

## Mental Health Therapists in the Mountain 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.

Area of Mountains	Therapist	Areas of Focus/Expertise	Contact Information & Address
Arden	Shelley Ratterman, LCSW	Coping with Chronic Illness, Grief/Loss, Relationships, Self-identity, Effective Communication	<b>Address:</b> 5C Long Shoals Road, Arden <b>Phone:</b> (828) 301-0077 <b>Website:</b> <a href="http://www.shelleyratterman.com">www.shelleyratterman.com</a>
Asheville	Will Hamilton, PhD	Chronic Pain, Adjusting to Illness, Mood	<b>Address:</b> 30 Clayton Street, Asheville <b>Phone:</b> (828) 237-4975 <b>Website:</b> <a href="http://www.behealthavl.com">www.behealthavl.com</a>
Asheville	Marc McKinnis, LPC, NCC	Transitions, Mood, Relationships	<b>Address:</b> 188 Charlotte Street, Suite 2, Asheville <b>Phone:</b> (828) 424-0014 <b>Website:</b> <a href="http://www.marcmckinnis.com">http://www.marcmckinnis.com</a>
Asheville	Sarah Mims, MEd, LCSW	Transitions, Loss/grief, Mood, Caregiver Support	<b>Address:</b> 29 Ravenscroft Drive, Suite 310, Asheville <b>Phone:</b> (828) 394-4073 <b>Website:</b> <a href="http://www.sarahsmims.com">www.sarahsmims.com</a>
Asheville	Guy Morganstein, LCP	Relationships, Effective Communication, Chronic Illness, Mood	<b>Address:</b> 70 Woodfin Place, Suite 233, Asheville <b>Phone:</b> (828) 337-7549 <b>Website:</b> <a href="http://www.guymorganstein.com">www.guymorganstein.com</a>
Hendersonville	Richard Johnson, PhD	Aging, Older Adults, Mood, Coping, Grief	<b>Address:</b> 140 Fourth Avenue West, Room 100, Hendersonville <b>Phone:</b> (828) 476-4380 <b>Website:</b> <a href="http://www.richardejohnsonphd.com">www.richardejohnsonphd.com</a>
Hendersonville	Dr. Valerie Levine	Coping, Anxiety, Grief/Loss, Sleep Issues	<b>Address:</b> 224 South Grove Street, Suite L, Hendersonville <b>Phone:</b> (828) 237-4384 <b>Website:</b> Google her name and "Psychology Today" to view her profile

Marion	Angela Horton, LPN, LPC	Chronic Medical Issues, Depression, Veterans	<b>Address:</b> 246A South Main Street, Marion <b>Phone:</b> (828) 358-3513 <b>Website:</b> Google her name and “Psychology Today” to view her profile
Morganton	Almon Franklin Carr, LCSW	Aging, Older Adults, Life Transitions, Depression	<b>Address:</b> 418 North Green Street, Morganton <b>Phone:</b> (828) 333-7419 <b>Website:</b> Google his name and “Psychology Today” to view his profile
Morganton	Tami Grossens, LCSW	Depression, Anxiety, Life Transitions	<b>Address:</b> 408A E Union, Suite 1, Morganton <b>Phone:</b> (828) 615-4074 <b>Website:</b> <a href="http://www.clearperspective.co">www.clearperspective.co</a>
Hickory	Thomas McDaniel, LCSW	Depression, Anxiety, Meaning Making, Relationships	<b>Address:</b> 333 2nd Street NW, Hickory <b>Phone:</b> (704) 380-9245 <b>Website:</b> Google his name and “Psychology Today” to view his profile
Statesville	Latasha Ellis, LCSW (and PhD candidate)	Chronic Illness, Grief, Coping Skills, Mood	<b>Address:</b> AHSAT Counseling and Consulting, PLLC, 515 Brookdale Drive, Statesville <b>Phone:</b> (704) 879-1976 <b>Website:</b> Google her name and “Psychology Today” to view her profile

## **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?