

The Counseling Center embraces diversity and inclusion of all youth and families regardless of religion, culture, ethnicity, race, color, gender, gender identity, sexual orientation, disability, socioeconomic status, national origin, citizenship, or immigration status. We strive to nurture and sustain an environment where all are welcomed, respected, and valued for their individuality.

### Scheduling An Appointment

Your first step is to call us at **979-690-4673** or email **counseling@christ-umc.org**.

You will usually be contacted within 24 hours for a brief evaluation so that you are placed with the licensed therapist best suited to meet your needs. Thereafter, the licensed therapist who receives your request for counseling will contact you to schedule your appointment time.

Forms will be emailed to you and must be completed prior to your first appointment. Please bring all the completed forms with you to that appointment and the therapist will review them with you as part of your session. Forms are also available on our website for download.

### Cancellation Policy

For all cancellations and rescheduling of appointments, 24 hours notice is required.

Failure to provide such notice may result in a fee of one-half your normal counseling fee being charged.

The Counseling Center reserves the right to bill for "no show" appointments or habitual late cancellations.

## Our Therapists



**Rev. Tommy Myrick, DPC, LPC-S**

Member of the Texas Counseling Association, American Association of Christian Counselors, Association for Death

Education and Counseling, & the National Alliance for Grieving Children



**Shawn McCowan, MA, LPC-Intern**

Supervised by David Wells, LPC-S Graduate of Texas Wesleyan University and a veteran of the U.S. Air Force deployed

to Afghanistan. Shawn has completed extensive research on stress factors and resilience within military members and families subjected to frequent deployments



**CHRIST**

UNITED METHODIST CHURCH

Christ United Methodist Church  
4201 State Hwy 6, South  
College Station, TX 77845

979-690-4673

[www.christ-umc.org](http://www.christ-umc.org)

*Counseling*  
  
*Center*  
at Christ UMC

Come to me, all  
you who are weary  
and burdened, and  
I will give you rest.

Matthew 11:28

The Counseling Center at Christ UMC offers confidential counseling services from professional licensed therapists and counselors that help people cope, resolve issues, restore hope and transform lives. Our therapists are trained in a variety of mental health disciplines and theoretical orientations. They are dedicated to personal growth with a focus on emotional, psychological, relational and spiritual wellness.

What can you expect during your initial session? We will listen to your story. Then together we will explore possible problem areas in your life, set goals for your counseling, and develop a plan to achieve your goals. Call if you would like to work with us to help you.

## Services Provided

Individuals and Couples  
Adolescents, College Students, and Adults

- Mood Disorders: Depression, Anger, Anxiety, Bipolar
- Grief, Complicated Grief, Trauma, & PTSD
- Pre-Marital, Marriage, Divorce
- Military and Veteran



## Workshops

- Premarital Counseling
- Suicide Prevention
- Crisis Intervention
- Children's Grief

### Trauma and Grief Assessments for Youth

The Counseling Center at Christ UMC (a part of the *Mending Hearts Grief Center*) is partnered with the Trauma and Grief Center at Texas Children's Hospital to provide evidence based risk screening, assessment, and interventions for youth aged 7 to 17 who have experienced traumas and or losses, including the death of loved ones. We use state-of-the-art, empirically validated screening tools to ensure that youth seen in our center receive the most appropriate and effective interventions. Our primary treatments include Trauma and Grief Component Therapy, Multidimensional Grief Therapy, and Trauma-Focused Cognitive Behavioral Therapy.

## Fees and Reimbursement

The Counseling Center utilizes a sliding scale fee structure based on the client's gross household income. Your fee will be discussed with you when your therapist schedules your first appointment. Payment is expected at the time of service and is the client's responsibility for every appointment. We accept cash, checks, VISA, and MasterCard.

**Hourly Fee** \$90 (Fees are for a 50 minute therapy session)

**For Grief** (loss of a loved one), up to 3 sessions free

**We also offer a sliding scale according to your family income**

- More than \$50,000/yr - \$90 / 50 min session
- \$30,000-\$50,000/yr - \$65 / 50 min session
- Less than \$30,000/yr - \$40 / 50 min session

We do not accept insurance or handle claims, but many plans will accept us as an out-of-network provider. Upon request, clients are provided with an insurance superbill receipt to facilitate their insurance claim.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7