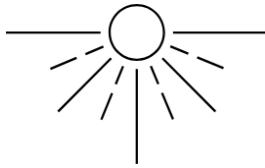




THE HOLISTIC COUNSELOR PODCAST



*From the Mic to the Community:
A Mental Health Resource*



WWW.THEHOLISTICCOUNSELOR.COM

Hope exists.

You do not need the perfect words - only a next step.

If you do not know where to start

Choose one doorway. You can learn, ask questions and change direction as you go.

- 1 Name what feels hardest today.**
A feeling, situation, symptom or change in daily life is enough.
- 2 Choose a first doorway.**
A primary-care provider can screen and refer. A therapist can assess and treat. A psychiatrist or psychiatric nurse practitioner can evaluate medication needs.
- 3 Use a digital waiting room.**
Listen before reaching out. Notice how a clinician explains care, responds to complexity and makes room for the whole person.
- 4 Contact two or three possibilities.**
Availability, location, cost and personal fit all matter. Use the questions on page 3.



Hear Florida clinicians first

Think of each episode as a digital waiting room: hear a clinician's voice and perspective before deciding whether to learn more. Listening is not an endorsement or a guarantee of fit.

SCAN OR VISIT [THEHOLISTICCOUNSELOR.COM](https://www.theholisticcounselor.com)

NEED SUPPORT NOW?

Call or text 988 for crisis support. Call 911 for immediate danger.

EDUCATIONAL AND INFORMATIONAL ONLY

This guide and podcast are not therapy, diagnosis, treatment, crisis care, medical, psychiatric or legal advice. Inclusion reflects a prior conversation and submitted information - not endorsement, referral, credential verification or guarantee. Professionals are independent. Verify identity, license or authorization, discipline, scope, location, availability, fees, insurance and fit. Information can change. Use creates no professional relationship or duty of care.

VERIFY A FLORIDA LICENSE OR DISCIPLINE: [FLHEALTHSOURCE.GOV](https://www.flhealthsource.gov)

Before you choose a professional

You are allowed to ask clear questions before you agree to care.

ASK AT LEAST FIVE OF THESE QUESTIONS

- ☐ What license or credential do you hold, and where can I verify it?
- ☐ Are you authorized to work with me where I will be physically located during sessions?
- ☐ What experience do you have with concerns like mine, and what approach might you use?
- ☐ How will we set goals, assess progress and change course if I am not improving?
- ☐ What will I pay - including copays, self-pay, cancellation or other fees? Can I receive a written estimate?
- ☐ What is confidential, what are the legal limits, and what happens in an emergency?
- ☐ How will you respect my culture, identity, faith, family, or disability? If we are not a fit, will you help me find another option?

GREEN FLAGS: CLEAR ANSWERS | RESPECTFUL BOUNDARIES | SHARED GOALS | NO PRESSURE

Your rights and expectations

Exact rules vary by provider type, setting, age and insurance. Before care, ask for clear written information about:

- The provider's identity, credentials, license or registration, role and supervision.
- The proposed service, goals, possible benefits or risks, alternatives and informed consent.
- Privacy and confidentiality, their legal limits, and how records and messages are handled.
- Fees, insurance, billing and cancellation policies. Uninsured or self-pay clients can usually request a Good Faith Estimate.
- How to ask questions, participate in decisions, decline or end services, access eligible records and raise a concern or complaint.

VERIFY / DISCIPLINE / COMPLAINTS: [FLHEALTHSOURCE.GOV](https://www.flhealthsource.gov)

NIMH | FL s. 491.0147 | CMS

Clinician Directory

BARTHELEMY - CARTOLANO | Podcast guests listed alphabetically by last name

EPISODE 125

How to Heal After Divorce: Grief, Identity Loss & Emotional Recovery

Shirley Barthelemy, MS, LMHC, CAP

FOCUS Depression & anxiety | Divorce recovery | Family recovery counseling
FORMAT Telehealth throughout Florida
PAYMENT Florida Blue, Aetna, UHC/Optum, Oxford, Oscar, Cigna, Humana, Providence, Carelon, Ascension Smart Health, VA CCN, Medicaid and listed Medicare Advantage plans | Private pay/sliding scale
ALSO CEO & Clinical Director

holisticladycounseling.com

HEAR IT: SEARCH EPISODE 125

EPISODE 49

Mastering DBT: Borderline, Emotional Regulation & Healing

Tammy Berman, LMHC, NCC

FOCUS DBT | Divorce | Depression
FORMAT Plantation in-person | Telehealth throughout Florida
PAYMENT Out-of-network provider | Superbills available; confirm fees and benefits

MyCounselingConnections.com

HEAR IT: SEARCH EPISODE 49

EPISODE 96

Talking Politics Without Losing Your Mind - or Your Relationships

Kelsey Blahnik, LCSW-S

FOCUS OCD | Misophonia | Trauma
FORMAT Telehealth throughout Florida
PAYMENT Most major insurance plans accepted; confirm the specific plan

theandwaytherapy.com

HEAR IT: SEARCH EPISODE 96

EPISODE 87

Brazilian Mental Health, Immigration Stress & Culturally Competent Therapy

Lidiana Cartolano

FOCUS Trauma | Immigration & acculturation issues | Mood disorders
FORMAT Boca Raton in-person | Telehealth throughout Florida
PAYMENT Aetna | \$50 sliding-scale program | Private pay

vivapsychotherapy.com

HEAR IT: SEARCH EPISODE 87

Clinician Directory

CELESTIN - FEUERMAN | Podcast guests listed alphabetically by last name

EPISODE 55

Haitian Mental Health & Cultural Healing

Ostin Celestin Jr., LMHC, LMFT, QS, EMDR, DBT

FOCUS PTSD & trauma | Family & couples therapy | Anxiety
FORMAT Boca Raton in-person | Virtual therapy
PAYMENT Private pay
ALSO Qualified Supervisor | EMDR | DBT

insight180therapy.com

[HEAR IT: SEARCH EPISODE 55](#)

EPISODE 11

Unveiling Cultural Competence: Holistic Perspectives from Two BIPOC Mental Health Professionals

Dr. Dorothy Chatelier, DNP, FNP-BC, PMHNP-BC

FOCUS Integrative psychiatry | Functional psychiatry | Medication management
FORMAT Hollywood in-person | Telehealth in FL, CO, MD, MA, DC, MN & WA
PAYMENT BCBS, UHC/Optum, Oscar, Ambetter, Cigna, Humana, Aetna, AvMed & VA CCN | Self-pay

peaceandheartwellness.com

[HEAR IT: SEARCH EPISODE 11](#)

EPISODE 114

OCD, Intrusive Thoughts & Religious Anxiety: How ERP Helps Break the Fear Cycle

Meghan Cromie, MA, LMHC

FOCUS OCD & intrusive thoughts | Anxiety & panic attacks | Phobias
FORMAT Fort Lauderdale in-person | Telehealth in FL, TX, ID, VT & SC
PAYMENT Private pay

stillmindspychology.com

[HEAR IT: SEARCH EPISODE 114](#)

EPISODE 107

Emotionally Focused Therapy: Attachment, Cycles & How Couples Heal

Dr. Marni Feuerman

FOCUS Relationship distress for couples, individuals & families with adult children
FORMAT Boca Raton in-person | Telehealth throughout Florida
PAYMENT Private pay

TheTalkingSolution.com

[HEAR IT: SEARCH EPISODE 107](#)

Clinician Directory

FOX - JOHNSON | Podcast guests listed alphabetically by last name

EPISODE 68

FLORIDA LIFE COACHING ONLY

Is It Autism or Trauma? Diagnosing Adults on the Spectrum

Dr. Benson Fox

FOCUS Men's wellness | Couples | Parenting support
FORMAT New York in-person psychology | Florida virtual life coaching only
PAYMENT Florida coaching: \$200/session, private pay | NY: Anthem BCBS, Optum/UMR/UHC, Cigna, Aetna commercial plans or private pay
Florida service is life coaching - not psychotherapy or psychological services.

drbensonfox.com

HEAR IT: [SEARCH EPISODE 68](#)

EPISODE 66

Escaping Spiritual Abuse & Church Trauma

Sowania Germain, LMHC-D, PMH-C

FOCUS Perinatal mental health | Couples therapy | EMDR & trauma therapy
FORMAT Telehealth in Florida & New York
PAYMENT Aetna, Cigna, UHC & Carelon | Private pay/out-of-network benefits

sowaniagermainlmhc.com

HEAR IT: [SEARCH EPISODE 66](#)

EPISODE 60

EMDR & Asian Mental Health

Brian Gong, LMHC, CAP

FOCUS Trauma | Complex trauma | Addiction
FORMAT Delray Beach in-person | Telehealth throughout Florida
PAYMENT Private pay
ALSO EMDR Certified Therapist | EMDRIA Approved Consultant | Qualified Supervisor for MHC Interns

mangrovetherapy.com

HEAR IT: [SEARCH EPISODE 60](#)

EPISODE 10

Biblical, Christian & Secular Counseling - Overcoming Domestic Violence

Dr. Kate A. Johnson, LMHC, CTP, ECDACS, QS

FOCUS Domestic abuse | Abuse across the lifespan | Spiritual issues
FORMAT Fort Lauderdale in-person | Telehealth
PAYMENT Florida Blue, Aetna, Cigna, Optum/UHC, Oxford, Oscar & select EAPs | Private pay
ALSO Speaker & consultant: mental health, spiritual issues & domestic abuse

lifeabundantlyfree.org

HEAR IT: [SEARCH EPISODE 10](#)

Clinician Directory

KEARNEY - MARTINEZ | Podcast guests listed alphabetically by last name

EPISODE 118

'No Bad Parts'? IFS, CPTSD, Faith & Deep Healing

Lynn J. Kearney, LMFT

FOCUS Trauma & accumulated stress using IFS | Relationship issues | Body image
FORMAT Telehealth in Florida & California
PAYMENT Private pay

LJKtherapy.com

[HEAR IT: SEARCH EPISODE 118](#)

EPISODE 124

Therapy in a Time of Labels: ADHD, Autism, Self-Diagnosis & Identity

Alyssa Kerrigan, Psy.D.

FOCUS Autism, ADHD & learning-disability evaluations | Parent training | Child & teen therapy
FORMAT Wellington in-person | Telehealth throughout Florida
PAYMENT Aetna, Cigna & UnitedHealthcare | Private pay

peaceofmindtestingandtherapy.com

[HEAR IT: SEARCH EPISODE 124](#)

EPISODE 123

Why Do I Keep Repeating the Same Patterns? Childhood Trauma & Growth

Mark Levinsky, LMHC

FOCUS Family-of-origin & inner-child work | Men's issues | Couples therapy
FORMAT Boca Raton in-person | Telehealth throughout Florida
PAYMENT Cigna | Private pay
ALSO CEO & Instructor, The REAL Courses

marklevinsky.com

[HEAR IT: SEARCH EPISODE 123](#)

EPISODE 51

EFT Tapping for Emotional Freedom

Ana Martinez, LMHC

FOCUS Anxiety & trauma | Teens & young adults | Latinas
FORMAT Telehealth throughout Florida
PAYMENT UnitedHealthcare, Oscar, Florida Blue, Cigna & UMR

lumencordis.com

[HEAR IT: SEARCH EPISODE 51](#)

Clinician Directory

MASCARENAS - O'DONNELL | Podcast guests listed alphabetically by last name

EPISODE 41

Helping Teens Thrive: Emotional Regulation, Social Media & Parenting

Ara Mascarenas

FOCUS Trauma | Attachment & relationships | Identity & self-worth
FORMAT Telehealth throughout Florida
PAYMENT Private pay

risingstrongercounseling.com

[HEAR IT: SEARCH EPISODE 41](#)

EPISODE 20

From Pills to Purpose: Unlocking Resiliency & Joy with Holistic Psychiatry

Nina Joy Mena, MD

FOCUS Depression | Burnout | Anxiety for wives, mothers & leaders
FORMAT Telehealth in FL, GA, VA, MD, NY, NH, MI, MN, WI, TN, OH & OK
PAYMENT Aetna in FL, GA & VA | Private pay in other states
ALSO Owner, NJoy LIFE | Host, Journey to Joy Live Podcast

drnjoylife.com

[HEAR IT: SEARCH EPISODE 20](#)

EPISODE 67

Psychiatric Deprescribing & Women's Mental Health

Amy O'Donnell, MD

FOCUS Integrative psychiatry | Psychodynamic psychotherapy | Medication deprescribing
FORMAT St. Augustine in-person | Telehealth in FL, PA, TX & NY
PAYMENT Private pay | Low-fee antidepressant taper clinic; sliding scale available

naturesflowpsych.com

[HEAR IT: SEARCH EPISODE 67](#)

Clinician Directory

RABB - VOLMY | Podcast guests listed alphabetically by last name

EPISODE 127

AVAILABLE SEPT. 23, 2026

DNA Surprises, NPE/MPE & Genetic Bewilderment

Josephine 'Jodi' Rabb, PsyD, LMFT, LPC

FOCUS

First responders, pilots & military | DNA surprises & MPE | EMDR & trauma

FORMAT

Telehealth in CA, FL, NY & MA | California in-person

PAYMENT

Primarily private pay | Kaiser authorizations | Select EAPs | Military OneSource | OON claims

ALSO

Assistant Professor | Speaker | Consultant | Pioneer, Parental Identity Discovery

jk rabb.com

HEAR IT: [SEARCH EPISODE 127](#)

EPISODE 99

TMS Explained - A Clear, Compassionate Conversation

Jacqueline Simon, MS, RN, PMHNP-BC

FOCUS

Medication management | Mental disorders | Substance use disorders

FORMAT

Telehealth in Florida & New York

PAYMENT

Private pay

risingtidepsych@gmail.com

HEAR IT: [SEARCH EPISODE 99](#)

EPISODE 6

Breaking Barriers: EMDR, Flash Technique & Healing cPTSD

Marcken Volmy

FOCUS

Trauma | Couples therapy | EMDR for individuals & groups

FORMAT

Delray Beach in-person | Telehealth throughout Florida

PAYMENT

Private pay | HSA/FSA accepted

bedrockcounseling.com

HEAR IT: [SEARCH EPISODE 6](#)

Clinician Directory

WALLACE-BARNHILL - WEINER | Podcast guests listed alphabetically by last name

EPISODE 5

Beyond Diagnosis: Unveiling Trauma's Narrative

George Wallace-Barnhill, PhD, LMHC

FOCUS	Dissociative disorders Trauma & PTSD Substance use
FORMAT	Wilton Manors & Weston in-person Online therapy in Florida
PAYMENT	Cigna/Evernorth, Humana, Magellan & Medicare Private pay

Psychology Today profile | (954) 899-0391

HEAR IT: [SEARCH EPISODE 5](#)

EPISODE 103

Why Men Struggle with Emotions: Masculinity, Anger & Healing

Jon Waller, LMHC

FOCUS	Men's issues Self-esteem Relationships
FORMAT	Fort Lauderdale in-person Telehealth throughout Florida
PAYMENT	Private pay

newrivercounseling.net

HEAR IT: [SEARCH EPISODE 103](#)

EPISODE 69

Parenting Neurodivergent Kids Through Divorce & Trauma

Staci Weiner, Psy.D.

FOCUS	Psychological evaluations ADHD & autism spectrum Parent training
FORMAT	Telehealth throughout Florida
PAYMENT	Private pay

applepsychological.com

HEAR IT: [SEARCH EPISODE 69](#)

Community Resources & Inclusive Care

Start locally; confirm current schedules, eligibility, fees and availability.

A Note From Your Host, Diana S. Rice, LMHC, CIMHP

If you are reviewing this page, please know that seeking support is a profound act of courage, not a weakness. Healing is an absolute human right, and it should never be locked behind a financial wall or a long waitlist. If the private practices in this directory aren't a fit for your current season, your budget, or your location, these community networks are here to catch you. Take a deep breath, take your time, and use these tools to take your next safe step forward.

SOUTH FLORIDA PEER SUPPORT

NAMI BROWARD COUNTY

Free peer-led programs, education and support for individuals, families and communities affected by mental-health conditions.

namibroward.org | (954) 316-9907

NAMI PALM BEACH COUNTY

Free peer-led education, skills training and support groups for adults and families. Check the calendar and registration requirements.

namipbc.org | (561) 588-3477

MENTAL HEALTH AMERICA / 9MUSES

A free, peer-driven Lauderhill drop-in center offering art, wellness activities and support groups for adults in recovery.

9musesartcenter.org | (954) 746-2055

Immediate support

Call or text 988, or chat at 988lifeline.org, for free crisis support. Call 911 or go to an emergency department for immediate danger.

Local Low-Cost & Community Care

South Florida services to contact directly about fit, fees and openings.

FAULK CENTER FOR COUNSELING

Boca Raton nonprofit offering free and low-cost counseling, groups and selected testing through licensed clinicians and supervised trainees.

faulkcenterforcounseling.org | (561) 483-5300

NSU PSYCHOLOGY SERVICES

Fort Lauderdale-Davie community clinic with staff and supervised student clinicians. Ask about current programs, fees and eligibility.

nsuhealth.nova.edu | (954) 262-4100

CENTER FOR FAMILY SERVICES OF PALM BEACH COUNTY

Individual and family counseling, parenting support and other programs. Most services are reported as free or on a sliding fee scale.

ctrfam.org | (561) 616-1222

HENDERSON BEHAVIORAL HEALTH

Community behavioral healthcare including outpatient, psychiatric, case-management and crisis-related programs. Locations and numbers vary.

hendersonbh.org | Main: (954) 731-1000

FLORIDA 211

Dial 211 for information and referrals related to mental health, substance use, housing, food and other needs. A referral does not guarantee an appointment.

fl211.org | Dial 211

Directories & Online Support

Useful starting points - always confirm licensing, availability, cost and fit.

OPEN PATH COLLECTIVE

Reduced-fee private-practice therapy for eligible uninsured or underinsured people. Current U.S. rates: \$40-\$70 individual and \$40-\$80 couples/family, plus a one-time \$65 membership.

openpathcollective.org

PSYCHOLOGY TODAY DIRECTORY

Searchable listings for therapists, psychiatrists, treatment centers and support groups, with filters such as location, specialty, insurance and online or in-person care.

psychologytoday.com/us/therapists

7 CUPS

Free anonymous online emotional support from trained volunteer listeners. Listeners are not licensed therapists, and the service is not for emergencies; paid therapy options are separate.

7cups.com

NOT SURE WHO TO CALL FIRST?

A primary-care clinician can screen and refer. Your insurer, EAP, school counseling center or 211 can help locate options. For medication questions, ask whether a psychiatrist or psychiatric nurse practitioner is appropriate.

Start with one doorway - you do not need the perfect one.

LGBTQ+ Affirming Support

Regional care, community connection and nationwide crisis support.

SUNSERVE - BROWARD COUNTY

LGBTQ+ focused counseling, youth and family services, transgender services, groups and community navigation in Broward County. Ask directly about current programs, eligibility, fees and insurance.

sunserve.org | (954) 764-5150

COMPASS LGBTQ+ COMMUNITY CENTER - PALM BEACH

Individual and relationship counseling, groups, case management and LGBTQ+/HIV-centered support. Counseling uses a sliding scale; youth individual therapy may be available at no cost.

compasslgbtq.com/mentalhealth | (561) 533-9699

THE TREVOR PROJECT

Free, confidential 24/7 crisis support for LGBTQ+ young people in the United States. Call 1-866-488-7386, text START to 678-678 or use online chat.

thetrevorproject.org/get-help

CRISIS SERVICES ARE SUPPORT - NOT A SUBSTITUTE FOR ONGOING TREATMENT

For immediate danger, call 911 or go to the nearest emergency department. For nationwide crisis support, call or text 988.

Culturally Responsive Directories

Search tools created to improve access and cultural fit.

THERAPY FOR BLACK GIRLS

A searchable therapist directory designed to support the mental wellness of Black women and girls.

providers.therapyforblackgirls.com

THERAPY FOR BLACK MEN

A provider directory and resource platform intended to help men of color connect with culturally responsive therapists and coaches.

therapyforblackmen.org

LATINX THERAPY

A national directory with inclusive filters for finding Latinx therapists. Directory membership is not an endorsement; screen providers independently.

latinxtherapy.com/find

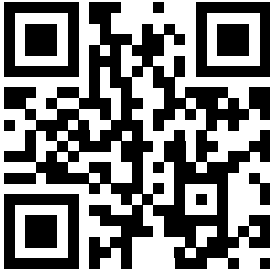
Before you connect

- ☐ Confirm the professional's current license and authority to serve your location.
- ☐ Ask about fees, insurance, availability, confidentiality and emergency policies.
- ☐ Licensed therapy and coaching are not interchangeable; ask exactly which service is offered.
- ☐ Directories and community listings are starting points, not endorsements or guarantees.

Programs, fees and availability can change. Contact each organization directly.

Continue the conversation

The table may pack up. The learning does not have to end.



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THEHOLISTICCOUNSELOR.COM

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FOR CLINICIANS, INTERNS AND PROSPECTIVE GUESTS

Have something meaningful to bring to the conversation? Visit the Contact tab and complete the Guest Inquiry Form to share your background for a future episode.

THE HOLISTIC COUNSELOR PODCAST

In Service, Faith, Hope and Love,

Diana

INFORMATION CURRENT AS SUBMITTED | CONFIRM DETAILS DIRECTLY