consult by Phone: Yes

Regular Fee: \$72-\$110/hr

Accept Insurance: Yes

Accept Medicaid: Yes

Offer a sliding fee scale: Yes

Lowest fee accepted with insurance: \$75

Lowest fee accepted without insurance: \$50

**Gorman, John A., Ph.D.**  
901 Willow Drive  
Suite 1  
Chapel Hill, NC 27514

**Phone:** 942.2363

**Bus Line:** Yes

**Office Hours:** M-F (8 to 5)

**Education**

PhD, UNC-CH

**Certification/Licensure**

38 years, Private Practice

6 years, Inpatient Treatment Unit

**Areas of Specialty**

Anxiety, Attention and Learning Problems,

Depression, Bipolar Disorder, Peer

Relationships, Friendships, Dating, Self-Esteem

**Client Populations**

Adolescents, Children, Adults

**Therapy Styles**

Interpersonal and Cognitive

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**

Initial Consultation Fee: \$90

Offer Initial Consult by Phone: Yes-brief

Regular Fee: \$90/hr

Accept Insurance: Yes

Accept Medicaid: Yes

Offer a sliding fee scale: No

Lowest fee accepted with insurance: please call

Lowest fee accepted without insurance: please call

**Goz, Rebecca, Ph.D.**  
506 Bank of America Center  
Franklin Street  
Chapel Hill, NC 27514-0905

**Phone:** 967.9371  
**Bus Line:** Yes  
**Office Hours:** M-F( 9-6)

**Education**  
PhD, Columbia University

**Certification/Licensure**  
30 years, Private Practice

**Areas of Specialty**  
Anxiety, Depression, Bipolar Disorder, Grief and Loss, Parent Relationships, Peer Relationships, Friendships, Dating

**Client Populations**  
Adolescents (15+), Adults, Couples, Families

**Therapy Styles**  
Psychodynamic-insight oriented

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$165  
Offer Initial Consult by Phone: Yes-brief  
Regular Fee: \$145-150/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance: NA  
Lowest fee accepted without insurance: NA

**Optional Questions**  
Gender: Female  
Race/Ethnicity: Caucasian

**Groux, Carol, LPC**  
1829 East Franklin Street  
Suite 100 A  
Chapel Hill, NC 27514

**Phone:** 259-8232  
**Bus Line:** Yes D, C/L, F  
**Office Hours:** M-F(8:30 AM-8 PM) Sat (9-1)

**Education**  
M.C., University of Phoenix

**Certification/Licensure**  
5 years, Community Mental Health  
Private Practice

**Areas of Specialty**  
Career and Vocational, Children of Alcoholics and Co-Dependence, Drug, Alcohol, Tobacco and other Addictions, School Issues, Parenting Oppositional Children

**Client Populations**  
Adolescents, Children, Adults, Couples, Families

**Therapy Styles**  
Cognitive Behavioral Therapy

**Languages Spoken:** English

**Group Sessions Offered:** Yes  
ADD/ADHD Family Support Group

**Fee Structure**  
Initial Consultation Fee: \$125  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$95/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: \$55  
Lowest fee accepted without insurance: \$55

**Optional Questions**  
Gender: Female  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual

Advocates for Adolescents

**Holloman, William, NCC**  
**Duke Community Bereavement Services**  
**1001 Corporate Drive**  
**Hillsborough, NC 27278**

**Phone:** 644.6869

**Bus Line:** No

**Office Hours:** M-F (9 to 5 or by Appt.)

**Education**

Masters, Counseling, Georgia State University

**Certification/Licensure**

11 years, Hospice and Bereavement Counseling

1 year, Certified Thanatology

**Areas of Specialty**

Grief and Loss

**Client Populations**

Adolescents, Children, Adults, Couples, Families

**Therapy Styles**

Insight-oriented, Educational and Health

Perspectivie

**Languages Spoken:** English

**Group Sessions Offered:** Yes

**Fee Structure**

Initial Consultation Fee: \$0

Offer Initial Consult by Phone: No

Regular Fee: Contributions Accepted

Accept Insurance: No

Accept Medicaid: No

Offer a sliding fee scale: No

Lowest fee accepted with insurance: N/A

Lowest fee accepted without insurance: N/A

**Hundley, Jo Ann, Ph.D.**  
**211 Providence Road**  
**Chapel Hill, NC 27514**

**Phone:** 408.096

**Bus Line:** Yes D

**Office Hours:** M-F (10-6)

**Education**

PhD, UNC-CH

**Certification/Licensure**

19 years, Private Practice

2 years, Chatham Co. Schools Counselor

5 years, Charlotte Rehab Hospital

**Areas of Specialty**

Anxiety, Depression, Bipolar Disorder, General  
Psychological Issues, Sexuality, Self-Esteem

**Client Populations**

Adolescents, Adults, Couples

**Therapy Styles**

Eclectic

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**

Initial Consultation Fee: Negotiable

Offer Initial Consult by Phone: No

Regular Fee: Please call

Accept Insurance: Yes

Accept Medicaid: Please call

Offer a sliding fee scale: No

Lowest fee accepted with insurance: NA

Lowest fee accepted without insurance: NA

**Johnson, Michelle, LCSW**  
1829 East Franklin Street  
Suite 900 B  
Chapel Hill, NC 27514

**Phone:** 260.2145  
**Bus Line:** D, C/L  
**Office Hours:** Evenings

**Education**  
MSW, UNC-CH

**Certification/Licensure**  
5 years, LCSW  
8 years, High School/College Counseling Center

**Areas of Specialty**  
Body Image/Eating Disorders, Date Rape/Dating  
Violence, Lesbian, Gay, Bisexual and  
Transgender Issues, Racial/Cultural Identity,  
Sexual Abuse and Incest

**Client Populations**  
Adolescents, Adults, Families

**Therapy Styles**  
Cognitive-Behavioral Therapy and Eye  
Movement Desensatization & Reprocessing

**Languages Spoken:** English

**Group Sessions Offered:** Yes  
Cognitive Behavioral for Women, Eating  
Disorders

**Fee Structure**  
Initial Consultation Fee: \$60  
Offer Initial Consult by Phone: No  
Regular Fee: \$95/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: \$50  
Lowest fee accepted without insurance: \$30

**Optional Questions**  
Gender: Female  
Race/Ethnicity: African-American  
Sexual Orientation: Heterosexual

**Killian, Linda, LCSW, LCAS**  
Hillsborough Institute for Change  
960 Corporate Drive  
Suite 201  
Hillsborough, NC 27278

**Phone:** 732-8722  
**Bus Line:** TTA- near Sportsplex  
**Office Hours:** By Appointment, also  
appointments on evenings and Saturdays

**Education**  
MSW, Michigan State University

**Certification/Licensure**  
5 years, Private Practice  
20 years, Public and Private Practice (UNC,  
Duke, OPC, Alamance Behavioral Medicine

**Areas of Specialty**  
Depression, Bipolar Disorder, Drug, Alcohol,  
Tobacco and other Addictions, Grief and Loss,  
Parent Relationships, Separation and Divorce

**Client Populations**  
Adolescents, Children, Adults, Couples, Families

**Therapy Styles**  
Transactional Analysis/Redecision Therapy

**Languages Spoken:** English

**Group Sessions Offered:** Yes  
Parenting, Personal Growth, Developing  
Communication Skills

**Fee Structure**  
Initial Consultation Fee: \$150  
Offer Initial Consult by Phone: No  
Regular Fee: \$100/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: No, but negotiate fees  
by request  
Lowest fee accepted with insurance: \$65  
Lowest fee accepted without insurance: \$50

**Kramer, Peter, LCSW**  
**Family Counseling Services**  
**300 West Tryon Street**  
**Hillsborough, NC 27278**

**Phone:** 732.1150  
**Bus Line:** No  
**Office Hours:** M-F (8 to 5)

**Education**  
MSW, UNC-CH

**Certification/Licensure**  
18 years, OPC Area Mental Health

**Areas of Specialty**  
Anger Management/Aggression, Drug, Alcohol,  
Tobacco and other Addictions, Peer  
Relationships, Friendships, Dating, School  
Issues, Self-Esteem

**Client Populations**  
Adolescents, 12-18

**Therapy Styles**  
Problem Solving, Supportive, Strength-Based.  
Use of Sports, Music & Writing

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: Sliding  
Offer Initial Consult by Phone: Yes  
Regular Fee: Please call  
Accept Insurance: Health Choice  
Accept Medicaid: Yes  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: NA  
Lowest fee accepted without insurance: \$5

**Optional Questions**  
Gender: Male  
Race/Ethnicity: Caucasian

**Lappenbusch, Nancy, Psy.D.**  
**111 1/2 North Churton Street**  
**Hillsborough, NC 27278**

**Phone:** 644.76  
**Bus Line:** No  
**Office Hours:** Call for appt.

**Education**  
Psy.D, Widener University

**Certification/Licensure**  
10 years, Community Health and Private Practice

**Areas of Specialty**  
Anxiety, Depression, Bipolar Disorder, General  
Psychological Issues, Parent Relationships,  
School Issues

**Client Populations**  
Adolescents, Children (8+), Adults, Families

**Therapy Styles**  
Eclectic, Cognitive Behavioral

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$0  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$90/hr  
Accept Insurance: No  
Accept Medicaid: Yes  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance: NA  
Lowest fee accepted without insurance: NA

**Optional Questions**  
Gender: Female

**Lea, Elena, Ph.D.**  
**Human Resources Consultant**  
**100 Europa Drive**  
**Suite 260**  
**Chapel Hill, NC 27514**

**Phone:** 929.1227  
**Bus Line:** TTA  
**Office Hours:** M-F (9 to 6)

**Education**  
PhD, University of Florida

**Certification/Licensure**  
3 years, Private Practice  
2 years

**Areas of Specialty**  
Anxiety, Attention and Learning Problems,  
Depression, Bipolar Disorder, Parent  
Relationships, Peer Relationships, Friendships,  
Dating

**Client Populations**  
Adolescents, Children, Families

**Therapy Styles**  
Interpersonal

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$175  
Offer Initial Consult by Phone: No  
Regular Fee: \$120/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: \$80  
Lowest fee accepted without insurance:

**Optional Questions**  
Gender: Female  
Race/Ethnicity: Caucasian

**Lepage, Tina, Psy.D.**  
**Lepage Associates**  
**1703 Legion Road**  
**Suite 204**  
**Chapel Hill, NC 27517**

**Phone:** 933.5355  
**Bus Line:** F(green) or D(gray)  
**Office Hours:** M - Th (8 to 7), F (8 to 5) and Sat (9 to 4)

**Education**  
Psy. D in Clinical Psychology, MPA, BS in Child  
Development & Family Relationships, American School of  
Professional Psychology, Troy State University and  
University of Maine

**Certification/Licensure**  
7 years, Clinical: Private Practice, University Counseling,  
Residential Treatment, Court and Community Counseling  
11 years, Counseling: U.S. Dept. of Defense, Corporations,  
Universities

**Areas of Specialty**  
Drug, Alcohol, Tobacco and other Addictions, General  
Psychological Issues, Parent Relationships, Peer  
Relationships, Friendships, Dating, Self-Esteem

**Client Populations**  
Adolescents, Children, Adults, Couples, Families

**Therapy Styles**  
Cognitive Behavioral, Experiential and Family Systems

**Languages Spoken:** English

**Group Sessions Offered:** Yes

**Fee Structure**  
Initial Consultation Fee: \$0  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$75 and up  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: No but ask  
Lowest fee accepted with insurance: \$75  
Lowest fee accepted without insurance: please ask

**Lerner, Stephanie, LPC**  
201 Providence Road  
Chapel Hill, NC 27514

**Phone:** 403.1007

**Bus Line:** D

**Office Hours:** T-Th (9 to 6) and F (9 to 12)

**Education**

BS, University of Chicago

**Certification/Licensure**

LPC

5 years, OPT

6 years, Grief Counselor

**Areas of Specialty**

Anxiety, Attention and Learning Problems,  
Career and Vocational, Depression, Bipolar  
Disorder, Grief and Loss, Parent Relationships,  
Peer Relationships, Friendships, Dating

**Client Populations**

Adolescents, Children, Adults, Couples, Families

**Therapy Styles**

Psychodynamic, Cognitive Behavioral, Eye  
Movement Desensitization & Reprocessing,  
Holistic Approach

**Languages Spoken:** English, Dutch

**Group Sessions Offered:** Yes

**Fee Structure**

Initial Consultation Fee: \$130, Free Initial Consult

Offer Initial Consult by Phone: Yes

Regular Fee: \$110/hr

Accept Insurance: Yes

Accept Medicaid: Yes

Offer a sliding fee scale: Yes

Lowest fee accepted with insurance: please ask

Lowest fee accepted without insurance: please  
ask

**Lipsitz, Lou, LCSW**  
111 Cloister Court  
Suite 100  
Chapel Hill, NC 27514

**Phone:** 942.9574

**Bus Line:** Yes

**Office Hours:** M,W,F (12 to 6)

**Education**

MSW, UNC-CH

**Certification/Licensure**

12 years, Private Practice LCSW

2 years, Public Mental Health

**Areas of Specialty**

Anxiety, Depression, Bipolar Disorder, General  
Psychological Issues, Life Transitions and Men's  
Issues

**Client Populations**

Adolescents, Adults, Couples

**Therapy Styles**

Humanistic and Object Relations

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**

Initial Consultation Fee: \$100

Offer Initial Consult by Phone: No

Regular Fee: \$100/hr

Accept Insurance: Yes

Accept Medicaid: No

Offer a sliding fee scale: Yes

Lowest fee accepted with insurance: \$60

Lowest fee accepted without insurance: Call

**Optional Questions**

Gender: Male

**Loven, M. David, Ph.D.**  
800 Eastowne Drive  
Suite 201  
Chapel Hill, NC 27514

**Phone:** 493.6329 Ext.2#  
**Bus Line:** Yes  
**Office Hours:** M-Th (9 to 7)

**Education**  
PhD, UNC-CH

**Certification/Licensure**  
25 years Private Practice, Public Mental Health

**Areas of Specialty**  
Anxiety, Attention and Learning Problems,  
Depression, Bipolar Disorder, General  
Psychological Issues, Parent Relationships

**Client Populations**  
Adolescents, Children, Adults, Families

**Therapy Styles**  
Eclectic with emphasis on Family Systems,  
Experiential and Cognitive-Behavioral

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$150  
Offer Initial Consult by Phone: No  
Regular Fee: \$125/hr  
Accept Insurance: BCBS  
Accept Medicaid: No  
Offer a sliding fee scale: Yes, 3 Slots  
Lowest fee accepted with insurance: \$125/hr.  
Lowest fee accepted without insurance: \$90

**Mader, John, MA, LMFT**  
Carolina Integrative Psychotherapy  
1506 East Franklin Street  
Suite 202  
Chapel Hill, NC 27514

**Phone:** 968.0231  
**Bus Line:** Yes, CL,F,M  
**Office Hours:** M,W,Th

**Education**  
MA, John F. Kennedy University

**Certification/Licensure**  
23 years, Private Practice and Public Mental  
Health

**Areas of Specialty**  
Anxiety, Grief and Loss, Parent Relationships,  
Peer Relationships, Friendships, Dating,  
Separation and Divorce

**Client Populations**  
Adolescents, Children, Adults, Couples, Families

**Therapy Styles**  
Integrative with emphasis on Cognitive-  
Behavioral (DBT) and Family Systems

**Languages Spoken:** English

**Group Sessions Offered:** Yes  
DBT Co-Ed group and DBT Family Skills Training  
Group

**Fee Structure**  
Initial Consultation Fee: \$120  
Offer Initial Consult by Phone: No-brief info  
Regular Fee: \$105/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: Call  
Lowest fee accepted without insurance: Call

**Optional Questions**  
Gender: Male  
Race/Ethnicity: Caucasian/European  
Sexual Orientation: Heterosexual

Advocates for Adolescents

**Marshall, Fran, LCSW**  
125 King Street  
Suite C  
Hillsborough, NC 27278

**Phone:** 215.0488  
**2<sup>nd</sup> office:** 301 West Weaver Street, Carrboro  
**Bus Line:** Hillsborough No, Carrboro Yes  
**Office Hours:** Afternoons and Evenings M, W,Th, F

**Education**  
MSW, UNC-CH, Brennan Science Healing  
Practitioner, Barbara Brennan School of Healing

**Certification/Licensure**  
8 years, Private Practice  
11 years, OPC MHC

**Areas of Specialty**  
Depression, Bipolar Disorder, Parent  
Relationships, Peer Relationships, Friendships,  
Dating, Self-Esteem, Spirituality

**Client Populations**  
Adolescents, Children, Adults, Families

**Therapy Styles**  
Non-Directive Play Therapy, Cognitive Behavioral  
Therapy and Structural Family Therapy, Energy  
Work

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$140  
Offer Initial Consult by Phone: Yes-brief  
Regular Fee: \$95/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: NA  
Lowest fee accepted without insurance: Call

**Optional Questions**  
Does your practice have a spiritual component?  
Very sensitive to spiritual issues

**Maxwell, Katie, LCSW**  
901 Willow Drive  
Suite 5  
Chapel Hill, NC 27514

**Phone:** 932.6684  
**Bus Line:** G  
**Office Hours:** M-F (9 to 5 and Some Evenings)

**Education**  
MSW, UNC-CH

**Certification/Licensure**  
4 1/2 years, Clinical

**Areas of Specialty**  
Anxiety, Body Image/Eating Disorders,  
Depression, Bipolar Disorder, Drug, Alcohol,  
Tobacco and other Addictions, Lesbian, Gay,  
Bisexual and Transgender Issues, Peer  
Relationships, Friendships, Dating, Self-Esteem

**Client Populations**  
Adolescents (over 16 yrs.), Adults

**Therapy Styles**  
Cognitive & Insight Oriented and Some Behavior  
Modification (esp. with teens)

**Languages Spoken:** English

**Group Sessions Offered:** Yes

**Fee Structure**  
Initial Consultation Fee: \$85  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$85/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: depends on  
client need  
Lowest fee accepted without insurance: depends  
on client need

**McInerney, Teresa, LCSW**  
**121 Providence Road**  
**Suite 230**  
**Chapel Hill, NC 27514**

**Phone:** 493.0346  
**Bus Line:** Yes  
**Office Hours:** M-F (8:30 to 7)

**Education**  
MSW, UNC-CH

**Certification/Licensure**  
24 years, Hospital and Private Practice

**Areas of Specialty**  
Career and Vocational, Depression, Bipolar Disorder, Lesbian, Gay, Bisexual and Transgender Issues, Peer Relationships, Friendships, Dating, Sexual Abuse and Incest

**Client Populations**  
Adolescents, Children, Adults, Couples, Families

**Therapy Styles**  
Psychodynamic, Cognitive and Behavioral

**Languages Spoken:** English

**Group Sessions Offered:** Yes

**Fee Structure**  
Initial Consultation Fee: \$175  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$95/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: \$65  
Lowest fee accepted without insurance: \$40

**Meginnis, Sharon, Ph.D.**  
**137 East Franklin Street**  
**Suite 30**  
**Chapel Hill, NC 27514**

**Phone:** 967.6170  
**Bus Line:** Yes  
**Office Hours:** M-F (8 to 5)

**Education**  
PhD, UNC-CH

**Certification/Licensure**  
25 yrs, Private Practice  
10 years, Counseling Service UNC-CH

**Areas of Specialty**  
Anxiety, Attention and Learning Problems, Depression, Bipolar Disorder, Lesbian Issues, Sexual Abuse and Incest, Self-Esteem

**Client Populations**  
Adolescents (over 17 years), Adults, Couples

**Therapy Styles**  
Dynamic Interpersonal and Cognitive

**Languages Spoken:** English, Spanish

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$120  
Offer Initial Consult by Phone: No  
Regular Fee: \$120/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: depends on client need  
Lowest fee accepted without insurance:

**Optional Questions**  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual

**Mills, Kenneth C., Ph.D.**  
111 Cloister Court  
Suite 212  
Chapel Hill, NC 27514

**Phone:** 967.9400  
**Bus Line:** Easttowne Office Park  
**Office Hours:** M-Th (10 to 7:00)

**Education**  
PhD, Claremont

**Certification/Licensure**  
20 years, Private Practice  
10 years, Professor (UNC School of Medicine)

**Areas of Specialty**  
Body Image/Eating Disorders, Children of Alcoholics and Co-Dependence, Depression, Bipolar Disorder, Drug, Alcohol, Tobacco and other Addictions

**Client Populations**  
Adolescents, Adults, Couples, Families

**Therapy Styles**  
Cognitive, Behavioral and Family Therapy

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$140  
Offer Initial Consult by Phone: No  
Regular Fee: \$130/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance:  
Lowest fee accepted without insurance: \$120

**Minge, Diane, LCSW**  
800 Eastowne Drive  
Suite 201  
Chapel Hill, NC 27514

**Phone:** 493.6329  
**Bus Line:** No  
**Office Hours:** M-Th (11 to 7)

**Education**  
MSW, UNC-CH

**Certification/Licensure**  
7 years, Private Practice

**Areas of Specialty**  
Anxiety, Body Image/Eating Disorders, Children of Alcoholics and Co-Dependence, Depression, Bipolar Disorder, General Psychological Issues, Self-Esteem

**Client Populations**  
Adolescents, Adults, Couples

**Therapy Styles**  
Cognitive Therapy

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$110  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$110/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: \$110  
Lowest fee accepted without insurance: \$75

**Mitchell, Denise, LCSW**  
**Taproots**  
**212 West Main Street**  
**Carrboro, NC 27510**

**Phone:** 960.7711  
**Bus Line:** Yes, CW  
**Office Hours:** Flexible

**Education**  
LCSW, Fordham University

**Certification/Licensure**  
10 years, Community Mental Health  
1 year, Private Practice

**Areas of Specialty**  
Anger Management/Aggression, Anxiety, Parent Relationships, Separation and Divorce, Emotional Effects of Disabilities

**Client Populations**  
Adolescents, Children, Adults, Families

**Therapy Styles**  
Eclectic, drawing from Attachment Theory, Psychodynamic Therapy, Cognitive Behavioral Therapy

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: Call for fee info  
Offer Initial Consult by Phone:  
Regular Fee:  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: call  
Lowest fee accepted without insurance: call

**Optional Questions**  
Does your practice have a spiritual component?  
Spirituality underpins my work  
Gender: Female

**Parks, Steevie Jane, Ph.D.**  
**Create a Healthy Mind**  
**304 Springvalley Road**  
**Carrboro, NC 27510**

**Phone:** 918.1014  
**Bus Line:** Yes D  
**Office Hours:** M-F (8 to 7)

**Education**  
PhD, University of Maine

**Certification/Licensure**  
18 years, Private Practice

**Areas of Specialty**  
Anxiety, Body Image/Eating Disorders, Depression, Bipolar Disorder, Lesbian, Gay, Bisexual and Transgender Issues, Self-Esteem

**Client Populations**  
Adolescents, Children, Adults, Couples, Families

**Therapy Styles**  
Eclectic, Interpersonal, Systems, Cognitive Behavioral, Art Therapy Workshops

**Languages Spoken:** English

**Group Sessions Offered:** Yes  
Adolescent self-esteem for girls

**Fee Structure**  
Initial Consultation Fee: \$210  
Offer Initial Consult by Phone: No  
Regular Fee: \$140/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: \$75  
Lowest fee accepted without insurance: \$50

**Optional Questions**  
Gender: Female  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual

**Peterson, Gary, MD**  
**Southeast Institute for Group and Family Therapy**  
**103 Edwards Ridge Road**  
**Chapel Hill, NC 27517**

**Phone:** 929.1171

**Website:** www.seinstitute.com

www.energyhealing.net

**Bus Line:** No

**Office Hours:** M-F (10 to 6)

#### **Education**

MD, University of South Florida

#### **Certification/Licensure**

17 years, Outpatient Private Practice

5 years, Children's Psych. Hospital

2 yrs, Inpatient Research Unit

#### **Areas of Specialty**

Anxiety, Attention and Learning Problems, Body Image/Eating Disorders, Sexual Abuse and Incest, Trauma and Dissociation

#### **Client Populations**

Adolescents, Children, Adults, Couples, Families

#### **Therapy Styles**

Cognitive Behavioral, Psychodynamically Aware Psychotherapy, Transactional Analysis, Power Therapies, Eye Movement Desensatization & Reprocessing, Developmental Needs Meeting Strategy

**Languages Spoken:** English

**Group Sessions Offered:** No

#### **Fee Structure**

Initial Consultation Fee: \$190

Offer Initial Consult by Phone: telephone Screening

Regular Fee: \$140-160/hr

Accept Insurance: Yes

Accept Medicaid: No

Offer a sliding fee scale: No

Lowest fee accepted with insurance:

Lowest fee accepted without insurance:

**Rademacher, David, LPC, LPA**  
**7 Branch Street**  
**Chapel Hill, NC 27516**

**Phone:** 542.1726

**Bus Line:** Yes, located by Airport and Estes

**Office Hours:** M-F (9 to 6)

#### **Education**

MA Counseling Psychology, California Institute of Integral Studies

#### **Certification/Licensure**

4 years, Private Practice

3 years, Family Counseling Service

5 years, Mental Health

#### **Areas of Specialty**

Anxiety, Violence, Depression, Bipolar Disorder, Sexual Abuse and Incest, Sexuality

#### **Client Populations**

Adolescents, Children, Adults, Couples, Families

#### **Therapy Styles**

Psychodynamic, Cognitive Behavioral, Buddhist

**Languages Spoken:** English

**Group Sessions Offered:** No

#### **Fee Structure**

Initial Consultation Fee: \$120

Offer Initial Consult by Phone: Yes-brief

Regular Fee: \$100/hr

Accept Insurance: Yes

Accept Medicaid: Yes

Offer a sliding fee scale: Yes

Lowest fee accepted with insurance: \$75

Lowest fee accepted without insurance: \$60

#### **Optional Questions**

Does your practice have a spiritual component?

Buddhist psychology

**Read, H. Cooke, M.Div., MSW, LCSW, CGP**  
200 Weaver Street  
Carrboro, NC 27510

**Phone:** 967.3032  
**Bus Line:** Yes C,W, J  
**Office Hours:**

**Education**

MSW, Catholic University of America

**Certification/Licensure**

20 years, Private Practice

**Areas of Specialty**

Anger Management/Aggression, Depression, Bipolar Disorder, Parent Relationships, Separation and Divorce, Self-Esteem

**Client Populations**

Adolescents, Children, Adults, Families

**Therapy Styles**

Psychodynamic, Behavioral

**Languages Spoken:** English

**Group Sessions Offered:** Yes

Therapy groups for relationship problems

**Fee Structure**

Initial Consultation Fee: \$110  
Offer Initial Consult by Phone: No  
Regular Fee: \$110/hr  
Accept Insurance: No  
Accept Medicaid: No  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: Please call  
Lowest fee accepted without insurance: Please call

**Read, Sheila Foote, MSW, LCSW**  
200 Weaver Street  
Carrboro, NC 27510

**Phone:** 967.3032  
**Bus Line:** Yes C,W, J  
**Office Hours:** Please call

**Education**

MSW, Virginia Commonwealth University

**Certification/Licensure**

4 years, Private Practice  
2 years, Psychiatric Hospital

**Areas of Specialty**

Anxiety, Depression, Bipolar Disorder, Drug, Alcohol, Tobacco and other Addictions, General Psychological Issues, Parent Relationships

**Client Populations**

Adolescents, Adults

**Therapy Styles**

Cognitive/Behavioral, Psychodynamic, Dialectical Behavior Therapy

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**

Initial Consultation Fee: \$100  
Offer Initial Consult by Phone: No  
Regular Fee: \$90/hr  
Accept Insurance: BCBS  
Accept Medicaid: No  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: \$50  
Lowest fee accepted without insurance: \$50

**Optional Questions**

Gender: Female  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual, experience working with young adults and women who ID as lesbians

**Redmann, Beverly J., MD**  
200 Weaver Street  
Suite 3  
Carrboro, NC 27510

**Phone:** 929.0132  
**Bus Line:** Yes C,W, J  
**Office Hours:** T,Th, Sat. AM

**Education**  
MD, University of Wisconsin, Residency UNC-CH

**Certification/Licensure**  
Board certified in Adult, Adolescent and Child  
Psychiatry

**Areas of Specialty**  
Anxiety, Attention and Learning Problems,  
Depression, Bipolar Disorder, General  
Psychological Issues, Severe Mental  
Illness/Psychotic Disorders

**Client Populations**  
Adolescents, Children, Adults, Families

**Therapy Styles**  
Insight oriented psychotherapy, Cognitive  
Behavior Therapy, play therapy, supportive work  
and medication management

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$300 child/ \$225 adult  
Offer Initial Consult by Phone: Yes- brief  
Regular Fee: \$145/50 min, \$110/25 min  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance: NA  
Lowest fee accepted without insurance: NA

**Reigert, Eleanor, Psy.D.**  
108 Providence Road  
Suite 9  
Chapel Hill, NC 27514

**Phone:** 812.1622  
**Bus Line:** Easttowne Office Park  
**Office Hours:** M,W

**Education**  
Psy. D, Yeshiva University

**Certification/Licensure**  
15 Years, Hospitals, Pediatrics, Private Practice

**Areas of Specialty**  
Anxiety, Attention and Learning Problems,  
Depression, Bipolar Disorder, School Issues,  
Psychological Testing, Sleep Problems

**Client Populations**  
Adolescents, Children

**Therapy Styles**  
Cognitive/Behavioral, Parent-Effectiveness  
Training

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$135  
Offer Initial Consult by Phone: No  
Regular Fee: \$125/hr  
Accept Insurance: No  
Accept Medicaid: No  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance: NA  
Lowest fee accepted without insurance: NA

**Roskin, Melanie, LCSW**  
**150 Providence Road**  
**Suite 201**  
**Chapel Hill, NC 27514**

**Phone:** 403.3888  
**Bus Line:** Easttowne Office Park  
**Office Hours:** M-F (8:30 to 6)

**Education**  
MSW, UNC-CH

**Certification/Licensure**  
25 years, Outpatient

**Areas of Specialty**  
Body Image/Eating Disorders, Co-Dependence,  
Peer Relationships, Friendships, Dating, Sexual  
Abuse and Incest, Self-Esteem

**Client Populations**  
Adolescents, Adults, Couples, Families

**Therapy Styles**  
Psychodynamic

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$120  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$95/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: \$60  
Lowest fee accepted without insurance: \$55

**Optional Questions**  
Does your practice have a spiritual component?  
Jewish  
Race/Ethnicity: Caucasian

**Roupas, Helen, MSW**  
**1829 East Franklin Street**  
**Suite 1100 F**  
**Chapel Hill, NC 27514**

**Phone:** 942.2266  
**Bus Line:** Yes  
**Office Hours:** M-F (9 to 6) Sat. (9 to 12)

**Education**  
MSW, UNC-CH

**Certification/Licensure**  
13 years, Private Practice  
6 years, Mental Health  
6 years, Dev. Eval. Cl.

**Areas of Specialty**  
Anxiety, Depression, Bipolar Disorder, General  
Psychological Issues, Grief and Loss, Peer  
Relationships, Friendships, Dating

**Client Populations**  
Adolescents, Children, Adults, Couples, Families

**Therapy Styles**  
Problem-Solving, Skill Building, Insight-Oriented  
and Cognitive-Behavioral

**Languages Spoken:** English, Greek

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$105  
Offer Initial Consult by Phone: No  
Regular Fee: \$95/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: \$65  
Lowest fee accepted without insurance: \$55

**Optional Questions**  
Sexual Orientation: Heterosexual but comfortable  
with all

**Rubio, Paula J., LPC**  
**3310 Croasdaile Place**  
**Suite 700**  
**Durham, NC 27705**

**Phone:** 812.7580  
**Bus Line:** 1 DATA  
**Office Hours:** By Appointment

**Education**  
MS, EDS, UNC-G

**Certification/Licensure**  
4 years, NCC  
3 years, part-time Private Practice

**Areas of Specialty**  
Attention and Learning Problems, General Psychological Issues, Grief and Loss, Parent Relationships, Self-Esteem

**Client Populations**  
Adolescents, Adults, Couples, Families

**Therapy Styles**  
Cognitive and Behavioral

**Languages Spoken:** English

**Group Sessions Offered:** Yes

**Fee Structure**  
Initial Consultation Fee: \$90  
Offer Initial Consult by Phone: No  
Regular Fee: \$90/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: \$50  
Lowest fee accepted without insurance: \$25

**Sawyer-Smith, Valerie, Clinical Psychologist**  
**976 Martin Luther King Jr. Blvd.**  
**Suite 100**  
**Chapel Hill, NC 27514**

**Phone:** 929.28  
**Bus Line:** A, T (YMCA )  
**Office Hours:** M-F

**Education**  
Ed.D (psychology), Boston University

**Certification/Licensure**  
14 years, Private Practice  
12 years Clinical Psychologist, Hospital setting

**Areas of Specialty**  
Anxiety, Attention and Learning Problems, General Psychological Issues, Parent Relationships, Peer Relationships, Friendships, Dating

**Client Populations**  
Adolescents, Children, Adults, Couples, Families

**Therapy Styles**  
Cognitive Behavioral, Structural, Style depends on goals of treatment

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$180  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$125/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance: N/A  
Lowest fee accepted without insurance: N/A

**Optional Questions**  
Gender: Female  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual

**Selman, Barry, LCSW**  
104 Eastgreen Drive  
Chapel Hill, NC 27516

**Phone:** 824.8880

**Website:** www.barrykselman.com

**Bus Line:** Southern Village

**Office Hours:** M-F (7:30 to 5)

**Education**

MSW, Columbia University

**Certification/Licensure**

24 years, Private Practice

**Areas of Specialty**

Depression, Bipolar Disorder, Drug, Alcohol, Tobacco and other Addictions, Grief and Loss, Sexual Abuse and Incest, Parenting Skills

**Client Populations**

Adolescents, Adults, Couples, Families

**Therapy Styles**

Psychodynamic, Gestalt, Body-Centered & Inner Child Work

**Languages Spoken:** English

**Group Sessions Offered:** Yes

**Fee Structure**

Initial Consultation Fee: \$125

Offer Initial Consult by Phone: Yes

Regular Fee: \$115/hr

Accept Insurance: Yes

Accept Medicaid: Yes

Offer a sliding fee scale: Yes

Lowest fee accepted with insurance: \$70

Lowest fee accepted without insurance: \$75

**Sharpe, Jennifer, LCSW**  
Orange Co. Health Department  
300 West Tryon Street  
Hillsborough, NC 27278

**Phone:** 245.2440

**Bus Line:** No

**Office Hours:** M-F (8 to 5)

**Education**

MSW, East Carolina University

**Certification/Licensure**

9 years, Community Mental Health

**Areas of Specialty**

Attention and Learning Problems, General Psychological Issues, Parent Relationships, Peer Relationships, Friendships, Dating, School Issues

**Client Populations**

Adolescents, Children, Adults, Couples, Families

**Therapy Styles**

Cognitive/Behavioral

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**

Initial Consultation Fee: \$0

Offer Initial Consult by Phone: Yes

Regular Fee: 0

Accept Insurance: Yes

Accept Medicaid: Yes

Offer a sliding fee scale: No

Lowest fee accepted with insurance: N/A

Lowest fee accepted without insurance: N/A

**Siu, Karla, MSW, LCSW-P**  
**El Futuro**  
**110 West Main St.**  
**Carrboro, NC 27510**

**Phone:** 338-1939  
**Website:** www.elfuturo-nc.org  
**Bus Line:** Yes  
**Office Hours:** T-Th (9-5)

**Education**  
MSW, UNC-CH

**Certification/Licensure**  
3 years, Outpatient Therapy

**Areas of Specialty**  
General Psychological Issues, Grief and Loss,  
Peer Relationships, Friendships, Dating, Racial/  
Cultural Identity, Spirituality

**Client Populations**  
Adolescents, Children, Adults, Couples, Families

**Therapy Styles**  
Interpersonal, Cognitive-Behavioral, Experiential

**Languages Spoken:** English, Spanish

**Group Sessions Offered:** Yes  
Parenting

**Fee Structure**  
Initial Consultation Fee: Sliding fee  
Offer Initial Consult by Phone: No  
Regular Fee: Please call  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: Please call  
Lowest fee accepted without insurance: Please call

**Optional Questions**  
Does your practice have a spiritual component?  
Practice includes a Christian/Biblically-based religious component  
Gender: Female  
Race/Ethnicity: Hispanic/Honduran  
Sexual Orientation: Heterosexual

**Skillman, Donna L., Psy.D.**  
**Human Resource Consultants**  
**100 Europa Drive**  
**Suite 260**  
**Chapel Hill, NC 27514**

**Phone:** 929.1227  
**Bus Line:** D  
**Office Hours:** T-Th in Chapel Hill and F in Raleigh

**Education**  
Psy. D., Rutgers University

**Certification/Licensure**  
18 years, School and Private Practice

**Areas of Specialty**  
Attention and Learning Problems, Depression,  
Bipolar Disorder, Parent Relationships, Peer Relationships, Friendships, Dating, School Issues

**Client Populations**  
Adolescents, Children, Adults (College Age), Families

**Therapy Styles**  
Behavioral, Short-Term Approaches

**Languages Spoken:** English

**Group Sessions Offered:** Yes

**Fee Structure**  
Initial Consultation Fee: \$175  
Offer Initial Consult by Phone: No  
Regular Fee: \$120/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance:  
Lowest fee accepted without insurance:

**Smith, Darryl, Ph.D.**  
111 Cloister Court  
Suite 100  
Chapel Hill, NC 27514

**Phone:** 402.4300

**Website:**

[www.psychotherapyresources.com/dsmith.htm](http://www.psychotherapyresources.com/dsmith.htm)

**Bus Line:** Yes

**Office Hours:** M,T,Th (8-6)

**Education**

PhD, UNC-CH

**Certification/Licensure**

13 years, Private Clinical Practice

**Areas of Specialty**

Anxiety, Attention and Learning Problems,  
General Psychological Issues, Parent  
Relationships, Spirituality

**Client Populations**

Adolescents, Children, Adults, Families

**Therapy Styles**

Cognitive-Behavioral, Interpersonal, Eclectic

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**

Initial Consultation Fee: \$150

Offer Initial Consult by Phone: Yes

Regular Fee: \$110/hr

Accept Insurance: Yes

Accept Medicaid: Yes

Offer a sliding fee scale: Yes

Lowest fee accepted with insurance: Please call

Lowest fee accepted without insurance: Please

call

**Optional Questions**

Gender: Male

Race/Ethnicity: African-American/Caucasian

Sexual Orientation: Heterosexual

**Snider, Angela, LCSW**  
1201 Raleigh Road  
Suite 202  
Chapel Hill, NC 27517

**Phone:** 451.0436

**Bus Line:** Yes

**Office Hours:** Th/Fri (8:30-5)

**Education**

MSW, UNC-CH

**Certification/Licensure**

11 years, School-Based Therapist

Clinic-based, Private Practice

**Areas of Specialty**

Anger Management/Aggression, Anxiety,  
Attention and Learning Problems, General  
Psychological Issues, School Issues

**Client Populations**

Children, Adults, Families

**Therapy Styles**

Insight oriented, Cognitive behavioral

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**

Initial Consultation Fee:

Offer Initial Consult by Phone: Yes

Regular Fee: \$100/hr

Accept Insurance: Yes

Accept Medicaid: Yes

Offer a sliding fee scale: No

Lowest fee accepted with insurance:

Lowest fee accepted without insurance:

**Optional Questions**

Gender: Female

Race/Ethnicity: Caucasian

Sexual Orientation: Heterosexual

**Stewart, Karen C., LPA**  
811 Ninth Street  
Suite 220  
Durham, NC 27705

**Phone:** 286.5051  
**Bus Line:** Yes  
**Office Hours:** M-F (9 to 6:30)

**Education**  
MA Clin. Psych., Trinity University

**Certification/Licensure**  
19 years, In NC  
6 years, TN  
Over 25 years, LPA

**Areas of Specialty**  
Anxiety, Body Image/Eating Disorders,  
Depression, Bipolar Disorder, Grief and Loss,  
Lesbian, Gay, Bisexual and Transgender Issues  
Self-Esteem, Spirituality

**Client Populations**  
Adolescents, Adults, Couples

**Therapy Styles**  
Psychodynamic, Cognitive and Behavioral

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$90  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$90/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance:  
Lowest fee accepted without insurance:

**Optional Questions**  
Does your practice have a spiritual component?  
Christian  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual but comfortable  
with all

**Stewart, Wendy, MSW, LCSW**  
Orange County Schools  
200 East King Street  
Hillsborough, NC 27278

**Phone:** 732.6137 ext. 43067 or 732-1312  
**Bus Line:** No  
**Office Hours:** M-F (8 to 4)

**Education**  
MSW, UNC-CH

**Certification/Licensure**  
1 year, LCSW, School Social Work  
9 years, NCDPI School Social Work Certification  
10 years, Public Health and Community Social  
Work

**Areas of Specialty**  
General Psychological Issues, Grief and Loss,  
Peer Relationships, Friendships, Dating, School  
Issues, Self-Esteem

**Client Populations**  
Adolescents and Children at assigned schools

**Therapy Styles**  
Cognitive Behavioral Therapy, Family Systems  
Model with a Strengths Perspective, Brief  
Treatment and Solution Focused

**Languages Spoken:** English, limited Spanish

**Group Sessions Offered:** Yes  
Anxiety, Grief and Loss, Self-esteem, School  
transitions

**Fee Structure**  
Initial Consultation Fee: N/A  
Offer Initial Consult by Phone: Yes  
Regular Fee: N/A  
Accept Insurance: N/A  
Accept Medicaid: N/A  
Offer a sliding fee scale: N/A  
Lowest fee accepted with insurance: N/A  
Lowest fee accepted without insurance: N/A

**Optional Questions**  
Gender: Female  
Race/Ethnicity: Caucasian  
Sexual Orientation: Comfortable with a diverse  
population

**Sznajdman, Lili, MS, LPC**  
**Family Counseling Services of Durham**  
**1058 West Club Blvd.**  
**Suite 6662**  
**Durham, NC 27701**

**Phone:** 416.4400 x 32  
**Bus Line:** Northgate Mall  
**Office Hours:** M-Th

**Education**  
MS, UNC-G

**Certification/Licensure**  
8+ years, Outpatient LPC

**Areas of Specialty**  
Anxiety, Depression, Bipolar Disorder, Grief and Loss, Peer Relationships, Friendships, Dating, Racial/Cultural Identity, Self-Esteem, Spirituality

**Client Populations**  
Adolescents, Adults, Couples, Families

**Therapy Styles**  
Psychodynamic

**Languages Spoken:** English, Spanish

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$100  
Offer Initial Consult by Phone: No  
Regular Fee: \$90/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: Please call  
Lowest fee accepted without insurance: Please call

**Optional Questions**  
Race/Ethnicity: Latino

**Trusky, Janice, MSW, LCSW**  
**1201 Raleigh Road**  
**Suite 202**  
**Chapel Hill, NC 27516**

**Phone:** 260.8613  
**Bus Line:** Yes  
**Office Hours:** Thursdays (8 to 7)

**Education**  
MSW, Virginia Commonwealth University

**Certification/Licensure**  
7 years, Outpatient

**Areas of Specialty**  
Anxiety, Depression, Bipolar Disorder, General Psychological Issues, Peer Relationships, Friendships, Dating, School Issues

**Client Populations**  
Adolescents, Children, Adults, Families

**Therapy Styles**  
Solution-focused, Cognitive Behavioral Therapy, Parent Training and Coaching

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$0  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$90/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance: N/A  
Lowest fee accepted without insurance: N/A

**Wagner, Sibyl, LCSW**  
1829 East Franklin Street  
Suite 1200 D  
Chapel Hill, NC 27514

**Phone:** 967.9733  
**Bus Line:** D  
**Office Hours:** M-F (9 to 6)

**Education**

MSW, University of Pennsylvania

**Certification/Licensure**

24 years, Private Practice  
2 1/2 years, UNC Hospitals-Pediatrics

**Areas of Specialty**

Body Image/Eating Disorders, Depression,  
Bipolar Disorder, Grief and Loss, Lesbian, Gay,  
Bisexual and Transgender Issues

**Client Populations**

Adolescents, Children, Adults, Couples, Families

**Therapy Styles**

Eclectic-Cognitive and Psychodynamic

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**

Initial Consultation Fee: \$110  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$110/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: \$70  
Lowest fee accepted without insurance: \$60

**Optional Questions**

Does your practice have a spiritual component?  
Christian  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual but comfortable  
with all

**Webb Pilipchuk, Johnna, LPA**  
1512 US 70 East Bypass  
Hillsborough, NC 27278

**Phone:** 732.4796  
**Bus Line:** No  
**Office Hours:** Evenings, Weekends, Some  
Mornings

**Education**

MA Counseling Psychology, Goddard College

**Certification/Licensure**

10 years, Licensed Psychological Associate in  
NC (NC Psychology Board)

**Areas of Specialty**

Anxiety, Career and Vocational, Depression,  
Bipolar Disorder, Sexual Abuse and Incest,  
Sexuality, Self-Esteem

**Client Populations**

Adolescents, Adults, (Children--if there are  
bereavement and loss issues)

**Therapy Styles**

Behavioral, Dialectical Behavior Theory

**Languages Spoken:** English

**Group Sessions Offered:** Yes

**Fee Structure**

Initial Consultation Fee: \$100  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$85/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: Yes  
Lowest fee accepted with insurance: \$50  
Lowest fee accepted without insurance: \$50

**Wells, Elizabeth (Libba) Carpenter, MSW,  
RN, CS**  
**Center for Creative Balance**  
**5024 Boulder Run Road**  
**Hillsborough, NC 27278**

**Phone:** 967.6353  
**Bus Line:** No  
**Office Hours:** M-F (9 to 6)

**Education**  
Master of Science in Nursing, Duke University

**Certification/Licensure**  
34 years, Licensed Registered Nurse in NC  
20 years, Certified as Clinical Specialist in  
Psychiatric and Mental Health Nursing  
Private Practice since 1984

**Areas of Specialty**  
Anxiety, Depression, Bipolar Disorder, Grief and  
Loss, Parent Relationships, Communication,  
Family Groups

**Client Populations**  
Adolescents, Adults, Couples, Families

**Therapy Styles**  
Eclectic, Relationship Therapy, Dialectic  
Behavior Therapy

**Languages Spoken:** English

**Group Sessions Offered:** Yes

**Fee Structure**  
Initial Consultation Fee: \$125  
Offer Initial Consult by Phone: No  
Regular Fee: \$100/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance: \$71  
Lowest fee accepted without insurance: \$100

**Optional Questions**  
Does your practice have a spiritual component?  
Honor the beliefs of clients  
Gender: Female  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual, relate to a  
variety of people well

**Wilson, R. Reid, Ph.D.**  
**3011 Jones Ferry Road**  
**Chapel Hill, NC 27516**

**Phone:** 942.0700  
**Bus Line:** No  
**Office Hours:** T-Th (9 to 7)

**Education**  
PhD, Fielding Grad. Inst.

**Certification/Licensure**  
20 years, Private Practice

**Areas of Specialty**  
Anxiety

**Client Populations**  
Adolescents, Children, Adults

**Therapy Styles**  
Cognitive-Behavioral

**Languages Spoken:** English

**Group Sessions Offered:** Yes

**Fee Structure**  
Initial Consultation Fee: \$125  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$125/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance:  
Lowest fee accepted without insurance:

**Optional Questions**  
Race/Ethnicity: Caucasian

**Wynns, Kristen C., Ph.D.**  
**LePage Associates**  
**1703 Legion Road**  
**Suite 204**  
**Chapel Hill, NC 27517**

**Phone:** 933.5355  
**Bus Line:** D or F  
**Office Hours:** M-Th (8 to 7), F (8 to 5), Sat. (9 to 4)

**Education**  
PhD, UNC-G

**Certification/Licensure**  
5 years , Licensed Psychologist

**Areas of Specialty**  
Attention and Learning Problems, Depression, Bipolar Disorder, Parent Relationships, School Issues, Separation and Divorce

**Client Populations**  
Adolescents, Children, Adults, Couples, Families

**Therapy Styles**  
Problem Solving, Cognitive Behavioral and Family Systems

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$0  
Offer Initial Consult by Phone: Yes  
Regular Fee: \$95/hr  
Accept Insurance: Yes  
Accept Medicaid: No  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance:  
Lowest fee accepted without insurance:

**Optional Questions**  
Does your practice have a spiritual component?  
Christian  
Race/Ethnicity: Caucasian  
Sexual Orientation: Heterosexual

**Ziff, David, Ph.D.**  
**1829 East Franklin Street**  
**Suite 700 A**  
**Chapel Hill, NC 27514**

**Phone:** 942.8097  
**Bus Line:** D  
**Office Hours:** M-F (8 to 6)

**Education**  
PhD, Univ. of Texas at Austin

**Certification/Licensure**  
29 years, Private Practice

**Areas of Specialty**  
Depression, Bipolar Disorder, General Psychological Issues, Parent Relationships, Peer Relationships, Friendships, Dating, Self-Esteem

**Client Populations**  
Adolescents, Adults, Couples, Families

**Therapy Styles**  
Interpersonal, Family Systems and Cognitive-Behavioral

**Languages Spoken:** English

**Group Sessions Offered:** No

**Fee Structure**  
Initial Consultation Fee: \$120  
Offer Initial Consult by Phone: No  
Regular Fee: \$120/hr  
Accept Insurance: Yes  
Accept Medicaid: Yes  
Offer a sliding fee scale: No  
Lowest fee accepted with insurance:  
Lowest fee accepted without insurance:

**Optional Questions**  
Race/Ethnicity: European-American  
Sexual Orientation: Heterosexual

## Appendix A: Therapists Listed by Specialty Areas

### ANGER MANAGEMENT/AGGRESSION

Evely, Clyde, Ph.D.  
Kramer, Peter, LCSW  
Mitchell, Denise, LCSW  
Read, H. Cooke, M.Div., MSW, LCSW, CGP  
Snider, Angela, LCSW

### ANXIETY

Ah-Tye, Collette, MD  
Amundsen, Nicole, LCSW  
Bailes, Mark A., LCSW  
Barksdale, Roxanne, LCSW  
Barnett, Linda R., Ph.D.  
Brooks, DeChanile J., MA, LPA  
Byck, Judy, MSW, LCSW  
Carlton, Alice, LCSW  
Catanio, Patricia, LCSW  
Cooper, Richard S., Ph.D.  
Coopmans, Melany B., LCSW  
Gorman, John A., Ph.D.  
Goz, Rebecca, Ph.D.  
Hundley, Jo Ann, Ph.D.  
Lappenbusch, Nancy, Psy.D.  
Lea, Elena, Ph.D.  
Lerner, Stephanie, LPC  
Lipsitz, Lou, LCSW  
Loven, M. David, Ph.D.  
Mader, John, MA, LMFT  
Maxwell, Katie, LCSW  
Meginnis, Sharon, Ph.D.  
Minge, Diane, LCSW  
Mitchell, Denise, LCSW  
Parks, Steevie Jane, Ph.D.  
Peterson, Gary, MD  
Rademacher, David, LPC, LPA  
Read, Sheila Foote, MSW, LCSW  
Redmann, Beverly J., MD  
Reigert, Eleanor, Psy.D.  
Roupas, Helen, MSW  
Sawyer-Smith, Valerie, Clinical Psychologist  
Smith, Darryl, Ph.D.  
Snider, Angela, LCSW  
Stewart, Karen C., LPA  
Sznaidman, Lili, MS, LPC  
Trusky, Janice, MSW, LCSW  
Webb Pilipchuk, Johnna, LPA  
Wells, Elizabeth Carpenter, MSW, RN, CS  
Wilson, R. Reid, Ph.D.

### ATTENTION AND LEARNING PROBLEMS

Peterson, Gary, MD  
Redmann, Beverly J., MD  
Reigert, Eleanor, Psy.D.  
Rubio, Paula J., LPC  
Sawyer-Smith, Valerie, Clinical Psychologist  
Sharpe, Jennifer, LCSW  
Skillman, Donna L., Psy.D.  
Smith, Darryl, Ph.D.  
Snider, Angela, LCSW  
Wynns, Kristen C., Ph.D.

### BODY IMAGE AND EATING DISORDERS

Barnett, Linda R., Ph.D.  
Fellner, Katherine A., Ph.D.  
Johnson, Michelle, LCSW  
Maxwell, Katie, LCSW  
Mills, Kenneth C., Ph.D.  
Minge, Diane, LCSW  
Parks, Steevie Jane, Ph.D.  
Peterson, Gary, MD  
Roskin, Melanie, LCSW  
Stewart, Karen C., LPA  
Wagner, Sibyl, LCSW

### BULLYING/ HARRASSMENT/ INTERPERSONAL VIOLENCE

Evely, Clyde, Ph.D.

### CAREER AND VOCATIONAL TRAINING

Groux, Carol, LPC  
Lerner, Stephanie, LPC  
McInerney, Teresa, LCSW  
Webb Pilipchuk, Johnna, LPA

### CHILDREN OF ALCOHOLICS AND CO- DEPENDENCE

Bailes, Mark A., LCSW  
Barksdale, Roxanne, LCSW  
Catanio, Patricia, LCSW  
Groux, Carol, LPC  
Mills, Kenneth C., Ph.D.  
Minge, Diane, LCSW

### DATE RAPE AND DATING VIOLENCE

Johnson, Michelle, LCSW

**DEPRESSION AND BIPOLAR DISORDER**

Ah-Tye, Collette, MD  
Amundsen, Nicole, LCSW  
Bailes, Mark A., LCSW  
Barksdale, Roxanne, LCSW  
Barnett, Linda R., Ph.D.  
Brooks, DeChanile J., MA, LPA  
Carlton, Alice, LCSW  
Coopmans, Melany B., LCSW  
Epperson, Pamela, Ed.D  
Evely, Clyde, Ph.D.  
Fellner, Katherine A., Ph.D.  
Fisher, Judy V., LCSW  
Gorman, John A., Ph.D.  
Goz, Rebecca, Ph.D.  
Hundley, Jo Ann, Ph.D.  
Killian, Linda, LCSW, LCAS  
Lappenbusch, Nancy, Psy.D.  
Lea, Elena, Ph.D.  
Lerner, Stephanie, LPC  
Lipsitz, Lou, LCSW  
Loven, M. David, Ph.D.  
Marshall, Fran, LCSW  
Maxwell, Katie, LCSW  
McInerney, Teresa, LCSW  
Meginnis, Sharon, Ph.D.  
Mills, Kenneth C., Ph.D.  
Minge, Diane, LCSW  
Parks, Steevie Jane, Ph.D.  
Rademacher, David, LPC, LPA  
Read, H. Cooke, M.Div., MSW, LCSW, CGP  
Read, Sheila Foote, MSW, LCSW  
Redmann, Beverly J., MD  
Reigert, Eleanor, Psy.D.  
Roupas, Helen, MSW  
Selman, Barry, LCSW  
Skillman, Donna L., Psy.D.  
Stewart, Karen C., LPA  
Sznaidman, Lili, MS, LPC  
Trusky, Janice, MSW, LCSW  
Wagner, Sibyl, LCSW  
Webb Pilipchuk, Johnna, LPA  
Wells, Elizabeth Carpenter, MSW, RN, CS  
Wynns, Kristen C., Ph.D.  
Ziff, David, Ph.D.

**DRUG, ALCOHOL, TOBACCO, AND OTHER ADDICTIONS**

Bailes, Mark A., LCSW  
Brooks, DeChanile J., MA, LPA  
Catanio, Patricia, LCSW  
Groux, Carol, LPC

Killian, Linda, LCSW, LCAS  
Kramer, Peter, LCSW  
Lepage, Tina, Psy.D.  
Maxwell, Katie, LCSW  
Mills, Kenneth C., Ph.D.  
Read, Sheila Foote, MSW, LCSW  
Selman, Barry, LCSW

**FAMILY VIOLENCE, PHYSICAL ABUSE, AND NEGLECT**

Barksdale, Roxanne, LCSW  
Dingman, Marguerite, LCSW  
Evely, Clyde, Ph.D.

**GENERAL PSYCHOLOGICAL ISSUES**

Ah-Tye, Collette, MD  
Amundsen, Nicole, LCSW  
Barksdale, Roxanne, LCSW  
Brooks, DeChanile J., MA, LPA  
Byck, Judy, MSW, LCSW  
Clark, Megan, LPC, LMFT  
Dingman, Marguerite, LCSW  
Fisher, Judy V., LCSW  
FitzGerald, Holly, LCSW  
Hundley, Jo Ann, Ph.D.  
Lappenbusch, Nancy, Psy.D.  
Lepage, Tina, Psy.D.  
Lipsitz, Lou, LCSW  
Loven, M. David, Ph.D.  
Minge, Diane, LCSW  
Read, Sheila Foote, MSW, LCSW  
Redmann, Beverly J., MD  
Roupas, Helen, MSW  
Rubio, Paula J., LPC  
Sawyer-Smith, Valerie, Clinical Psychologist  
Sharpe, Jennifer, LCSW  
Siu, Karla, MSW, LCSW-P  
Smith, Darryl, Ph.D.  
Snider, Angela, LCSW  
Stewart, Wendy, MSW, LCSW  
Trusky, Janice, MSW, LCSW  
Ziff, David, Ph.D.

**GRIEF AND LOSS**

Ah-Tye, Collette, MD  
Barnett, Linda R., Ph.D.  
Brooks, DeChanile J., MA, LPA  
Coopmans, Melany B., LCSW  
Epperson, Pamela, Ed.D  
Goz, Rebecca, Ph.D.  
Holloman, William, NCC  
Killian, Linda, LCSW, LCAS

## Teen Friendly Therapist Listing

Lerner, Stephanie, LPC  
Mader, John, MA, LMFT  
Roupas, Helen, MSW  
Rubio, Paula J., LPC  
Selman, Barry, LCSW  
Siu, Karla, MSW, LCSW-P  
Stewart, Karen C., LPA  
Stewart, Wendy, MSW, LCSW  
Sznaidman, Lili, MS, LPC  
Wagner, Sibyl, LCSW  
Wells, Elizabeth Carpenter, MSW, RN, CS

### **LESBIAN, GAY, BISEXUAL, AND TRANSGENDER ISSUES**

Carlton, Alice, LCSW  
Catanio, Patricia, LCSW  
Johnson, Michelle, LCSW  
Maxwell, Katie, LCSW  
McInerney, Teresa, LCSW  
Parks, Steevie Jane, Ph.D.  
Stewart, Karen C., LPA  
Wagner, Sibyl, LCSW

### **PARENT RELATIONSHIPS**

Amundsen, Nicole, LCSW  
Barksdale, Roxanne, LCSW  
Byck, Judy, MSW, LCSW  
Carlton, Alice, LCSW  
Clark, Megan, LPC, LMFT  
Cooper, Richard S., Ph.D.  
Dingman, Marguerite, LCSW  
Epperson, Pamela, Ed.D  
Fellner, Katherine A., Ph.D.  
Fisher, Judy V., LCSW  
Goz, Rebecca, Ph.D.  
Killian, Linda, LCSW, LCAS  
Lappenbusch, Nancy, Psy.D.  
Lea, Elena, Ph.D.  
Lepage, Tina, Psy.D.  
Lerner, Stephanie, LPC  
Loven, M. David, Ph.D.  
Mader, John, MA, LMFT  
Marshall, Fran, LCSW  
Mitchell, Denise, LCSW  
Read, H. Cooke, M.Div., MSW, LCSW, CGP  
Read, Sheila Foote, MSW, LCSW  
Rubio, Paula J., LPC  
Sawyer-Smith, Valerie, Clinical Psychologist  
Sharpe, Jennifer, LCSW  
Skillman, Donna L., Psy.D.  
Smith, Darryl, Ph.D.  
Wells, Elizabeth Carpenter, MSW, RN, CS

Wynns, Kristen C., Ph.D.  
Ziff, David, Ph.D.

### **PEER RELATIONSHIPS, FRIENDS, AND DATING**

Siu, Karla, MSW, LCSW-P  
Ziff, David, Ph.D.

### **RACIAL AND CULTURAL IDENTITY**

Johnson, Michelle, LCSW  
Siu, Karla, MSW, LCSW-P  
Sznaidman, Lili, MS, LPC

### **SCHOOL ISSUES**

Clark, Megan, LPC, LMFT  
Fisher, Judy V., LCSW  
Groux, Carol, LPC  
Kramer, Peter, LCSW  
Lappenbusch, Nancy, Psy.D.  
Reigert, Eleanor, Psy.D.  
Sharpe, Jennifer, LCSW  
Skillman, Donna L., Psy.D.  
Snider, Angela, LCSW  
Stewart, Wendy, MSW, LCSW  
Trusky, Janice, MSW, LCSW  
Wynns, Kristen C., Ph.D.

### **SELF-ESTEEM**

Barnett, Linda R., Ph.D.  
Byck, Judy, MSW, LCSW  
Cooper, Richard S., Ph.D.  
Coopmans, Melany B., LCSW  
Dingman, Marguerite, LCSW  
Epperson, Pamela, Ed.D  
Gorman, John A., Ph.D.  
Hundley, Jo Ann, Ph.D.  
Kramer, Peter, LCSW  
Lepage, Tina, Psy.D.  
Marshall, Fran, LCSW  
Maxwell, Katie, LCSW  
Meginnis, Sharon, Ph.D.  
Minge, Diane, LCSW  
Parks, Steevie Jane, Ph.D.  
Read, H. Cooke, M.Div., MSW, LCSW, CGP  
Roskin, Melanie, LCSW  
Rubio, Paula J., LPC  
Stewart, Karen C., LPA  
Stewart, Wendy, MSW, LCSW  
Sznaidman, Lili, MS, LPC  
Webb Pilipchuk, Johnna, LPA  
Ziff, David, Ph.D.

**SEPERATION AND DIVORCE**

Amundsen, Nicole, LCSW  
Bailes, Mark A., LCSW  
Catanio, Patricia, LCSW  
Clark, Megan, LPC, LMFT  
Cooper, Richard S., Ph.D.  
Killian, Linda, LCSW, LCAS  
Mader, John, MA, LMFT  
Mitchell, Denise, LCSW  
Read, H. Cooke, M.Div., MSW, LCSW, CGP  
Wynns, Kristen C., Ph.D.

**SEVERE MENTAL ILLNESS AND PSYCHOTIC DISORDERS**

Redmann, Beverly J., MD

**SEXUAL ABUSE AND INCEST**

Barksdale, Roxanne, LCSW  
Coopmans, Melany B., LCSW  
Epperson, Pamela, Ed.D  
Evely, Clyde, Ph.D.  
Fellner, Katherine A., Ph.D.  
Johnson, Michelle, LCSW  
McInerney, Teresa, LCSW  
Meginnis, Sharon, Ph.D.  
Peterson, Gary, MD  
Rademacher, David, LPC, LPA  
Roskin, Melanie, LCSW  
Selman, Barry, LCSW  
Webb Pilipchuk, Johnna, LPA

**SEXUALITY**

Hundley, Jo Ann, Ph.D.

**SPIRITUALITY**

Bishop, Mara, ThM, CSC  
Dingman, Marguerite, LCSW  
Marshall, Fran, LCSW  
Siu, Karla, MSW, LCSW-P  
Smith, Darryl, Ph.D.  
Stewart, Karen C., LPA  
Sznaidman, Lili, MS, LPC

**OTHER**

**Communication and Family Groups**

Wells, Elizabeth Carpenter, MSW, RN, CS

**Couples Therapy**

Coopmans, Melany B., LCSW

**Emotional Effects of Disabilities**

Mitchell, Denise, LCSW

**Life Transitions and Men's Issues**

Lipsitz, Lou, LCSW

**Marriage and Couples**

Barksdale, Roxanne, LCSW

**Parenting Skills**

Selman, Barry, LCSW

**Parenting and Foreign Adoptions**

Ah-Tye, Collette, MD

**Parenting Oppositional Children**

Groux, Carol, LPC

**Psychological Testing and Sleep Problems**

Reigert, Eleanor, Psy.D.

**Sef-Injurious Behaviors**

Brooks, DeChanile J., MA, LPA

**Trauma**

Byck, Judy, MSW, LCSW

**Trauma and Dissociation**

Peterson, Gary, MD

## **Appendix B: Therapy Groups**

### **Child parent relationship**

Clark, Megan, LPC, LMFT

### **Cognitive Behavioral for Women**

Johnson, Michelle, LCSW

### **DBT Co-Ed and Family Skills**

Mader, John, MA, LMFT

### **Eating Disorders**

Fellner, Katherine A., Ph.D.

Johnson, Michelle, LCSW

Barnett, Linda R., Ph.D.

### **Filial therapy**

Clark, Megan, LPC, LMFT

### **Motherless Daughters**

Barnett, Linda R., Ph.D.

### **Parental Loss**

Barnett, Linda R., Ph.D.

### **Parenting**

Siu, Karla, MSW, LCSW-P

### **Partners of Sexual Abuse Survivors**

Bailes, Mark A., LCSW

### **Relationship problems**

Read, H. Cooke, M.Div., MSW, LCSW, CGP

### **Single Parenting,**

Bailes, Mark A., LCSW

### **Step families**

Bailes, Mark A., LCSW

## Appendix C: Support Groups

### ***Orange County Rape Crisis Center***

24-Hour Crisis Line: (919) 967-7273 or toll free (866) WE-LISTEN\* (\*866-935-4783)

Business Line: (919) 968-4647, [www.ocfcc.org](http://www.ocfcc.org)

825 A Estes Drive, Chapel Hill, NC 27515 (open for walk in during business hours)

114 W. Corbin Street, Hillsborough, NC 27278 (by appointment)

The Orange County Rape Crisis Center offers free and confidential support groups for survivors of sexual assault. These groups provide an opportunity for members to come together, give support, share coping skills, learn from one another and most of all, to realize that they are not alone. Trained facilitators who have extensive experience working with survivors and survivors' family and friends lead all groups. There are many different groups throughout the year including groups for:

- Adolescent Survivors
- Incest/Child Sexual Abuse Survivors
- Rape/ Sexual Assault Survivors
- Male Sexual Assault Survivors
- Partners and Family of Sexual Assault Survivors

For additional support and information about the groups please call the 24 Hour Crisis Line: (919) 967-7273 or toll free (866) WE-LISTEN\* (\*866-935-4783)

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### ***Mental Health Association in Orange County***

(919) 942-8083, [www.mhaoc.com](http://www.mhaoc.com)

302 W. Weaver St., Suite F., Carrboro NC 27510

### **Schizophrenics Anonymous**

A Self-Help Support Group for people with Schizophrenia or Schizoaffective Disorder.

1<sup>st</sup> and 3<sup>rd</sup> Fridays of each month,

7:00 to 8:30 p.m., MHA/OC Office

**MHA/OC Support Groups are not therapy groups, nor do professional clinicians facilitate them. The groups are self-help support groups facilitated by trained volunteers.**

**The groups are free and open to the public.**

### **Family Advocacy Network (FAN)**

The MHA/OC Family Advocacy Network (FAN) offers individual and group support for parents and caregivers of children with emotional, behavioral, or mental health challenges.

**Call the FAN at MHA/OC for more information at 919-942-8083**

***National Alliance for the Mentally Ill-Orange County (NAMI-OC)***

P.O. Box 4201, Chapel Hill, NC 27514  
(919) 929-7822      [www.namiorange.org](http://www.namiorange.org)

**FAMILY TO FAMILY: OFFERING SUPPORT FOR FAMILY MEMBERS**

The Family-to-Family class is a free 12-week class designed to help family members understand and support their relative while maintaining their own health and well-being. Teachers are trained volunteer family members. The class is aimed at giving family members critical and helpful information in a supportive and safe setting. If you are feeling overwhelmed, alone and helpless, this is the class for you.

**NAMI ORANGE MEETINGS: ALL ARE WELCOME**

NAMI—OC meets the second Saturday of every month, except August and December, at the Church of the Reconciliation on 110 N. Elliott Road in Chapel Hill. A confidential sharing session takes place from 9:30 to 10:15 a.m., followed by an educational meeting from 10:30 to 11:00 a.m.

## **Appendix D: Credential Abbreviations**

**A.P.R.N.**      Advanced Practice Registered Nurse

**CGP**            Certified Group Psychotherapist

**C.H.T.P.**      Certified Healing Touch Practitioner

**C.S.**            Certified Specialist

**L.C.S.W.**      Licensed Clinical Social Worker

**L.P.A**            Licensed Psychological Associate

**L.P.C.**            Licensed Professional Counselor

**M.D.**            Doctor of Medicine

**M.S.N.**            Master of Science in Nursing

**M.S.W.**            Master of Social Work

**N.C.C.**            National Certified Counselor

**Ph.D.**            Doctor of Philosophy

**R.N.**            Registered Nurse

*(From the Mental Health Associations' Directory of Professional Members)*

## **Appendix E: Definitions for Therapy Styles**

### **Behavior Therapy:**

Treatment which focuses on modifying observable behavior by manipulating the environment and other behaviors thought to be related to producing a specific behavior.

### **Client Centered Therapy:**

Treatment which emphasizes a supportive emotional climate for clients. Clients play a major role in determining the pace and direction of their therapy.

### **Cognitive Therapy:**

Treatment that emphasizes the rearranging of a person's maladaptive processes of thinking, perceptions, and attitudes.

### **Eclecticism:**

Therapist selects the best type of therapy from a variety of styles and systems instead of committing to a particular style.

### **Humanistic Therapy:**

Treatment which emphasizes the unique qualities of humans, particularly their free will and potential for personal growth.

### **Insight Therapy:**

Treatment which stresses verbal interactions intended to enhance clients' self-knowledge, thus promoting healthy changes in personality and behavior.

### **Psychodynamics:**

Treatment which recognizes the role of unconscious motivation in human behavior. It assumes that behavior is determined by experience, heredity, and current reality.

### **Psychotherapy:**

Process in which a person who wishes to resolve problems in life and seeking personal growth will enter into a contract to interact in a prescribed way with a psychotherapist.

### **Thanatology:**

Specializing in the areas of death and dying.

*(From the Orange County The Women's Center, Therapist Referral Notebook)*