

**Seminary of the Southwest
Counseling and Therapy Resources**

Tips for a good fit:

- 1) When contacting a group practice, expect to leave a message with the criteria you're looking for and someone will get back to you
- 2) When using a search engine, try different combinations of search limiters, and click through to the counselor's webpage
- 3) Expect a few brief conversations about what you're looking for before deciding if someone's a good fit
- 4) If a spiritually-integrated approach is important to you, you can request someone who offers that
- 5) If the person you're speaking with doesn't offer the approach you're looking for, they should be able to refer you to someone who does
- 6) Once you start working with someone, give the process time; it takes consistency over several weeks before one can tell whether an approach is going to be effective.

Austin Counseling Collective

512-238-1700

Email: hello@AustinCounselingCollective.com

**Locations: 1012 E 38 1/2 St.
Austin, TX 78751**

From website: Austin Counseling Collective is a collective of social justice-grounded, culturally responsive, inclusive, and intentionally diverse licensed mental health professionals. Austin Counseling Collective was started with the mission to provide boldly inclusive mental healthcare, intentionally creating therapeutic spaces for marginalized and underserved populations to work with therapists that share our social justice-grounded frameworks. We journey with all Austinites in all bodies in pursuit of mental and relational wellness. Our motto is: embracing diversity. We welcome you to get in touch.

Distinctions: Culturally-diverse counselors and therapists; wheelchair friendly; close to SSW campus; spiritually-integrated services from a Christian tradition available; LGBTQ+ affirming

Austin DBT Associates
512-902-3282
Email: appointments@austindbtassociates.com

Locations: 8500 North Mopac Expressway; Suite 402
Austin, TX 78759

6012 W. William Cannon Drive; Suite D102
Austin, Texas 78749

From website: We offer accessible, affordable, and adherent dialectical behavioral therapy for adults, adolescents and families. One of the common frustrations with traditional therapy is feeling like you gain insight during session but that doesn't translate into behavioral change outside of session. DBT clinicians are committed to helping their clients shape the intensity, frequency and duration of emotions and behaviors that are interfering with building their own lives worth living. We are actually more focused on what happens outside of treatment than in it. The people who come to us most often are those who have felt frustrated by not making progress in previous treatments.

Distinctions: A few sliding scale spots available; wide variety of DBT therapists to choose from.

Austin Family Counseling
512-298-3381
Email: info@austinfamilycounseling.com

Locations: Westlake Location
5000 Bee Caves Road; Building 1, Suite 100
Austin, TX 78746

Northwest Hills Location
4601 Spicewood Springs Rd.; Building 3, Suite 200
Austin, TX 78759

From website: Austin Family Counseling therapists provide therapy for families, children, couples, and individuals. The therapists at Austin Family Counseling have varied backgrounds and expertise, and we want to make sure you find the best fit. We all share the same philosophy that you deserve to feel safe and respected, and our shared goal is to help you feel relief and restoration. We have all completed a Master's Degree in counseling and are licensed by the State of Texas. We also offer parenting workshops and groups for individuals seeking community and support. We are a unique group of local therapists who will not only help you feel connected and

cared for but also provide you with guidance and expertise that will give you what you need to restore hope and connection in your life and relationships.

Distinctions: Sliding scale; wide diversity of clinicians to choose from; can accommodate requests for spiritually-integrated services from a Christian tradition; LGBTQ+ affirming.

Austin Family Institute

512-329-6611

Email: info@austinfamilyinstitute.org

Locations: 4407 Bee Cave Rd; Bldg 3, Suite 320
Austin, TX, 78746

From website: If you need help, but you're not sure you can afford it, we are Austin's only family-therapy based training institute to offer services exclusively on a sliding scale. Are you struggling with a teenager who won't listen? Has your family experienced a trauma that is difficult to leave in the past? We are family therapists, trained to help empower you to get the most out of your relationships. Are you and your partner trying to overcome conflict that won't stop? Has your marriage changed in ways you regret? We are experienced couples therapists who provide effective counseling for your relationship. Do you need help coping with depression or anxiety? Are you grieving the loss of a loved one? Our counselors and therapists are dedicated to helping you achieve your goals to help you change. Call today for a safe and confidential consultation.

Distinctions: Systemically-trained therapists; moderate sliding scale; can accommodate requests for spiritually-integrated services from a Christian tradition; LGBTQ+ affirming.

Austin Mindfulness Center

512-578-8070

Online request form: <https://www.austinmindfulness.org/get-started.html>

Locations: 9501 N. Capital of Texas Hwy, Suite 103
Austin, TX 78759

From website: Schedule a therapy appointment with one of our experienced and compassionate therapists. We offer individual therapy and group therapy for a variety of issues and populations. More and more people are benefiting from counseling for more common concerns like relationship problems, stress, life transitions, career dissatisfaction and the like. These kinds of problems may be difficult to navigate on your own and having an unbiased, objective

professional to help you through it can be of great benefit. Not only do you receive support and guidance through these hard times, but you grow as a person from learning new ways to cope with life stressors, how to respond and be in relationships of all kinds. The growth that comes from tackling a problem head on transfers to other areas of your life, making you stronger, more resilient, and better equipped to handle life's inevitable storms. We don't want **cost** to get in the way of you getting the help you need. We have a wide range of therapists with different backgrounds and fee structures; you can select the rate that best matches your budget.

Distinctions: Mindfulness-based therapy; moderate sliding-scale available, and also some insurance carriers accepted; variety of therapists to choose from.

Austin Recovery

512-697-8600

Email: info@austinrecovery.org

**Location: 4201 South Congress, Suite 202
Austin, Texas, 78745
(Outpatient Office)**

From website: Austin Recovery is a compassionate, community-based substance use disorder treatment provider that helps individuals and families rebuild their lives free from drugs and alcohol. Simply put, we believe in your ability to heal. The staff at Austin Recovery understands that what you or a loved one may need to stabilize and begin a life in recovery is unique. Our approach is individualized and realistic, with an emphasis on developing the necessary tools and coping techniques to protect your recovery through cognitive behavioral therapy, the 12 Steps, and experiential therapy. Family support and intervention referrals available upon request.

The largest barrier to accessing quality addiction treatment is financial. Austin Recovery's treatment programs are offered at sliding scale cash rates or payment plan, and through scholarships we extend life-saving treatment to all in our community who are in need, regardless of ability to pay. Austin Recovery accepts most major insurance and Medicaid plans, and sliding-scale and payment plans available.

Distinctions: Substance-use recovery; medical detox available; insurance accepted.

Capital Area Counseling

512-302-1000 ext. 100

Email: info@cacaustin.org

**Location: 7703 N Lamar Boulevard Suite 500 (5th Floor)
Austin, TX 78752**

From website: Capital Area Counseling's community is diverse and extensive, spanning across all of the licensed counseling professions. This allows us to practice from a wide range of methods, techniques, and styles to meet the unique needs of the people we serve. Our shared approach includes that of providing a safe, client centered, collaborative and caring environment for people to engage the work they've come here to do.

Our counselors are Licensed Master Social Workers (LMSW), Licensed Professional Counselor Interns (LPC-I), Licensed Marriage & Family Associates (LMFT-A) and Licensed Drug & Alcohol Counselors (LCDC) all working toward advanced licensure; pre-graduate master and doctoral level interns completing their final practicum before graduation; and Licensed Professional Counselors and Clinical Social Workers. Our therapist pool of 100+ clinicians gives us consistency in the number of people we are able to serve and flexibility in the range of service we are able to offer.

Distinctions: Low sliding-scale; flexible hours; wide diversity of clinicians to choose from; can accommodate requests for spiritually-integrated services from a Christian tradition; LGBTQ+ affirming.

Colors of Austin

512-829-8738

Email: <https://www.colorsofaustincounseling.com/contact-1>

**Location: 4112 Marathon Blvd
Austin, TX 78756**

From website: Colors of Austin Counseling believes the journey towards self-acceptance depends on what you're needing. No session is the same. However, at Colors of Austin Counseling we believe in finding creative solutions to your problems. Each individual session lasts 50 minutes. You will be invited to express yourself in a way you haven't done before. You will likely test your limits. You may be asked to create something that speaks to you and that will allow you to explore joy and what that means to you. Sometimes, you will be asked to some "homework" outside of sessions in order to continue the work on your own time and "get it in your bones." We believe that therapy involves work and it involves practice, both in and out of our sessions together. Our office is packed full of art supplies, books, paper, pillows, games, blankets, play-doh and the list goes on. We want you to feel safe and we know that sometimes trying something new like counseling can be scary. You will be invited to grab what you need while you're here. This is your space.

Distinctions: Accepts some insurance; online counseling available; flexible hours; diversity of clinicians to choose from; LGBTQ+ affirming.

Just Mind

512-843-7665

Email: scheduling@justmind.org

**Locations: 4807 Spicewood Springs Rd Building 1, #1140
Austin 78759**

From website: Just Mind is a boutique mental health clinic with a mission to remove the stigma sometimes associated with therapy, both through the environment we create and the unique attitudes of the associates who work with us. Our team receives regular clinical education from visiting guest experts and group supervision. Our therapists each have up to 30 years of experience and a wide array of specialties, and certifications. We pride ourselves on fostering a space for our clients that is comfortable, knowledgeable, and relatable. We provide a comfortable and casual atmosphere for therapy so clients feel at ease when speaking with us. The right fit between provider and client is paramount in creating change and we work hard to try and pair you with the best match for your clinician.

Distinctions: Wide diversity of clinicians to choose from; may qualify for out-of-network reimbursement with some insurance carriers.

New Life Counseling Center

512-238-1700

Online request form: <https://www.newlifecounselingcenter.com/>

**Locations: 3000 Joe DiMaggio Blvd; Suites #88-89
Round Rock, Texas 78665**

**3006 Bee Caves Road; #D-201
Austin, Texas 78746**

From website: Our mission at New Life Counseling Center is to offer individuals, couples, and families hope, healing and growth through competent Christian counseling. In our therapy program, Christian values are upheld and integrated with competent clinical procedures. For us, psychology is applied theology, a way to help you work out your faith and grow as a person. We are interested in trying to connect you with the therapist best suited for your needs. We believe that a good investment of time for both you and your therapist is to spend approximately five minutes on the phone to gather an idea of what issue(s) may invite you to seek counseling. Based on this information, your therapist may offer you a referral to another therapist, who may specialize in something that you seek, or offer to set an appointment.

Distinctions: Moderate fees; distinctly Christian; spiritually-integrated; Spanish-language available

Northwest Counseling and Wellness
512-250-9355
Email: info@ncwcaustin.com

Location: 12335 Hymeadow Drive; Suite 300
Austin, TX 78750

From website: Northwest Counseling and Wellness delivers holistic, evidenced based programs and services to remedy suffering from substance use disorders, depression, or anxiety. Our services support change through the integration of psychotherapeutic approaches and ancient healing traditions. Well-being is an inside job. Our team of healthcare providers are professionally trained and licensed to deliver both conventional Western and Eastern based therapies. Yoga, mindful meditation, auricular acupuncture, and qigong are among Eastern healing practices that we enlist and engage inner resources vital to the healing process. These ancient practices draw from Taoism, Chinese medicine, Buddhism, and contemplative Judean-Christian practices known and experienced in all cultures of the world.

Distinctions: Substance use recovery and mental health care; accepts most major insurance carriers; spiritually-integrated services from a Christian tradition available.

Therapy Austin
512-201-4501

Online request form: <http://www.therapyaustin.com/request-an-appointment>

Locations: 1415 W. 51st St., #1
Austin, TX, 78756

5025 Burnet Rd., #203
Austin, TX, 78756

8500 Shoal Creek; Bldg. 4, #202
Austin, TX, 78757

From website: Therapy Austin's counseling staff is diverse in every way, so feel confident you will find someone you click with. They are educated, they are well-trained, they are really good at what they do. Read up to get a sense of their style, strengths and specialties. We have offices in North, Central and South Austin. At Therapy Austin, we can match you with a therapist who fits your needs, wants and style. Tell us when you can meet, what you can pay, what you are challenged by and what's important to you. We will match you personally to one of our qualified

counselors. You also have the option of choosing the counselor yourself. We see clients all day, every day - in the early hours before work, in the later hours after work, or on the weekends. We are here for you.

Distinctions: Moderate sliding-scale down; flexible hours; multiple locations; wide diversity of clinicians to choose from; can accommodate requests for spiritually-integrated services from a Christian tradition; LGBTQ+ affirming.

Search for a Private Practitioner

Psychology Today Austin

<https://www.psychologytoday.com/us/therapists/tx/austin>

Search engine for counselors and therapists in private practice in Austin.

Distinctions: On Psychology Today Austin, you can modify your search to ensure you're contacting those who will be a good fit with your insurance, fee-range, religious, language, or cultural preference, approach, presenting issue, years of experience, training, and location.

Search for Online Counseling

Psychology Today Austin – Online Counseling

<https://www.psychologytoday.com/us/therapists/online-counseling/tx/austin?sid=5e6bc2ab3acf5>

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