

## Mental Health Therapists in the Greensboro - High Point Area

**\*NOTES:** The therapists below are included in this list as they have been recommended by patients, family carepartners and/or colleagues. Inclusion on this list does *not* constitute endorsement by the UNC Movement Disorders Center. In addition, while we try to keep this list up to date, the availability and contact information of the below therapists are subject to change without our knowledge.

Therapist (in alphabetical order)	Areas of Focus/Expertise	Contact Information & Address
Julie Albert, LCSW	Life Transitions, Caregiving, Grief & Loss, Anxiety/Depression	<b>Location:</b> The Center for Psychotherapy and Life Skills 912 N Elm Street, Greensboro <b>Phone:</b> (336) 274-4669 x2 <b>Website:</b> <a href="http://centerforpsychotherapy.net/">http://centerforpsychotherapy.net/</a>
Sharon Burkitt, LPC	Chronic Illness, Life Transitions, Dementia, Anxiety/Depression	<b>Location:</b> 301 S Elm St, Office #201, Greensboro <b>Phone:</b> (336) 601-8146 <b>Website:</b> Google her name and "Psychology Today"
Aquita Burrus, LCSWA	Aging, Health Issues, Caregiving, Stress, Self-Esteem, Anxiety/Depression	<b>Location:</b> 403 S. Hawthorne Road, Winston-Salem <b>Phone:</b> (919) 429-7030 <b>Website:</b> <a href="http://www.carenetcounseling.org/staff.html">www.carenetcounseling.org/staff.html</a>
Carolina Castanos, PhD, LMFT	Relationship Counseling, Low-Self Esteem, Anxiety/Depression	<b>Location:</b> 3711-A West Market Street, Greensboro <b>Phone:</b> (336) 398-7898 <b>Website:</b> <a href="http://www.drctherapist.com">www.drctherapist.com</a>
Jamie Crockett, PhD, LPCA, NCC	Coping with Chronic Illness, End of Life Issues, Grief & Loss, Identity, Anxiety/Depression	<b>Location:</b> Triad Counseling and Clinical Services, 5603 B New Garden Village Drive, Greensboro <b>Phone:</b> (336) 272-8090 <b>Website:</b> <a href="http://www.triadcounseling.net">www.triadcounseling.net</a>
Donna Hood, LPC	Aging, Life Transitions, Retirement, Coping, Anxiety/Depression	<b>Location:</b> 3511 W. Market St, Suite 100, Greensboro <b>Phone:</b> (336) 553-1985 <b>Website:</b> <a href="http://triadpsychiatricandcounseling.com/donna-hood.php">http://triadpsychiatricandcounseling.com/donna-hood.php</a>
Merrienne Leff, LCSW	Aging, Chronic Illness, Dementia, Caregiving, Anxiety, Depression	<b>Location:</b> 2709-B Pinedale Drive, Greensboro <b>Phone:</b> (336) 891-0902 <b>Website:</b> Google her name and "Psychology Today"
Kathy Kirstner, MSED.S, NCC, LPCS	Life Transitions, Grief & Loss, Stress, Anxiety/Depression	<b>Location:</b> 3707-D West Market Street, Greensboro <b>Phone:</b> (336) 295-6257 <b>Website:</b> Google her name and "Psychology Today"

Will Krause, MA, LPC, NCC	Adjustment to Life Changes and Illness, Chronic Illness, Grief & Loss, Self-Esteem, Anxiety/Depression	<b>Location:</b> Tree of Life Counseling, 1921 Lendew Street, Greensboro <b>Phone:</b> (336) 299-9190 <b>Website:</b> <a href="http://www.tlc-counseling.com">www.tlc-counseling.com</a>
Adam McDermott, PsyD	Neuropsychological Testing specialized in aging, memory, and chronic illness	<b>Location:</b> Cornerstone Behavioral Medicine, 1814 Westchester Drive, Suite 402, High Point <b>Phone:</b> (336) 802-2205 <b>Website:</b> <a href="http://www.cornerstonehealth.com/provider-listing/adam-t-mcdermott">www.cornerstonehealth.com/provider-listing/adam-t-mcdermott</a>
Frank Mullins, LPCA	Stress, Anxiety/Depression, Grief & Loss, Coping	<b>Location:</b> 200 West Parkway Avenue, High Point <b>Phone:</b> (336) 202-7614 <b>Website:</b> <a href="http://www.centralcarolinatherapy.com">www.centralcarolinatherapy.com</a>
Celeste Nettles, MBS, MS, LPC	Coping with Chronic Illness, Grief & Loss, Stress Management, Anxiety/Depression	<b>Location:</b> Tree of Life Counseling, 1921 Lendew Street, Greensboro <b>Phone:</b> (336) 299-9190 ext. 109 <b>Website:</b> <a href="http://www.tlc-counseling.com">www.tlc-counseling.com</a>
Ellen Nichola, PhD	Chronic Illness, Anxiety/Depression	<b>Location:</b> Cornerstone Behavioral Medicine, 1814 Westchester Drive, Suite 402, High Point <b>Phone:</b> (336) 802-2205 <b>Website:</b> <a href="http://www.cornerstonehealth.com/provider-listing/ellen-a-nicola">www.cornerstonehealth.com/provider-listing/ellen-a-nicola</a>
Jeanne Peters, PsyD	Chronic Illness, Grief & Loss, Anxiety, Stress	<b>Location:</b> LeBauer Behavioral Medicine, 606 B. Walter Reed Drive, Greensboro <b>Phone:</b> 336-547-1574 <b>Website:</b> <a href="http://www.conehealthmedicalgroup.com/chmg/find-a-provider/profile/jeanne-peters/">www.conehealthmedicalgroup.com/chmg/find-a-provider/profile/jeanne-peters/</a>
Michael Zelson, PhD	Neuropsychological Testing specialized in neurological disorders	<b>Location:</b> Cone Health Outpatient Neurorehabilitation, 912 Third St., Suite 102, Greensboro <b>Phone:</b> (336) 271-2054 <b>Website:</b> <a href="http://www.conehealth.com/services/neuro/parkinsons-disease-and-movement-disorders/movement-disorders-team/">http://www.conehealth.com/services/neuro/parkinsons-disease-and-movement-disorders/movement-disorders-team/</a>

## **Some things to consider when finding a mental health therapist:**

We commend you on being open to seeking mental health therapy/counseling! Of course therapy is not going to be right for everyone, but for many people it can be very beneficial to process thoughts, feelings, and challenging situations, as well as learn new coping skills, with an unbiased professional.

### **Finding the right therapist for you**

- It is important to find a therapist who you trust, feel comfortable with and who will meet your psychological/emotional needs
- It can be good to contact at least 2 therapists for a consultation before choosing who you would like to work with (some will even do free, brief over the phone consultations), in order to...
  - Get an idea of their personalities and if you feel that you will have good chemistry with them
  - Ask about their experience working with the specific issue(s) you wish to address
  - Inquire about their therapeutic and theoretical modalities (e.g., cognitive-behavioral therapy, psychodynamic, art therapy, mindfulness/meditation, hypnosis) to find what will work best for you and the issue(s) you want to address
  - The potential out of pocket cost of their services (see below)

### **Fees and Insurance**

- It is important to discuss fees and insurance with the therapists or therapist agency prior to starting services!
- Fees and insurance coverage are different for every therapist
  - Some are solely private pay while some take insurance
  - For those who take insurance, what insurance plans they take vary. They may or may not take your insurance.
  - Pretty much all therapists offer self-pay if insurance won't cover services, and their fees are greatly varied (can generally range \$50-150/hour depending on the therapy and area of the state)
  - For private pay, some therapists will offer sliding scale or negotiable fees
  - Even if they do not take insurance, often therapists can give you statements to give your insurance if you wish to file a claim on your own
- Services may be covered in full or in part by health insurance or employee benefit plan.
  - You can check your coverage first if you wish by calling your insurance provider and asking the following questions:
    - Do I have mental health insurance benefits?
    - What is my deductible and has it been met?
    - How many sessions per year does my health insurance cover, and how often?
    - What is the coverage amount per therapy session?
    - Is approval required from my primary care physician?