



CATHOLIC NOLES

Counseling Resources for Students

This list is provided as a courtesy. Catholic Noles does not endorse or guarantee any therapist. Individuals are responsible for verifying credentials and fit. Catholic Noles and the Co-Cathedral of St. Thomas More assume no liability for services provided. Contact details and sample some specialties are listed below; please contact therapists directly for a comprehensive list of services.

Catholic Therapists	
<p>Dr. Ann Funk, PhD (850) 491-5110 (cash pay only)</p> <ul style="list-style-type: none">• Affective Disorders• Anxiety• Assertiveness• Behavioral Problems• Death/Dying/Grief• Depression• Life Transitions• Marriage/Divorce/Separation• OCD• Personality Disorders• Phobias/Panic Disorder• PTSD/Trauma• Religion/Spirituality• Sexual Abuse• Training/Consultation	<p>Dr. Kay Colvin-Guthrie, PhD (850) 552-0691 (accepts insurance)</p> <ul style="list-style-type: none">• Anxiety• PTSD• OCD• Panic• ADHD• Depression• Bipolar Disorder• Marriage and family therapy• EMDR trained
<p>Devin White, RMHCI 850-604-8218 (cash pay and insurance)</p> <ul style="list-style-type: none">• IOP for Children and adolescents with behavioral challenges• Addiction• Undesirable habits• Identity challenges• Depression• Anxiety• ODD• Adjustment disorders• Substance use/abuse	<p>Robert Mayor, LMHC 850-604-8218 (cash pay and insurance)</p> <ul style="list-style-type: none">• Men's issues• Sexual/pornography addiction• Childhood trauma• Sexual trauma• Challenges facing military families• EMDR trained

<p>Kelly Mayor, LCSW 850-604-8218 (cash pay and insurance)</p> <ul style="list-style-type: none"> • Anxiety • OCD • Panic • Social anxiety • Agoraphobia • Scrupulosity • Postpartum depression • Marital intimacy 	<p>Rachel Lightle, RMHCI 850-604-8218 (cash pay and insurance)</p> <ul style="list-style-type: none"> • Anxiety • Depression • Stress • Self Esteem • Disordered eating patters • Substance abuse • Relationship difficulties
<p>Heidi Coggins, RCSWI 850-404-4836 (cash pay only) in Tallahassee</p> <ul style="list-style-type: none"> • Grief and Loss • PTSD/Trauma • Sexual Abuse • Anxiety/Depression • Life Transitions • Women's issues • EMDR trained 	<p>Virginia Koch, PhD virginia@knots-untied.com, Accepts online payments; no insurance Certified Catholic Mindset Coach</p> <ul style="list-style-type: none"> • Coaching college students to overcome mental barriers to success (overwhelm, doubt, anxiety, imposter syndrome, loneliness, time management. etc.)
<p>Christian Therapists in Tallahassee</p>	
<p>Amanda Shoemaker, LCSW 850-604-8218 (cash pay and insurance)</p> <ul style="list-style-type: none"> • Anxiety • Depression • Postpartum Depression • Stress • Relationship difficulties • Challenges facing military families 	<p>Kevin Winship LMHC 850-509-1181 (accepts insurance)</p> <ul style="list-style-type: none"> • Anxiety • Depression • Mood disorders • Relationship issues • Men's spiritual concerns • OCD • Career Counseling • Couples therapy • Adjustment issues
<p>Lindsay Kaempfer, LMHC (850) 391-1570 (cash pay only)</p> <ul style="list-style-type: none"> • ADHD • Autism • OCD • Panic • PTSD • Trauma • Family/relationship challenges • Spiritual concerns 	<p>Susan Colligan, RCSWI scolligan@cobaltTLH.com (intern for Kevin Winship, cash only)</p> <ul style="list-style-type: none"> • Relational and emotional challenges • Family dynamics • Life transitions

<ul style="list-style-type: none"> • Sexual/pornography addiction 	
<p>Luke Brocco, LCSW 850-203-0214 (accepts insurance)</p> <ul style="list-style-type: none"> • Depression • Anxiety • Relationship issues • Life transitions/adjustment • Academic/career concerns • Self-esteem • Communication • Family dynamics 	<p>Sarah Christovich, LCSW 850-391-8718 (case pay only)</p> <ul style="list-style-type: none"> • Trauma • Chronic mental health • Crisis and complex PTSD • Anxiety • Bipolar disorder • Depression • Family and grief issues
<p>Tracy Bane, LCSW 850-894-0061 (accepts insurance)</p> <ul style="list-style-type: none"> • Stress • Anxiety • Depression • Trauma • Grief • Relationship issues • Parenting/family dynamics • Self-esteem 	<p>Julia Coelho, LMHC 850-296-1937 (accepts insurance)</p> <ul style="list-style-type: none"> • Complex trauma • PTSD • Family trauma • Attachment issues • Dissociation • Anxiety • Depression • OCD • Grief and loss • Women's issues • Abuse/neglect
<p>Karli Flatt-O'Neal, LCSW 850-274-5107 (accepts insurance)</p> <ul style="list-style-type: none"> • Behavioral health • Family and individual therapy with Christian-informed counseling background 	<p>Lauren Bowen, LCSW 904-260-0454 (accepts insurance)</p> <ul style="list-style-type: none"> • Anxiety • Depression • Life transitions • Stress management • Relationship concerns

