

Mental Health Therapists in the Greensboro - High Point Area

***NOTE:** The therapists below are included in this list as they have been recommended by patients, family caregivers/partners and/or colleagues. Inclusion on this list does not constitute endorsement by the UNC Movement Disorders Clinic. In addition, the availability, insurance, and contact information of the below therapists is subject to change without our knowledge.

Therapist	Areas of Focus/Expertise	Contact Information & Address
Julie Albert, LCSW	Individual, Couples and Family Therapy: Anxiety, Depression, Life Transitions, Caregiving, Grief & Loss	Location: The Center for Psychotherapy and Life Skills 912 N Elm Street, Greensboro Phone: (336) 274-4669 x2 Website: http://centerforpsychotherapy.net/
Sharon Burkitt, LPC	Individual and Couples Therapy: Chronic Illness, Anxiety, Depression, Life Transitions	Location: 4010 Walker Ave, Greensboro OR 301 S Elm St, Room #413, Greensboro Phone: (336) 601-8146 Website: Google her name and "Psychology Today"
Carolina Castanos, PhD, LMFT	Individual, Couples and Family Therapy: Relationship Counseling	Location: 3711-A West Market Street, Greensboro Phone: (336) 398-7898 Website: www.drctherapist.com
Jamie Crockett, PhD, LPCA, NCC	Individual, Couples and Family Therapy: Anxiety, Depression, Coping with Chronic Illness, Grief & Loss, Identity	Location: Triad Counseling and Clinical Services, 5603 B New Garden Village Drive, Greensboro Phone: (336) 272-8090 Website: www.triadcounseling.net
David Gutterman, PhD	Individual and Couples Therapy: Chronic Illness, Anxiety, Depression, Grief/Loss, Sexual Dysfunction, Couples	Location: LeBauer Health Care, 606 B. Walter Reed Dr., Greensboro Phone: (336) 547-1574 Website: www.lebauer.com/lebauer-practice-location/lebauer-behavioral-medicine-at-walter-reed-dr/
Donna Hood, LPC	Individual and Family Therapy: Aging, Life Transitions, Coping, Anxiety, Depression	Location: 3511 W. Market St, Suite 100, Greensboro Phone: (336) 553-1985 Website: http://triadpsychiatricandcounseling.com/donna-hood.php
Jokana Islam, MS, LMFT	Individual, Couples and Family Therapy: Relationship Counseling, Self-Esteem, Communication Skills	Location: 204 Muirs Chapel Rd, Greensboro Phone: (336) 609-6251 Website: www.synergisticmft.com

The information in this document was compiled by Jessica Shurer, MSW, LCSW, from the UNC Movement Disorders Center. Please contact her at 919-843-1657 or jshurer@neurology.unc.edu with any questions!

Merriane Leff, LCSW	Individual, Couples and Family Therapy: Aging, Chronic Illness, Dementia, Caregiving, Anxiety, Depression	Location: 2709-B Pinedale Drive, Greensboro Phone: (336) 891-0902 Website: Google her name and “Psychology Today”
Kathy Kirstner, LPCS	Individual and Family Therapy: Life Transitions, Anxiety, Depression	Location: 3707-D West Market Street, Greensboro Phone: (336) 295-6257 Website: Google her name and “Psychology Today”
Will Krause, MA, LPC, NCC	Individual and Family Therapy: Adjustment to Life Changes and Illness, Chronic Illness, Grief/Loss, Self-Esteem, Anxiety, Depression	Location: Tree of Life Counseling, 1921 Lendew Street, Greensboro Phone: (336) 299-9190 Website: www.tlc-counseling.com
Adam McDermott, PsyD	Individual Therapy: Neuropsychological Testing, Aging, Memory, Chronic Illness	Location: Cornerstone Behavioral Medicine, 1814 Westchester Drive, Suite 402, High Point Phone: (336) 802-2205 Website: www.cornerstonehealth.com/provider-listing/adam-t-mcdermott
Frank Mullins, LPCA	Individual or Family Therapy: Stress, Anxiety, Depression, Grief/Loss, Coping	Location: 200 West Parkway Avenue, High Point Phone: (336) 202-7614 Website: www.centralcarolinatherapy.com
Celeste Nettles, MBS, MS, LPC	Individual and Family Therapy: Coping with Chronic Illness, Anxiety, Depression, Stress Management, Grief/Loss	Location: Tree of Life Counseling, 1921 Lendew Street, Greensboro Phone: (336) 299-9190 ext. 109 Website: www.tlc-counseling.com
Ellen Nichola, PhD	Individual Therapy: Anxiety, Depression, Chronic Illness	Location: Cornerstone Behavioral Medicine, 1814 Westchester Drive, Suite 402, High Point Phone: (336) 802-2205 Website: www.cornerstonehealth.com/provider-listing/ellen-a-nicola
Michael Zelson, PhD	Neuropsychological Testing, Adjustment to Disability	Location: Cone Health Outpatient Neurorehabilitation, 912 Third St., Suite 102, Greensboro Phone: (336) 271-2054 Website: http://www.conehealth.com/services/neuro/parkinsons-disease-and-movement-disorders/movement-disorders-team/

The information in this document was compiled by Jessica Shurer, MSW, LCSW, from the UNC Movement Disorders Center. Please contact her at 919-843-1657 or jshurer@neurology.unc.edu with any questions!

Some things to think about when finding a mental health therapist:

We commend you on being open to seeking mental health therapy/counseling! Unfortunately there is a lot of stigma around this in our society – but, participating in therapy does not mean that you are “crazy” or “weak.” Of course therapy is not going to be right for everyone, but for a majority of us, it can be very beneficial to process our thoughts and feelings, and learn new ways of coping, 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 a ~2-4 therapists in your area for an over-the-phone consultation before choosing who you would like to work with
 - 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
 - Ask about their therapeutic and theoretical modalities (e.g., cognitive-behavioral therapy, dialectical-behavioral therapy, psychodynamic, art therapy, mindfulness/meditation, hypnosis) to find what will work for you and the issue(s) you want to address
 - How they charge for and cover their services (see below)

Fees and Insurance

- It is important to discuss fees and insurance with the therapists over the phone prior to starting services!
- Fees and insurance coverage are different for every therapist
 - Some are solely private pay while some take insurance
 - With insurance, what and how many they take will vary (BCBS, Medicare, Medicaid, Tricare, United, etc.)
 - Pretty much all therapists offer self-pay if insurance won't cover services, and their fees are greatly varied (can range \$65-150)
 - For private pay, some will offer sliding scale or negotiable fees
 - Even if they do not take insurance, some can give you statements to give your insurance if you wish to file it on your own
- Services may be covered in full or in part by health insurance or employee benefit plan.
 - You can check your coverage 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?
 - What is the coverage amount per therapy session?
 - Is approval required from my primary care physician?