



# Counselors

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A List of Professionals

## A List of Local Professionals

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### Christian Counselors

**[Link to local Christian Counselors Listed on Psychology Today](#)**

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### Christian Counseling Associations

#### **Spokane Christian Counseling**

509-209-8961

support@spokanechristiancounseling.com

*Central & Valley Locations*

Areas of stated expertise:

Individual, marital, family, adolescent, group counseling.

<https://spokanechristiancounseling.com>

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### Individual Christian Counselors

#### **Amber Hall, MA, LMFT**

(509) 516-2142

connect@amberhallcounseling.com

North Spokane

Areas of stated expertise:

*Adoption, anxiety, codependency, depression, divorce, domestic abuse, domestic violence, family conflict, grief, infidelity, marital and premarital, parenting, relationship issues, self esteem, sexual abuse, spirituality, trauma and PTSD, and women's issues.*

<https://integrativetherapynw.com/ambe>

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**Brandon Loiler, MA, LMFT Marriage**

(509) 257-3559

North Spokane

*Areas of stated expertise: Premarital, marital, family conflict, addiction, alcohol use, anger management, anxiety, codependency, drug abuse, men's issues, peer relationships, sexual abuse, sexual addiction, spirituality, sports performance, stress, substance use.*

<https://familyessentialscounseling.com/brandon-loiler/>

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**Chantel Meade, LMHCA**

(509) 816-6662

chantel@noomanorthwest.org

North Spokane

*Areas of stated expertise: Anxiety, depression, relational difficulties, grief counseling, trauma, chronic illness, faith crisis, personal growth, marriage counseling, family counseling, pre-marital, children & teens counseling, mental health disorders, and postpartum.*

<https://www.noomanorthwest.org/team/chantel-meade>

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**Martal Prewitt, LMFT**

509-850-7327

martalprewitt@gmail.com

Spokane Valley

*Areas of stated expertise: Anxiety, depression, relational conflict, academic and vocational stress, mood disorders, trauma, marriage and family therapist.*

<https://www.wellnesscompass.com>

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**Patricia E. Tozer Sittser, RN, MA, LMHC**

509-467-1156

North Spokane

*Areas of stated expertise: Anxiety, depression, trauma, loss, chronic pain, relational issues, and stress management. Also prays with clients and functions as a Christian, even when counseling non-Christian clients.*

<https://www.icnspokane.com/pat-sittser-rn-ma-lmhc>

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**Rich Paulson, B.S., M.B.A. & M.Ed.**

(509) 484-40-21

SurvivorSupportServices@msn.com

North Spokane

*Areas of stated expertise: affordable counseling for individuals, couples, and families. Meets clients of many spiritual orientations. If a client prefers a Christian perspective, then past experience as a Pastor is utilized.*

<https://waproca.org/Sys/PublicProfile/2333165>

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**Rikki Gruen, MA LMHC, NCC, CCTP**

(509) 862-4719

rgruen@restoringhope.faith

North Spokane

*Areas of stated expertise: Depression, anxiety, OCD, EMDR therapy, CBT, REBT, co-occurring Disorders, Childhood Disorders (ADHD, ADD, OCD, Autism, Anxiety, Trauma), Bi-Polar, mood Disorders, spiritual Issues, relationship concerns, grief, marital issues (infidelity, pre-marital counseling), family of origin issues, abuse/domestic violence, parenting issues, and teen issues.*

<https://www.restoringhopecounselingspokane.com/about-us>

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**Rikki Miller, MA, LMFTA, LMHC, PhD Candidate**

(509) 242-7302

rikkim@spokanechristiancounseling.com

*North Spokane*

*Areas of stated expertise: couples, marriage, trauma (EMDR), anxiety, depression, relationship issues, individual, family, or group counseling.*

<https://spokanechristiancounseling.com/counselors/rikki-miller>

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## Other Local Counselors

### Visit Psychology Today

Find more local therapists and search by areas of expertise and specialty.

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

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**Kimberly Brady, MS, MHP, LMHC**

(509) 260-2890

*Spokane South Hill*

*Areas of stated expertise: anxiety, obsessive compulsive disorders, stress, body image, coping skills, life transiti*

*ns, phobia, excessive worry, panic, self esteem, sleep or insomnia.*

<https://www.psychologytoday.com/us/therapists/wa/spokane-county/494131?category=obsessive-compulsive-ocd&sid=6233766c795a1&ref=1>

## Spiritual Development and Coaching

### **Chelsea Yoshihara, Spiritual Direction**

Good Shepherd Spiritual Care

509-389-4085

chelseayoshihara.gssc@gmail.com

*North Spokane/Virtual*

*Areas of stated expertise:* Spiritual Direction is a space to process your life and relationship with God with another person.

Spiritual direction, trauma-informed spiritual direction, spiritual growth, personal growth, anxiety, life hardships, life questions, singleness, marriage, family, helping professions, ministry, anyone looking to grow in their relationship with God and self.

<https://www.goodshepherdspiritualcare.com>

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### **Kevin Gruen**

(509) 862-4719

kgruen@restoringhope.faith

*North Spokane*

*Areas of stated expertise:* Pastoral counseling, spiritual growth and development, biblical discipleship, marriage counseling, life coaching, growing intimacy with God, and "The Masculine Journey."

<https://www.restoringhopecounselingspokane.com/about-us>

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## Other Resources

### **Alcoholics Anonymous**

Spokane (509) 624-1442

<https://aaspokane.org>

AA Referral Service and Helpline – 800-905-8666

Find an AA near You: <https://aaspokane.org/meetings/>

### **Crisis Pregnancy**

Life Services

509-327-0701

email – [info@lifeservices.org](mailto:info@lifeservices.org)

<https://www.lifeservices.org>

### **Child Abuse and Neglect Reporting**

866-363-4276

### **Daybreak Youth Services of Spokane**

Inpatient Program: (509) 624-3227

Outpatient Program (Downtown): (509) 444-7033

Areas of stated expertise: Drug, alcohol, family issues

<https://daybreakyouthservices.org/locations/>

### **Elijah House Ministries**

317 N. Pines Road

Spokane Valley, WA 99206

Phone: (509) 321-1255

*Areas of stated expertise:*

Dealing with emotional issues from the past.

<https://elijahhouse.org>

### **Family Promise Emergency Shelter**

2002 E Mission Ave, Spokane, WA 99202

(509) 747-5487

<https://www.familypromiseofspokane.org/>

### **Free Child Care**

Vanessa Behan Crisis Nursery – 535-3155

<https://www.vanessabehan.org/for-parents/>

## **Death of a Loved One**

GriefShare (13 week program)

Find a Grief Share Nearby: <https://www.griefshare.org/findagroup>

## **Lutheran Community Services**

Office: 747-8224

<https://lcsnw.org/office/spokane/>

Services:

Sexual Assault & Family Trauma Response Center– Clinical Services/

Counseling, Victim Advocacy & Support, 24 hr Crisis Line

ACT for Kids – Child Sexual Abuse Prevention Education

Foster Care & Adoption Programs

Sexually Reactive Youth Program

## **Spokane Mental Health–Help is available 24 hours daily**

First Call For Help: (509) 838-4428

General Information: (509) 838-4651

Crisis Response Services (509) 838-4651

Valley Offices: (509) 458-7479

## **Children and Family Resources**

Children's Health

Family Planning, Maternity

Mens' and Womens' Resources

Foster Care & Adoptions

Early Learning

K-12 Education

Scholarship & Mentoring

Family Crises; At-Risk children & Youth

Family Law; Domestic Violence

## **Health Care Resources**

Alcohol/Drug Rehabilitation

Disability Services

Holistic Health

Medical & Dental Care

Mental Health & Counseling



## **Senior Resources**

Funerals; End-of-life

In-Home Care

Senior Centers and Programs

Senior Housing & Retirement Communities

Senior Nutrition & Meal Sites

## **Justice Action Resources**

Human Rights & Diversity

Native American

Fair Trade

Immigration, Refugee & Language

International Exchanges

Peace & Justice

## **Civic Services**

Felon, Corrections, Re-Entry

Military Services & Family Resources

Transportation & Travel

Veterans Resources

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