Counselors, Relationship Coaches, and Spiritual Directors
Recommended by United Methodists in New England
updated May 18, 2018

134 Middle Street, Suite 340, Lowell, MA 01852-1878
978-937-2696, pathwayscounseling1@verizon.net
Pastoral Psychotherapy with children, adolescents, adults, couples, and families.
Addiction recovery, ADD, anxiety, depression, PTSD

Blake, Amy, LCSW, Certified Imago Relationship Therapist, American Society of Clinical Hypnosis, and EMDR.
Offices at 2046 N. Belfast Avenue, Augusta, ME 04330
and at 48 Forest Falls Drive 2B, Yarmouth, ME 04096, 207-557-5739
amy@relationshiptrip.com, www.relationshiptrip.com
Works with individuals, couples, families, and groups; adults, children, and adolescents, all sexual/gender orientations; relationships, depression, anxiety, sexuality, identity, trauma, ADHD, life transitions, parenting. Also offers the Getting the Love You Want Couples Workshop as a private, one couple, intensive experience; a private couple two-day intensive based on the Encounter-centered Couples Transformational Work of Hedy Schliefer, M.A.; and group Getting the Love You Want Couples Weekend Workshops.
http://www.mymainetherapist.com/therapists/detail/1019

Callender, Rev. Clark, 280 Jersey Way, Morrisville, VT 05561
802-888-7972, Morrisville (Puffer) UMC, clark.s.callender@gmail.com
Retired clergy, DMin and extensive experience in counseling (crisis, premarital, maintenance, abuse, survivors of abuse – groups, Growing Love in Christian Marriage, PREPARE/ENRICH, Marriage Enrichment)

Carpenter, Greg LMFT – Psychotherapist & Energy Therapist, 21 Brook St., Office #14, Seekonk, MA 02771, gdcconsulting@comcast.net, 401-265-2951

Casto, Eileen, LMHC, 28 Elm St., Andover, MA 01810,
Eileen.casto@gmail.com, 978-257-5223
Christian Counseling, Marriage and Family Counseling, couples and individuals, addiction, anxiety, depression

Clark, Rebecca E., LMFT, Lifespan Family Healthcare, 80 River Road, Newcastle, ME
207-563-3366, www.lifespanfamilyhealthcare.com
Works with individuals, marriages, and families to both address unhelpful patterns and to deepen bonds within and between family members. Works from a family systems framework, addressing marital distress (using the evidence-based EFT approach http://www.drsuejohnson.com/books/hold-me-tight/; http://www.iceeft.com/); also,
parent/child relationships, trauma, anxiety/depression, mental health component of medical concerns, transitions, decision-making, crises, etc. Accepts Harvard Pilgrim, Aetna, Anthem, MCHO, and self-pay.

**Curtis, Deborah W., LICSW/Therapist, 31 Green St., Newburyport, MA 01950**
781-640-9777, deborahcurtis03@gmail.com
Certified Emotionally Focused Couples Therapist and Clinical Supervisor.
Couples Therapy only practice

**Ebersole, Rev. Dr. Robert, LMFT, Eagles Nest Family Therapy Services, Amesbury, MA, 978-880-3591, rebersole8@gmail.com**
DMin in Marriage and Family Counseling, Licensed Marriage and Family Therapist.
Certified Trauma Focused-Cognitive Behavioral Therapist, Prepare/Enrich for premarital counseling. Counsels with families, couples, and individuals. Specializes in child trauma and also works with Forgiveness as a treatment for anger.

**Fischer, Jill LICSW, 20 West Park St., Suite 214, Lebanon, NH 03766, 603-448-5318 jill@positivecouples.com**
Specializing in couples therapy; certified in Emotionally Focused Couples Therapy and the Gottman Method; provides Hold Me Tight relationship enhancement workshops. www.positivecouples.com

**Herndon, Rev. Bayard, Retired Pastoral Counselor, offices at Hampton NH UMC,**
30-plus years experience as a Pastoral Psychotherapist, also focus in Mindfulness Mediation, 603-380-0847, bpherndonlpp@aol.com
Counsels with individuals, couples, and families, as well as offering Mindfulness Meditation training.

**Lavenson, Joel, MA, NCC, LPC, LCPC, BCPC**
Board Certified, Licensed Professional Mental Health Counselor, Marriage and Family Therapist, Board Certified PTSD Clinician, Past President of the Maine Counseling Association Specialists in Group Work, Certified IMAGO Relationship Therapist, Marital Mediation, Divorce and Separation Recovery, Certified EMDR Specialist, PTSD and Veterans Family Issues, Clinical Hypnotherapy, Child and Teen Specialist – Coach – Mentor – Counselor; **OPTIMISM and CONFIDENCE BUILDER: As your caring and skilled therapist, I will work with you to help you find ways to face life’s challenges.** Joel@ImagoTherapist.com, www.ImagoTherapist.com

**Lemmel, Rev. Barbara, Essex Junction, VT 05452, 802-881-3267, barblemmel@mac.com**
Coaching focused on developing wise, healthy relationships within families and congregations. Spiritual Direction. Also offers Healthy Church Leadership Workshops, www.Tending-the-Fire.com

**Manglass, Eileen, LCSW, Wellness Counseling and Coaching, 60 Pine St., Lewiston, ME 04240, 207-653-0776, emanglass@hotmail.com, www.breatheincomfort.com**
Eileen uses Nonviolent Communication and other tools with individuals, couples and families seeking richer, more meaningful relationship – with themselves as well as with others.

**Smith, Peggy, Certified Nonviolent Communication Trainer, Lincolnville, Maine**

[www.opencommunication.org](http://www.opencommunication.org), peggy@opencommunication.org, 207-789-5299

Peggy provides public workshops around the region; NVC coaching for individuals, couples, parents and children; and NVC and neurobiology workshops to businesses and organizations through [www.clarityservices.us](http://www.clarityservices.us).

**Wilson, Kate, LCSW/Therapist, 25 Daigle Ln, Ste 101, Sanford, ME 04073, 207-517-0089.**

Individuals and Couples, all age groups. Specialties include Trauma recovery (PTSD), anxiety, depression, self-harming behaviors, body image issues, and anger management. Treatment modalities include: EMDR (Eye Movement Desensitization and Reprocessing Therapy), CBT (Cognitive Behavioral Therapy), DBT (Dialectical Behavior Therapy).


**WORKSHOPS/RETREATS WITH FOLLOW-UP SUPPORT**

**Retrouvaille (for troubled marriages):**

Sweet, Curt and Jeanne Sweet, 22 Richards St., South Portland, ME 04106, 207-799-4919, curt@net-worksconsulting.com

Upcoming events in New England:

- September 21, 2018, Hartford, CT

Visit [www.retrouvaille.org](http://www.retrouvaille.org) and select location for details and to register

Please send names of additional persons to be included on this list to [Janepives@gmail.com](mailto:Janepives@gmail.com)

Jane P. Ives, New England Conference Marriage and Family Ministries Coordinator

10 Quaker Lane, Portland, ME 04103, 207-797-8930