

LifePointe Counseling, LLC

LifePointe Counseling, LLC provides high quality mental health care services that address the entire person: physically, mentally, emotionally, and spiritually.

Our staff is comprised of committed Christians who are all fully credentialed and professionally trained. We are dedicated to providing our clients with excellent Christian mental health counseling and psychiatry in a safe environment that allows individuals and couples of nearly all ages to work through the brokenness that prevents them from experiencing satisfaction and joy in life. Many clients have found our unique integration of Christian therapy and psychiatric services to be extremely helpful. Our goal is to help people begin to experience the true forgiveness, healing, and joy that God desires.



Our Mission

We are a Christ-Centered team providing quality mental health care and supportive therapies with dignity, faith, and wisdom.

Did You Know...

- Our staff members are available to speak at conferences, seminars, and workshops.
- We have health care providers on Anthem Blue Cross Blue Shield, Aetna, Cigna, United Healthcare, UBH, and Tricare insurance panels.
- A sliding scale is offered to those who financially qualify.
- We have counselor bios, forms, and other mental health resources on our website.



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Specialized Trauma Therapy

When we hear the word “trauma” we tend to think of soldiers coming back from war, horrific car accidents, or losing a loved one. However, when we step back and look at our lives we can all recognize pivotal events that have impacted the way we view our self and the world around us. We have all experienced trauma at some point in our life - whether it be a “Big T” or a “Little T”. Sometimes we get stuck in these negative experiences, feeling haunted by our past.

LifePointe Counseling, LLC has several therapists on staff who specialize in a therapeutic process called Eye Movement Desensitization & Reprocessing (EMDR). EMDR therapy has already helped an estimated two million people of all ages relieve many types of psychological stress.



If you would like to learn more about EMDR therapy or meet with an EMDR therapist, please visit our website at:

www.lifepointecounseling.com

Counseling

Often people come to counseling not knowing what to expect. Counseling is a process that varies in length depending upon the individual and the complexity of the issue.

Our counselors foster a safe environment where clients can gain a better understanding of themselves, their struggles, and their relationships.



Through counseling, clients can learn ways to cope with the situations they are facing and begin the healing process. Issues that our counselors frequently deal with include:

- Abuse
- Anxiety
- Anger
- Behavior Issues
- Bereavement/Grief
- Bullying
- Career
- Depression
- Eating Disorders
- Marital Concerns
- Parenting
- Post Traumatic Stress
- Self-Harm
- Self-Esteem
- Spiritual Concerns
- Substance Abuse

Psychiatry

For some people, medication is a crucial aspect of the healing process. Our staff psychiatrist works with adults dealing with a variety of issues including, but not limited to: ADD/ADHD, anxiety, bipolar, depression, mood instability, psychosis, obsessive compulsive disorder, persistent insomnia, and post traumatic stress.

LifePointe Counseling, LLC offers GeneSight testing and other helpful measurement tools in the psychiatric process. Our staff psychiatrist specializes in the areas of complementary, alternative, nutraceutical, and nutritional medicine.



Take your first step to healing by calling us today at 314-849-2120!