

Boerne Mental Health Providers

2021-2022

Counselors

Jen Belz, LPC, NCC

Jen Belz Counseling
830-461-1777

jenbelzpc@yahoo.com

<https://jenbelz.com>

<https://www.psychologytoday.com/us/therapists/jen-belz-boerne-tx/>

136 Old San Antonio Rd, Suite 205, Boerne, TX 78006

In person and virtual sessions available.

Insurance accepted: TriCare.

Typical rate \$150-\$175

Works with clients aged 14 and up.

Specialities: Christian Counseling, Cognitive Behavioral Therapy, Relationship Skills, Mood Disorders, Coping Skills

Jessica Calderon, LPC

Arise Counseling and Wellness

830-755-2343

jessica@arisecounselingandwellness.com

www.arisecounselingandwellness.com

<https://www.facebook.com/arisecounselingandwellness/>

109 Enterprise Pkwy suite 109 Boerne TX

In person and virtual sessions available.

Accepts most insurances.

Typical rate \$60-120

Works with clients aged 14 and up.

Specialities: EMDR, Veterans, Cognitive Behavioral Therapy, Family/ Marital Counseling, Solution Focused Brief Therapy, Trauma

Joni Chavez-Martell, LPC

210-871-1175

<https://www.psychologytoday.com/us/therapists/joni-chavez-martell>

105 FM 3351s, Boerne, TX 78006

In person and virtual sessions available.

Insurance accepted: Medicaid (Superior, Community First, Aetna), Commercial Aetna, BCBS, Compsych. Typical rate \$140

Works with clients aged 3 to 65.

Specialities: Play Therapy, Traditional Talk Therapy, Mindfulness, Cognitive Behavioral Therapy, Anxiety, Depression, Behavioral Issues, Trauma, EMDR

Robert Chesser, LPC 210-405-0821

<https://www.psychologytoday.com/us/therapists/robert-alex-chesser>

26254 Interstate 10 Frontage Rd, Suite #224, Boerne, TX 78006

In person and virtual sessions available.

Insurance accepted: Out of network

Typical rate \$90-\$120 (offers sliding scale)

Works with clients aged 11 and up.

Specialities: Christian counseling, Cognitive Behavioral Therapy, Family Therapy, Individual Therapy

Denise M. Flier, LCSW

830-446-0273

deniseflier5@gmail.com

<http://deeperconnectionto-self.com/>

1004 Johns Rd, Boerne, TX 78006

In person and virtual sessions available.

Accepts all major insurances, EAPS, Medicare, Medicaid, Superior and Ambetter.

Typical rate \$80-\$200 (offers sliding scale)

Works with clients aged 13 and up.

Specialities: Depression, Anxiety, Trauma EMDR Trained, Addiction, Gay, Lesbian, Bi, Transexual and self esteem/ coping skills

Kathleen Gleason, LPC-S

Boerne Counseling and Consultant Service

830-249-7432

boernecounseling1@gmail.com

www.boernecounseling.com

110 Hilltop Street, Boerne, TX 78006

In person and virtual sessions available.

Does not accept insurance.

Typical rate \$145

Works with clients aged 6 years and up.

Specialities: Cognitive Behavioral Therapy, Solution-focused, Brief Therapy, Psychodynamic, Anxiety, Grief, Addition, Relationship, Family Violence, Trauma-related Issues, Stress

Kate Halinski, PhD, LPC-S, RPT-S, EMDR Trained

Kate Halinski Play Therapy and Family Counseling
210-387-0558

kate@katehalinskiphd.com

www.katehalinskiphd.com

https://www.instagram.com/boerne_counseling/

138 Old San Antonio Rd, Suite 503, Boerne, TX

In person and virtual sessions available.

Does not accept insurance.

Typical rate \$170

Works with clients aged 3 years and up.

Specialities: Play Therapy, EMDR

Deborah and Michael Hawkins, LPC-S, NCC

Comfort Harbor Counseling and Wellness

210-714-1672

707 Hill Country Drive, Ste 102, Kerrville, TX

In person and virtual sessions available.

Accepts most insurances.

Typical rate \$80-\$150

Works with clients aged 11 years and up.

Specialities: Trauma, PTSD, Self-harming, Dissociative Disorders, Child/ Adolescent Counseling

Christine Hefel, LPC

Leon Springs Counseling & Life Coaching

210-698-8818

christine.hefel@hotmail.com

www.LeonSpringsCounseling.com

23535 IH-10 West, Suite 1208, San Antonio, TX 78258

In person and virtual sessions available.

Accepts most major insurances.

Typical rate \$135 (without insurance)

Works with clients aged 0 years and up.

Specialities: Cognitive Behavioral Therapy

Michelle Holcomb, PhD, CAI, LPC-S

Hill Country Intervention and Counseling

210-920-4558

drmichelleholcomb@gmail.com

60 Trillian Court, Boerne, TX 78006

In person and virtual sessions available.

Does not accept insurance.

Typical rate \$150

Works with clients aged 10 to 25.

Specialities: Cognitive Behavioral Therapy, Dialectical Behavior Therapy, athletes, eating disorders, self-harm, mood disorders, substance abuse, certified ARISE Interventionist, family addiction, process disorders

Liz Keator, LPC, LCDC



Professional Counseling & Wellness Services Liz Keator, PLLC

806-535-6639

lizkeatorcounseling@gmail.com

www.lizkeatorcounseling.com

138 Old San Antonio Road #503, Boerne, TX. 78006

In person and virtual sessions available.

Does not accept insurance but offers a sliding scale.

Typical rate \$120-\$130

Works with clients aged 7 years and up.

Specialities: Addiction Recovery, Adult Children of Alcoholics, Anxiety, Chronic Stress, Codependency Coping, Depression, Family Discord, Grief and Loss, Marriage Conflict, Relationship Difficulties, Parenting Post-Traumatic Stress Disorder (PTSD), Premarital Counseling, Self-Harm, Trauma

Beth Linfoot, LPC, LCDC

Beth Linfoot Counseling, PLLC

210-379-3356 ejlinfoot@gmail.com

www.bethlinfootcounseling.com

<https://www.facebook.com/EJLinfoot.Therapy>

138 Old San Antonio Road #505, Boerne, TX. 78006

In person and virtual sessions available.

Does not accept insurance.

Typical rate \$150

Works with clients aged 14 years and up.

Specialities: Psychodynamic, Positive Psychology, Teens, Families, Couples, Substance Abuse

Susan Loveland, LPC

Acorn Counseling

830-981-5330

<https://acorncounsel.com/>

109 Enterprise Parkway, Suite 201, Boerne, TX 78006

In person and virtual sessions available.

Accepts Aetna, Blue Cross Blue Shield, Tricare, Beacon Health options..

Typical rate \$120

Works with clients aged 18 years and up.

Specialities: Christian Counseling, EMDR

Patricia McNaught, LPC-S, RPT-S

The Family Changes Play Therapy Clinic

210-379-3356

<https://www.familychangesplaytherapy.com/>

28580 IH West Suite #4, Fair Oaks Ranch, TX, 78015

In person and virtual sessions available.

Typical rate \$110

Works with clients aged 3 years and up.

Specialities: Play Therapy, Art Therapy

Mindsapes Behavioral Health

Mallory Gonyer, LPC, LBA, BCBA

Lisa Aguilar, LPC

830-816-5510

<https://www.mindsapesbehavioralhealth.com/>

mallory@mindsapesbehavioralhealth.com

101 Pine View Drive, Boerne, TX 78006

In person and virtual sessions available.

Accepts Tricare, Aetna, Community First Health Plan

(commercial), Community First Medicaid, TMHP, Blue Cross

Blue Shield, United Health Care, Superior Medicaid.

Typical rate: Sliding scale

Works with clients aged 0 years and up.

Services: Counseling and Applied Behavior Analysis

Olive Branch Counseling and Training

210-396-7609

<https://olivebranchsa.com/>

31320 IH 10W, Suite B, Boerne, TX 78006

In person and virtual sessions available.

Accepts BCBSTX, Aetna, Tricare, Cigna, United Behavioral Health (UHC), Beacon, Superior, Aetna Better Health (Medicaid)

Typical rate: Sliding scale

Works with clients aged 5 years and up.

Services: Individual, couples and family counseling, animal-assisted counseling, life coaching

Desirae Ysasi Counseling Services

Desiraw Yassi, LPC-S

Sandy Zamora, LPC-S

Christopher Lange, LPC

Lesley Esquivel, LPC, NCC

210-774-8292

<http://www.desiraeyasicounseling.com/>

17806 IH 10W, Suite 300, San Antonio, TX 78257

In person and virtual sessions available.

Accepts most insurances.

Typical rate: \$135-\$300, Sliding scale

Works with clients aged 13 years and up.

Services: Individual, couples and family counseling

Facilities

Baptist Health System

210-297-7411

<https://www.baptisthealthsystem.com/services/psychiatry>

2 locations:

111 Dallas St, San Antonio, TX 78205 (210-297-7000)

8811 Village Dr, San Antonio, TX 78217 (210-297-2000)

In person and virtual sessions available.

Accepts most insurances.

Typical rate: Sliding scale

Works with clients aged 5 years and up.

Services: Psychiatric medication evaluation and management, Group/ Family/ Individual Therapy,

Experiential and recreation therapies, Multidisciplinary

team approach

Clarity Child Guidance Center

210-616-0300

Crisis: 210-582-6412

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

info@claritycgc.org

8535 Tom Slick Dr, San Antonio, TX 78229

In person and virtual sessions available.

Accepts most insurances.

Typical rate: \$130 and up

Works with clients aged 3 years and up.

Services: Crisis services, Inpatient programs, Partial hospitalization programs, Outpatient therapy services

Genesis Behavioral Health

210-404-9696

Crisis line: 1-877-466-0660

<https://genesisbehavioralhealth.org/>

intake@genesispsychiatric.com

7122 Stonewall Hill, San Antonio, TX 78256

In person and virtual sessions available.

Typical rate: Sliding scale

Works with clients aged 5 years and up.

Services: Children and Adolescent Counseling Services, Substance abuse, Mental/ Behavioral Health, Couples Therapy, Family Therapy

Laurel Ridge Treatment Center

210-491-9400

<https://laurelridgetc.com/>

17720 Corporate Woods Drive, San Antonio, TX 78259

In person and virtual sessions available.

Accepts most insurances.

Typical rate: Sliding scale

Works with clients aged 4 years and up.

Services: Children and Adolescent Counseling Services, Substance abuse, Mental/ Behavioral Health, Inpatient Treatment, Outpatient Treatment, Partial Hospitalization, Residential Treatment

**Mental Health & Developmental Disabilities Center
(Hill Country)**

830-792-3300

Crisis line: 1-877-466-0660

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

info@hillcountry.org

819 Water Street, Suite 300, Kerrville, TX 78028

In person and virtual sessions available.

Typical rate: Sliding scale

Works with clients aged 0 years and up.

Services: Children and Adolescent Counseling Services, Substance abuse, Mental/ Behavioral Health, Intellectual and Developmental Disabilities Services, Justice Involved Services, Mobile Crisis Outreach Team, Peer Services, Veteran Services, Youth Crisis Respite

San Antonio Behavioral Healthcare Hospital

210-541-5300

<https://www.sanantoniobehavioral.com/>

8550 Huebner Rd, San Antonio, TX 78240

In person and virtual sessions available.

Accepts most insurances.

Typical rate: Sliding scale

Works with clients aged 10 years and up.

Services: Crisis Assessment, Adult Services, Adolescent Services, Military Services, Outpatient Services, Specialty Services

Sigma Mental Health Urgent Care

210-314-4564

<https://www.sigmamhuc.com/>

Sigma@SigmaMHUC.com

1201 S. Main Street, Suite 101, Boerne, TX 78006

In person and virtual sessions available.

Typical rate: Sliding scale

Works with clients aged 0 years and up.

Services: Crisis Assessment, Psychopharmacological Services, Crisis Counseling, Short-term Counseling, Referrals for Long-term Care, Group Therapy, Second Opinion

Teletherapy (virtual only)**Charlie Health (Treatment Center)**

866-219-5070

800-273-8255

<https://www.charliehealth.com/>

Virtual only

Accepts most insurances.

Typical rate: Sliding scale

Works with clients aged 11 years and up.

Services: Individual therapy, Group therapy, Individual therapy

Online Provider Database**Mental HealthTX**

877-466-0660

Text HOME to 741741

<https://mentalhealthtx.org/>

Psychology Today

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

Online Therapy

<https://www.onlinetherapy.com/>

