

At The Center...

We believe that, with the right tools and insights, people can grow through life's changes and challenges to live the **life they were meant to lead**. We address the health of the whole person: physically, mentally, emotionally and spiritually, honoring all faiths and the **role faith plays in people's lives**.



The Center for Integrative Counseling and Psychology

Formerly Pastoral Counseling Center. New name. Same mission.

WHAT WE OFFER:

Counseling in person or through tele-counseling for:

- Children, including Play Therapy and social skills
- Adolescents, teens
- Young adults, college students
- Adults
- Couples
- Senior adults and caregivers

Assessments for:

- ADHD and autism spectrum assessments
- Educational and school-related evaluations
- Career and psychological testing

HOW TO SCHEDULE AN APPOINTMENT:

- Call 214.526.4525 (Mon-Thurs 8-5, Fri 8-4) to schedule an appointment at one of our 30+ locations across North and Central Texas.
- We will match you with a therapist or psychologist with expertise to assist you. We have over 40 clinicians on staff, including many who are bilingual.
- The Center accepts private-pay and our services are in-network with most insurance companies and Employee Assistance Plans, Medicare and Medicaid allowing clients to use their health benefits for mental health care.
- Our Connect Fund is available for those who may need assistance paying for services.

CENTRAL OFFICE 4305 MACARTHUR AVENUE
DALLAS, TEXAS 75209
214.526.4525

FOR MORE INFORMATION, VISIT OUR WEBSITE:

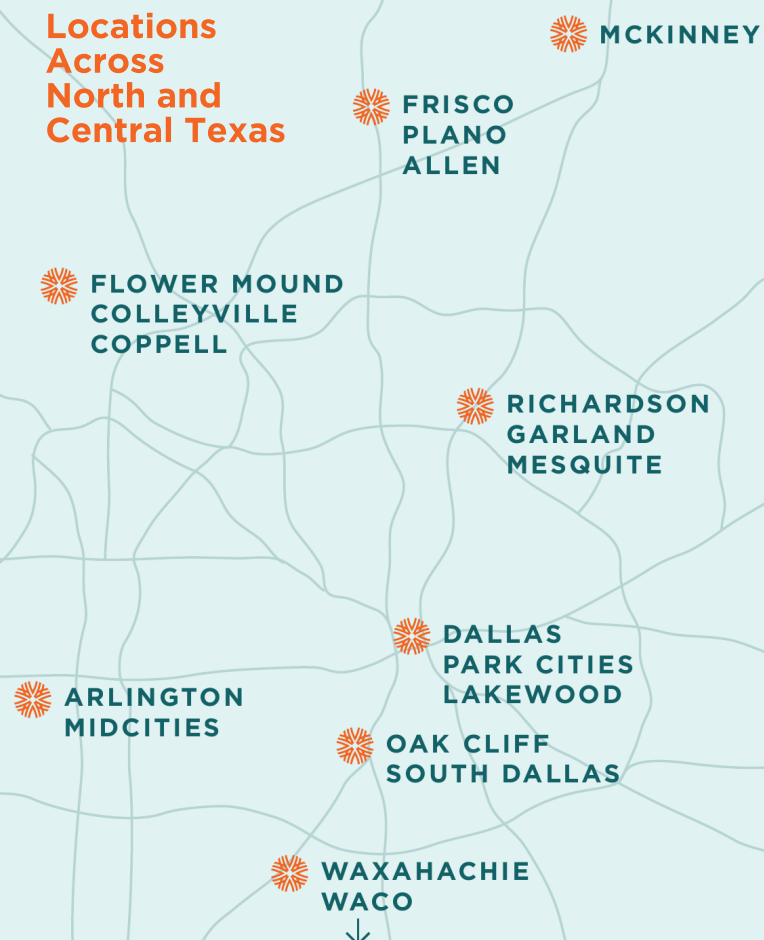
TheCenterCounseling.org

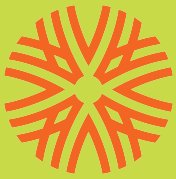
Providing counseling where people live, work, play, and pray.

Now more than ever, we are a trusted resource for you, your children and teens, couples, and families.

Whether we are working with you through tele-counseling, at one of our 30+ locations across North and Central Texas, or at our new Central Office at 4305 MacArthur in Dallas, our team of clinicians can help you find healing and hope.

Locations Across North and Central Texas





MORE ABOUT THE CENTER

The Center has a great team of 40+ therapists and psychologists who represent the best in their field. We have caring and approachable people who all have at the core of their personal mission, a desire to help others. Everyone uses their talents to serve our community and make mental health care accessible to all.

When you call, we will ask you about your goals, handle the scheduling and payment logistics and match you with a therapist who best suits your needs.

WE CAN HELP WITH THE FOLLOWING:

- ADHD/autism/developmental testing
- Anger management
- Boundaries
- Bullying
- Child and play therapy
- Children with disruptive and oppositional behavior
- Chronic pain
- Codependency
- College-level academic accommodations testing
- Coping with divorce, blended families
- Depression, anxiety, suicidal thoughts
- Domestic violence recovery
- Eating disorders/body image
- Educational/school testing
- Faith and spirituality
- Family therapy
- Gambling
- Grief and loss
- Group therapy
- Guilt and shame
- Identity and self-image
- Infertility, miscarriage
- LGBTQ+
- Life changes/transitions
- Marriage, couples
- Men's issues
- Parenting
- Pre-engagement, pre-married
- Relationship issues
- School-related issues
- Screen/internet addiction
- Sexual abuse, childhood sexual abuse
- Social skills
- Stress management
- Substance abuse/addiction
- Trauma
- Women's issues, young women

WHAT OTHERS ARE SAYING

"It takes a great amount of courage to say I need help. I needed help. With the help of The Center, I realized alcohol wasn't my problem, it was my solution. My counselor saved my life; I felt safe to talk about my problem and I finally heard the truth. I am forever grateful to The Center, where I took my first step on the road to recovery."

-Lisa Kroencke, Executive Director, Magdalen House

"My 9-year-old was experiencing severe anxiety. Play therapy at The Center helped us manage COVID. The Center taught me how to better communicate with my child and has given me confidence as a parent."

-Parent of client



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OUR NEW CENTRAL OFFICE

4305 MACARTHUR AVE, DALLAS, TX 75209

We've moved to our new Central Office which is designed to fulfill our mission as a cornerstone for mental health and hope. Our stand-alone building is welcoming with therapy offices and a designated area for children and teens, just 3 minutes west of our former location.



Church Collaborations for Congregational and Community Well-being



The Center for Integrative Counseling and Psychology

Formerly Pastoral Counseling Center. New name. Same mission.

WHAT WE OFFER:

Training and Education

- Raising awareness and equipping church leadership and staff to support emotional, relational and mental well-being among the staff and in the congregation and community
- Informative workshops, retreats, presentations, and articles for church members and the community on topics such as communication, parenting, marriage, emotional health challenges, and grief – workshops can be held for Sunday School classes, at church events and for the community
- OLOGY, our creative multi-faceted program, equips ministers to address mental health and mental health professionals to address spirituality through symposiums, training, dialogue, and resources that integrate spirituality and psychotherapy and psychology and theology

Counseling Support for Church Staff and Congregation Members

- Individual and family counseling for ministers and church staff and their families as well as congregation members
- An established and smooth referral process to a team of therapists specifically focused on supporting the church partner

Evaluations and Assessments

- Ministerial candidate evaluations and programs for candidates for ordination for a variety of denominations and local churches
- Assessments are offered for staff to aid in professional development and effectively addressing personnel matters

Counseling Centers in Churches

The Center provides counseling within churches enabling churches to make counseling accessible to the church and community. An agreement allows for The Center to provide counseling within an established office at the church with all scheduling, financial and clinical processes being managed by The Center.

- The church is able to promote the collaboration as support for the congregation and as a way to be a resource to the community
- The Center carries the liability and the liability insurance for the services offered
- Clients pay for their counseling through The Center either on their own or using their insurance
- The church offers space comfortable for counseling and promotion of the services

The Center has been a “go-to” expert and resource in mental health for churches, denominations, ministers, and church staff for more than 50 years.

Founded as The Pastoral Counseling Center, we’ve always recognized the influences of both spirituality and psychology on the lives of those we serve. Our new name, The Center for Integrative Counseling and Psychology, reflects the integration of spirituality and psychotherapy and the integration of the compassionate care we provide within the community that are at the core of who we are.

We believe that the church can play a pivotal role in de-stigmatizing mental health issues, raising awareness about mental health and meeting the mental health needs of communities. We are here to support churches in serving their congregations and communities.

HOW TO SCHEDULE AN APPOINTMENT

- Call 214.526.4525 to schedule an appointment at one of our 30+ locations across North and Central Texas.
- We will match you with a psychologist or therapist with expertise to assist you.
- The Center accepts private-pay and our services are covered by most insurance companies and Employee Assistance Plans including Medicare and Medicaid allowing our clients to use their health benefits for mental health care.

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Church Staff and Clergy Counseling Program

Purpose: It's important for those entrusted with the care of others – *especially those working within a church* – to pay attention to their own well-being. The Center is honored to collaborate with churches to support their staff and clergy by providing short-term counseling to encourage self-care that promotes health and well-being. Staff and clergy may use the counseling for themselves, couples' therapy or for an immediate family member. The Center has counseling offices across North and Central Texas, in addition to tele-counseling which offers flexibility and convenience.

Number of Sessions Provided for Each Staff/Clergy: The church funds and determines a set number of sessions covered.

Referral and Intake Process:

- Staff/clergy may call The Center to schedule their sessions. Indicate you are on staff at the church utilizing the Staff and Clergy Counseling Program.
- The Center Client Services team will schedule the person with a therapist who is a part of the team providing therapy for church staff and clergy.
- The staff person is given a client number for tracking client sessions and invoicing to maintain client confidentiality.
- Names of those participating will remain confidential per HIPPA by The Center with any other staff of the church.

Payment:

- The Center will invoice the church monthly using the client numbers assigned.
- The fee for each session is established with the church.

Continued Counseling:

- Once the established sessions have been utilized, The Center can transition the individual to use their insurance or self-pay if they wish to continue.

Promotion:

- The Center is available to present at staff meetings to introduce the program.
- The Center will provide a one-sheet summarizing our work and the program for the church.

Interested? For more information about bringing this program to your church, contact Dr. Brad Schwall at bschwall@thecentercounseling.org.

REACHING POTENTIAL ACHIEVING GOALS

Testing and Assessments at The Center



The Center's comprehensive psychological assessments provide practical information that offer guidance for next steps and decisions that impact well-being.

We provide testing and assessments for children, teens, college students, and adults.

Testing for Children and Teens

Our testing can help determine your child's IQ, learning style, and aptitude. Information gained from assessments can help in determining strategies needed to help your child reach his or her full potential at school.

Testing for Young Adults and Adults

By looking at a variety of different tests and measures, The Center's assessments examine the emotional and behavioral components of the mind in addition to intelligence, which can help identify the most effective intervention options, gain access to necessary services, and help direct ongoing treatment and support.

Our Licensed Psychologists administer specific assessments according to your or your child's needs. Once the report is prepared, we explain the report and how it can help you make decisions and move forward.

ASSESSMENTS CAN HELP IDENTIFY:

- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Cognitive and Developmental Delays
- Autism Spectrum Disorders
- Exceptional IQs
- Learning Disabilities
- Gifted and Talented Students
- Test-Taking Anxiety
- Emotional and Behavioral Problems
- College-level academic accommodations needed
- Depression
- Anxiety
- Bipolar Disorder

TO SCHEDULE AN ASSESSMENT APPOINTMENT:

- Call 214.526.4525 (Mon-Thurs 8-5, Fri 8-4) to schedule an appointment at one of our 30+ locations across North and Central Texas.
- We will match you with a psychologist with expertise to assist you.
- The Center accepts private-pay and depending on your insurance and the scope of the testing, these services may be covered.



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