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Specialty: Relationships, Anxiety, Wellness/Mindfulness

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Telemental Health

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MONALISA BRYANT, LPC

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DR. BERNADETTE SMITH LPC-S, NCC

How has being a therapist helped you through your personal struggles?

Being a therapist has taught me 2 very important things. 1: It is okay to reach out for

help. Reaching out for help is the strongest thing I can do. 2: Practice self compassion. I am not perfect. I am going to mess up, and that's ok because every day I have a chance to get it right.

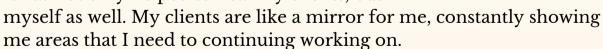
What drew you to your specialty?

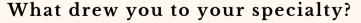
I was first drawn to wellness in undergrad. My mentor taught me the importance of the dimensions of wellness. As a counselor, I began to see how imbalance in an area of wellness can truly impact an individuals sense of self and relationships. I incorporate wellness and other theories and techniques that I have learned over the years to help individuals and couples create healing so they can get the love and peace they want.

DR. JASMINE BOONE LPC

How has being a therapist helped you through your personal struggles?

Counseling my clients has been life changing. It has not only helped to heal my clients, but





I feel like it's the other way around rather than me being drawn to the specialty, I feel like the specialties came and found me. Clients would come in with concerns of single-hood, relationships or trauma and it just resonated with me in a very deep way. After awhile I just knew that this is where I can really help people heal.





ANDRANIQUE GOODMAN, LPC

Specialty: Teen, Young Adult 734-210-0005 440 Cobia Drive STE 1301, Katy, TX 77494 www.theinnermind.org IG: therapywithnique



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MARTHA J. LOPEZ, MA, LPC

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I'M READY TO START THERAPY, NOW WHAT?

Taking the first steps towards therapy can be overwhelming especially if you have never been to therapy before. Many therapists, like the ones above, have relevant information and resources on his/her website. However, you may have more questions. Look over the questions below to ask your therapist and insurance company.

Ask the Therapist

- Are you accepting new clients?
- Do you offer a free consultation?
- How do you approach therapy?
- What is your fee/ Do you accept insurance?
- How can I schedule appointments?

Ask Your Insurance Company

- Do I have out-of-network outpatient mental/behavioral health benefits?
- Is there a limit on how many mental health visits I receive per calendar year?
- Do I have a deductible, and how much of the deductible has been met?
- What is the patient co-insurance per session? (Co-insurance is the percentage of the fee that you will ultimately be responsible for after your deductible is met. Your insurance company will cover the rest.)
- Is there an out-of-pocket maximum? (This means that after you pay a certain amount out-of-pocket, your insurance company should fully cover the cost of your visits.)
- Do I need pre-authorization from my doctor?



MORE RESOURCES

Want to find more mental health therapists? Check out these sites:

- www.melaninandmentalhealth.com
- www.therapyforblackgirls.com
- www.psychologytoday.com

WHY SEEK THERAPY?

Many people seek therapy because they want an objective person who will help them reach their personal goals in a safe and confidential place.

ARE YOU IN CRISIS?

If you are currently in crisis (thoughts of self harm or harm to others) reach out to these resources:

911* ask for Crisis Intervention Team

Crisis Hotline: 1-800-273-8255

Crisis Text Line: Text Steve to 741-741

ABOUT THIS GUIDE

This guide is not an all inclusive guide, nor is it an endorsement of any particular counselor.

If you would like to download the guide, you may do so at:

https://www.lpc-houston.com/links

BE FEATURED

Are you a licensed mental health therapist? Would you like to be featured in the Black Mental Health Therapist of Houston Guide, follow this link: www.lpc-houston.com/links



