

List of Recommended Counselors | Foundations Church

Laura Grotenhuis, LPC

<https://www.hope4thejourneyloveland.com/laura-grotenhuis-bio-details>

(970) 679-0268

Laura specializes in grief and loss, depression, anxiety, PTSD, spiritual issues, and OCD.

Jim Klock, MSW, LCSW

www.Emerycounseling.com

jim@emerycounseling.com

Emery Counseling. 222 W Magnolia, Fort Collins. 80521

Office: 970-490-1309

Jim is a Marriage and family counselor with 43 years of experience. His specialties are marriage counseling and individual counseling for people in recovery from substance addiction or process addiction. Additionally, Jim works extensively with folks who wrestle with depression and anxiety.

Sandra Lee, MSW, LCSW

www.sandraleecounseling.com

Office: 970-541-9590

Sandra specializes in Couples Therapy - Navigating conflict resolution and healthy connection using the Biblical and evidence-based approaches. Individual Therapy - Women's Issues, including anxiety, parenting, marriage, etc.

Lee Freeman, LPCC

www.Leefreemancounseling.com

lee@leefreemancounseling.com

Office: 970-414-1661

Lee works with males ages 12 and up, couples, and groups. He works with clients to address a variety of issues, including depression, anxiety, spirituality, relationships, life changes, and more.

Paul Schumacher, LPCC

<https://www.hope4thejourneyloveland.com/paul-schumacher-bio-detail>
paulschumachercounseling.org

(303) 746-0505 (970) 541-9066

Has worked as a youth leader in the church for years. Specializes in working with male teens, young adults, and older adults in an individual setting.

Waylon Cosner, LPCC

<https://www.hope4thejourneyloveland.com/waylon-cosner-bio-detail>
pandahousecc@gmail.com

(970) 541-9066

Has strong spiritual integration with all of his clients. Specializing in grief and loss, trauma, porn addiction and couples.

Lindsey Mullins, LPC, RPT

www.mullinscounseling.net

(970) 670-0146

Lindsey is a Registered Play Therapist. She has specialized tools to help children express all that is going on inside of them. Those same skills are useful with teens and adults.

Brian Collison, PLLC

brian@briancollisoncounseling.com

(720) 340-1031

Brian's approach to therapy is trauma-informed and collaborative. Primarily uses **Internal Family Systems** and **EMDR** therapies to help clients get unstuck and move towards the life they want.

Ashlyn LaVine, LMFTC

<https://www.hope4thejourneyloveland.com/ashlyn-lavine>

ashlyn@alvtherapy.com

(970) 235-0412

Ashlyn is a trained couples and family therapist. She is also trained in discernment counseling, specifically designed to help mixed-agenda couples (one where one partner wants to leave and one is wishing to make it work). She is also trained in EMDR and works with children ages 8+.

Jill Jones, CAS (Certified Addictions Counselor)

<https://www.hope4thejourneyloveland.com/jill-jones-bio-detail>

(970) 541-9066

Specializing in addictions including eating disorders, depression, anxiety, women's issues, and spiritual formation/exploration. She is also trained in EMDR, which treats trauma.

Erin Owens, LPC, CAMS-II

www.Erinowenscounseling.com

Office: 970-821-7991

Erin has worked with a variety of struggles and demographics over the years. Her primary areas of expertise are grief and loss, trauma of all kinds, foster/adoptive struggles, anger management, couples counseling, ministry/clergy, medical professionals/first responders, and eating disorders and body image struggles. Erin sees individuals 13y/o+ and couples!

Jim Fox, MACP, LAC

<https://newrisecounseling.clientsecure.me/>

newrisecounselingplcc@gmail.com

New Rise Counseling - Behavioral health therapy

Office: 970-217-2157

Primary specialty is working with people who have co-occurring mental health and substance use disorders. Jim also works with people involved in the criminal justice system who experience these disorders. Jim takes a trauma-focused approach and helps people find the root of their addiction.

Tim Mullins, PLLC

303-324-1324

Tim@TimMullinsCounseling.com

Tim specializes in addictions, and more specifically, people raised in alcoholic and addicted households. This population tends to present with addictions of their own, relationship struggles, difficulty with boundaries, and the resultant depression and anxiety.

Sara McLaughlin, MA, LPC, NCC

970-658-0563

saramclaughlincounseling.com

Sara enjoys working with adults and couples and has experience working with anxiety, stress, grief, trauma, and relationship issues. I use a person-centered approach with elements of narrative therapy, attachment theory, internal family systems theory, and mindfulness.

Steve Scifres, MA, LPC

720- 378-8385

www.counselorsteve.com

Steve is focused on working with families and all of the different elements of the family system (eg, Marriage/Couples Counseling or Parent-Child relationships). His therapeutic approach is guided by attachment practicing, Emotionally Focused Couples Therapy (EFCT), with experience in Child-Centered Play Therapy, Eye Movement Desensitization and Reprocess (EMDR),.

At **Foundations Church, we care deeply about your spiritual, emotional, and relational well-being. The counselors listed here are trusted resources we are aware of, but they serve independently and are not employed by the church. We encourage you to seek the Lord's guidance, use discernment, and choose the counselor who best fits your needs.*