



Email [sonia@horizonsholistichealing.com](mailto:sonia@horizonsholistichealing.com) if you have questions later on :)

## TX Therapist + Psychiatrist Referral List

These referrals constitute therapists and psychiatrists that Sonia feels are somewhat close to her therapeutic approach of being relational, humanistic, and holistic. She does not know all of these professionals personally and often has to go off reviews and word-of-mouth as well as the overall vibe from their profiles. Please remember that not every professional will be a good match for you, and it is okay to try a few different ones out to find a good match. Any with a \* beside it, means that they are also virtual and can see anyone in any part of Texas.

### Therapists serving Dallas/Plano/Fort Worth

➤ **At DTA (all are great, but here are some I know more personally or have shared they have openings):**

- \*Kassandra Rendon: In person + virtual, accepts most insurances, adults  
<https://www.dtacare.com/kassandra-rendon-lpc>
- \*Dr. Juli Hishida: In person + virtual, accepts most insurances, adults  
<https://www.dtacare.com/juli-hishida-phd>
- \*Angela Ponce: In person + virtual, accepts most insurances, patients 4 yr +  
<https://www.dtacare.com/angela-ponce-lpcassociate>
- \*Kira Damewood: In person + virtual, accepts most insurances, adults  
<https://www.dtacare.com/kira-damewood-lpcassociate>
- \*Tori Shapiro: In person + virtual, accepts most insurances, adults  
<https://www.dtacare.com/tori-shapiro-lpcassociate-1>
- \*Brooke Badger: In person + virtual, accepts most insurances, children/families/adults - <https://www.dtacare.com/brooke-badger-lpcassociate>
- \*Emily Daspit: In person + virtual, accepts most insurances, adults  
<https://www.dtacare.com/emily-daspit-lpc-lcdc>
- \*William Brown: Virtual only, accepts most insurances  
<https://www.dtacare.com/william-brown-lpc>
- \*Brienne Rogers: In person + virtual, evenings + weekends, accepts most insurances <https://www.dtacare.com/brienne-rogers-lpcassociate>
- \*Dr. James Parker: Virtual, accepts most insurances  
<https://www.dtacare.com/james-parker-phd>

➤ **Not At DTA:**

- \*Ashley Hinck: Virtual only, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/ashley-hinck-houston-tx/1123254>



- \*Forest Timmons: Virtual only, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/forrest-timmons-mckinney-tx/712412>
- \*Maggie Roney: Virtual + in person, OON <https://maggieroney.com>
- \*Cheri Hausmann: Virtual + in person, OON  
<https://www.psychologytoday.com/us/therapists/cheri-l-hausmann-denton-tx/720189>
- \*Emily Messick: In person + virtual, OON  
<https://www.psychologytoday.com/us/therapists/emily-messick-dallas-tx/843527>
- \*Summer Greenlee: In person + virtual, OON  
<https://www.psychologytoday.com/us/therapists/summer-greenlee-dallas-tx/817437>
- \*Emilee Crowder: In person + virtual, OON <https://www.therapywithemilee.com>
- \*Rebecca Werts: Virtual only, Aetna  
<https://www.psychologytoday.com/us/therapists/rebecca-c-werts-dallas-tx/1206513>
- \*The Well Therapy Group: Virtual + in person, OON  
<https://www.psychologytoday.com/us/therapists/the-well-therapy-group-dallas-tx/1295930>
- \*Alyssa Vargas: In person + virtual, Aetna + Cigna  
<https://www.psychologytoday.com/us/therapists/alyssa-vargas-dallas-tx/1097837>
- \*Joy Hallman: In person + virtual, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/joy-liani-hallman-dallas-tx/822731>

## Therapists in Austin

- \*Tryna Jackson: In person + virtual, Aetna + Cigna  
<https://www.psychologytoday.com/us/therapists/tryna-jackson-austin-tx/1010456>
- \*Dr. Andrew Buerger: In person + virtual, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/andrew-buerger-austin-tx/221542>
- \*Tracy McCullick: Virtual only, Blue Cross Blue Shield  
<https://www.psychologytoday.com/us/therapists/tracey-h-mccullick-austin-tx/104401>
- \*Jessica Hinojosa: In person + virtual, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/jessica-hinojosa-austin-tx/931564>
- \*Rechelle Mays: Virtual only, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/rechele-mays-austin-tx/819699>



### Therapists in El Paso

- \*Melissa Lehto: In person + virtual, OON  
<https://www.psychologytoday.com/us/therapists/melissa-color-lehto-el-paso-tx/1045750>
- \*Thrive Counseling and Wellness: In person + virtual, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/thrive-counseling-wellness-pllc-el-paso-tx/268742>
- \*Dora Caro: Virtual only, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/dora-caro-las-cruces-nm/1269131>
- \*Temperance Johnson: Virtual + in person, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/temperance-johnson-phd-el-paso-tx/221158>
- Angela Barraza: In person only, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/angela-barraza-el-paso-tx/1045443>

### Therapists in Houston

- \*Amy Waldner: In person + virtual, OON  
<https://www.psychologytoday.com/us/therapists/amy-waldner-houston-tx/126072>
- \*Shari Bingham: In person + virtual, OON  
<https://www.psychologytoday.com/us/therapists/shari-bingham-houston-tx/891283>
- \*Laura Escobar: In person + virtual, Blue Cross Blue Shield + UHC  
<https://www.psychologytoday.com/us/therapists/laura-cintron-escobar-houston-tx/340294>
- \*Live Now Counseling: In person + virtual, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/live-now-counseling-houston-tx/957359>
- \*Angelina Santos: In person + virtual, Aetna, Blue Cross Blue Shield + Cigna  
<https://www.psychologytoday.com/us/therapists/angelina-bocharova-santos-houston-tx/887568>
- \*Dr. Dennis Alvarez: In person + virtual, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/dennis-alvarez-houston-tx/1045547>
- \*Veronica Bowler: Virtual only, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/veronica-bowler-houston-tx/764878>

### Therapists in San Antonio

- \*Stefanie Gray: In person + virtual, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/stefanie-a-gray-san-antonio-tx/345752>



- \*Sofia Torres: In person + virtual, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/sofia-torres-san-antonio-tx/123197>
- \*Mia Gonzales: In person + virtual, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/mia-gonzales-san-antonio-tx/1183182>
- \*Jessica Simons: In person + virtual, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/jessica-simons-washington-ut/1085565>
- \*Antwine Charles, Sr.: In person (Corpus Christi) + virtual, accepts most insurances  
<https://www.psychologytoday.com/us/therapists/antwine-d-charles-sr-corpus-christi-tx/1007987>

## Psychiatrists

- \*Morrison Clinic: Amy: Virtual only, accepts most insurances  
[https://morrisonclinic.com/?fbclid=IwY2xjawEmRnRleHRuA2FibQIxMQABHfZHvxL4SJRt2xL2ir9XDBMwip9\\_7Fk6msuh0\\_JNrCZUWXJpl1dd-R2Xg\\_aem\\_4-DgCWZwnrW3S2ad44eglg](https://morrisonclinic.com/?fbclid=IwY2xjawEmRnRleHRuA2FibQIxMQABHfZHvxL4SJRt2xL2ir9XDBMwip9_7Fk6msuh0_JNrCZUWXJpl1dd-R2Xg_aem_4-DgCWZwnrW3S2ad44eglg)
- \*Transcendental Psychiatry: Beverly: Virtual only, OON  
<https://www.transcend-mental.com/services>
- \*Katie Brandon: In person + virtual, not 100% sure about insurance  
[https://www.psychologytoday.com/us/psychiatrists/katie-brandon-lubbock-tx/1130492?fbclid=IwY2xjawEmR7NleHRuA2FibQIxMQABHRUe50FL228MoL-4xSUIXLbN1M\\_hzsodNXJGWFj52N9wkJot0uHE3UwhVg\\_aem\\_7j5RoS7LjJzXluFpZ-Nafg](https://www.psychologytoday.com/us/psychiatrists/katie-brandon-lubbock-tx/1130492?fbclid=IwY2xjawEmR7NleHRuA2FibQIxMQABHRUe50FL228MoL-4xSUIXLbN1M_hzsodNXJGWFj52N9wkJot0uHE3UwhVg_aem_7j5RoS7LjJzXluFpZ-Nafg)
- \*Violet Ashu: In person + virtual, accepts most insurances  
<https://www.psychologytoday.com/us/psychiatrists/premier-behavioral-health-wellness-dallas-tx/1079898>
- \*The Holiner Group: Virtual only, accepts most insurances, (mixed client reviews on warmth + professionalism of staff) <https://holinergroup.com>