**Gender Affirming Therapists**

These are professionals in Arkansas who recognize and support individuals’ and families’ unique gender identities. They foster an environment that is respectful and inclusive.

We hope you find this directory helpful. It is arranged by city, starting with Little Rock, and by agency name, including contacts and information for medical and other services they offer.

**For information about session costs and types of insurance that is accepted, please contact each clinic directly.**

Little Rock

**Arkansas Wellness Professionals**

**Contact Information**

1202 South Main Street, Suite 204

Little Rock, AR 72202

Phone:501-428-3217

**Which therapist can I see?**

Glenn McCracken

Email: glenn@sparkfitlr.com

**What kinds of programs are available?**

We offer individual, group, and family support. Our therapies include yoga, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), therapies for anxiety and mood disorders, and some Eye Movement Desensitization and Reprocessing (EMDR) methods.

**Are there appointments available?**

Yes. We offer appointments on Sundays-Thursdays. They are available in the mid-morning and afternoon.

**Alleviant Health Centers**

 **Contact information**

 11501 Huron lane

 Little Rock, AR 72211

 Phone: 501-904-4762

 **Which therapist can I see?**

 Any of our therapists can help you.

 **What kinds of programs are available?**

 Individual therapy

 **Are there appointments available?**

 Yes

**Attachment Services of Arkansas**

 **Contact Information**

210 S. Pulaski Street

Little Rock, AR 72201

Phone: 501-655-9254

 **Which therapists can I see?**

Cindy Brown

**What kinds of programs are available?**

We offer individual therapy sessions. We do not have support groups or parent support at this time.

**Are there appointments available?**

Yes.

**Behavioral Health Services**

**Contact Information**

Arkansas Medical Society Building

10 Corporate Hill Drive, Suite 330

Little Rock, AR 72205

Phone: 501-954-7470

**Which therapists can I see?**

Any of our therapists can help you. We have 12 therapists.

**What kinds of programs are available?**

We offer parent services. We may offer support groups in the future.

**Are there appointments available?**

Yes. Talk to the director, Susan Reed. She will work with you to find a therapist that is right for you.

**Bowen Wellness Center**

**Contact Information**

10515 W. Markham Street

Little Rock, AR 72205

Phone: 501-960-8149

**Which therapist can I see?**

Angie Bowen

**What kinds of programs are available?**

We offer family support and counseling and individual therapy.

**Cardinal Counseling**

**Contact Information**

425 W Broadway St, Suite D

North Little Rock, AR 72114

Phone: 501-408-3431

**Which therapists can I see?**

Any of our therapists can help you.

**What kinds of programs are available?**

We offer individual, relationship, and family support.

**Are there appointments available?**

Yes

**Chenal Family Therapy PLC (West Little Rock)**

**Contact Information**

Kirkpatrick Plaza

10800 Financial Centre Parkway, Suite 290

Little Rock, AR 72211

Phone: 501-781-2230

**Which therapist can I see?**

Any of our therapists can help you.

**What kinds of programs are available?**

We offer individual and family support.

**Are there appointments available?**

Yes.

**Kavanaugh Clinic**

**Contact Information**

2601 Kavanaugh Blvd, Suite 5

Little Rock, AR 72205

Phone: 501-663-8990

**Which therapist can I see?**

Dr. Jon Mourot

Stephanie Rose, DSW-LCSW

**What kinds of programs are available?**

We offer services to people between the ages 3 and 73. Our short term

treatment is: 1 to 6 sessions average.

* **Support Groups:** PrideCorp (Free) Meets 2nd and 4th Saturday of the month at 2:00 to 5:00 pm. Ages 13 to 20. People meet at Pulaski Heights United Methodist Church.

FB: pridecorpLGBTyouthcenter

* **Individual and family therapy:** We want parents to be involved!

**Are there appointments available?**

Yes, but you may have to wait 2 to 3 weeks for that appointment.

**Hillcrest Therapy Center**

**Contact Information**

5506 W. Markham Street

Little Rock, AR 72205

Phone: 501-353-0956

**Which therapist can I see?**

Kate Burnett

**What kinds of programs are available?**

We offer individual therapy only for ages 18 and over.

**Are there appointments available?**

Yes.

**Insight Renewal Center**

**Contact Information**

2723 Foxcroft Road, Suite 202B

Little Rock, AR 72227

Phone: 501-414-0111

**Which therapists can I see?**

Paula McCarther

Elizabeth Buchman

Josh Halmek

Dustin Birdwell

**What kinds of programs are available?**

We offer individual support. We may offer support groups in the future.

**Are there appointments available?**

Yes.

**Lucie’s Place**

 **Contact Information**

307 West 7th Street

Little Rock, AR 72201

 Phone: 501-508-5005

 Email: LuciesPlaceAR@gmail.com

 Website: <http://www.luciesplace.org>

**Which therapists can I see?**

You can see any of the volunteer licensed and insured independent counselors.

**What kinds of programs are available?**

We offer free individual counseling to young LGBT adults who:

* + Are homeless
	+ Are at risk of becoming homeless
	+ Have past experiences with homelessness

 **Can I get help with getting to and from my sessions (transportation)?**

 Yes. You will get a bus pass to get to and from your sessions.

 **How do I apply for transportation?**

 The application form is on our website <http://www.luciesplace.org>

**Rice Clinic: Christian Based Mental Health**

 **Contact Information**

1301 Wilson Road

 Little Rock, AR 72205

Phone: 501-225-0576

**Which therapist can I see?**

Scotty Smittle

**What kinds of programs are available?**

We offer individual therapy for transgender persons and their families of all ages.

**Are there appointments available?**

Yes.

**Riverstone Wellness Center**

 **Contact Information**

5905 Forest Place, Suite 230

Little Rock, AR 72207

Phone: 501-777-3200

 **Which therapists can I see?**

 Tiffany Estes

Meredith Scroggin

Corinne Sappington

Kristen Waldemayer

Nancy Striet

Dialectical Behavioral Therapy (DPT):

Nikki Weatherly

Priscilla McChistian

Nutrition Counseling

Trauma Specialty Clinic

Medication Management

Eating Disorder Program

Psychological Evaluation & Assessment

**What kinds of programs are available?**

We offer a yoga group for individuals 18 y/o and older, Individual and group

therapy

**Are there appointments available?**

Yes

**Rose Counseling and Consulting**

**Contact information**

204 Executive court, Suite 208

Little Rock AR 72205

Phone: 501- 679-1469

**Which Therapist Can I see?**

**Mia Gordon**

**What kinds of programs are available?**

Individual therapy, telehealth

**Are there appointments available?**

Yes

**True Self Therapy- P-LLC**

**Contact Information**

5506 West Markham Street

Little Rock, AR 72205

Phone: 404-808-7511

WWW.TrueSelfTherapyAR.com

**Which therapist can I see?**

Courtney Frierson

Wade Younger

**What kinds of programs are available?**

We offer individual and relationship therapy. Call about available support groups.

**Are there appointments available?**

Yes.

**UAMS Walker Family Clinic**

 **Contact Information**

PRI Building

4301 W. Markham Street

 Little Rock, AR 72205

Phone:501-526-8200

**Which psychiatrists can I see?**

|  |  |  |
| --- | --- | --- |
|  | Dr. Megan Mueller | Dr. San Bui |
| Dr. Vanessa Freeman | Dr. Sydney Grant | Dr. Lauren Davis |
| Dr. Patrick Sassoon | Dr. Andrew Worley | Dr. Bryant Virden |

 **What kinds of programs are available?**

We offer:

* Dialectical Behavioral Therapy (DBT)
* Anxiety and Depression Groups
* Individual Therapy

**Wellspring Renewal Center**

 **Contact Information**

 101 North Woodrow

 Little Rock, AR 72205

Phone: 501-265-0046

**Which therapists can I see?**

|  |  |
| --- | --- |
| Sean Oakley (501-291-2631) | Rebecca Spooner |
| Leah Payne | Michelle Ainsworth |

**What kinds of programs are available?**

We offer individual and family therapy. We may offer support groups in the

future.

**How do I make an appointment?**

Set up appointment online at <https://wellspringrenewalcenter.com/> or email sean@wellspringrenewalcenter.com

**Are there appointments available?**

Yes.

 Batesville

**White River Health System Behavioral Health Clinic**

**Contact Information**

2230 Harrison Street

Batesville, AR 72501

Phone: 870-698-2100

**Which therapists can I see?**

Any of our therapists can help you.

**What kinds of programs are available?**

We offer individual therapy.

**Are there appointments available?**

 Yes

Bentonville

**Chenal Family Therapy PLC (Bentonville)**

**Contact Information**

5507 W. Walsh Lane

Rogers, AR 72758

Phone: 479-595-0333

**Which therapists can I see?**

You can see any of our therapists.

**What kinds of programs are available?**

We offer individual and family therapy only.

**Are there appointments available?**

Yes.

**Bentonville Counseling Collective**

**Contact Information**

2104 SE 14th Street

Bentonville, AR 72712

Phone: 479-431-2362

**Which therapists can I see?**

Jason LeCompte

**What kinds of programs are available?**

We offer individual and relationship therapy.

**Are there appointments available?**

 Yes

**UpSpring Therapy**

**Contact Information**

2104 SE 14th Street

Bentonville, AR 72712

Phone: 479-431-2362

**Which therapists can I see?**

Allie Wakefield

**What kinds of programs are available?**

We offer individual and relationship therapy.

**Are there appointments available?**

 Yes

Bryant

**Chenal Family Therapy PLC (Saline County)**

**Contact Information**

3230 Marketplace Avenue

Suite 4

Bryant, AR 72022

Phone: 501-781-2230

**Which therapist can I see?**

Any of our therapists can help you.

**What kinds of programs are available?**

We offer individual and family therapy only.

**Are there appointments available?**

Yes.

**Pinnacle Pointe Outpatient:**

**Contact Information**

2213 N. Reynolds Road, Suite 1

Bryant, AR 72202

Phone: 501-847-0081

**Which therapists can I see?**

We have four therapists available.

**What kinds of programs are available?**

We offer individual therapy for adults and teens. Your family can be included in individual counseling with you.

**Are there appointments available?**

Yes.

**Blue Sky Hope & Recovery Center:**

**Contact Information**

2615 N. Prickett rd.

Bryant, AR 72202

Phone: 501-416-2170

 **Which therapist can I see?**

Stacy Kuchinski, LCSW

 **What kinds of programs are available?**

We offer individual therapy for adults and teens.

**Are there appointments available?**

Yes.

 Conway

**An Embraced Life**

 **Contact Information**

1422 Caldwell Street, Suite H

 Conway, AR 72034

Phone:501-408-2042

 **Which therapist can I see?**

Leslie Thomas

**What kinds of programs are available?**

We offer individual therapy. We do not have support groups.

**Are there appointments available?**

Yes.

**Conway Counseling and Wellness – Conway**

 **Contact Information**

855 S German Lane #1

 Conway, AR 72034

Phone:501-214-7793

 **Which therapist can I see?**

Any of our therapists are able to help you.

**What kinds of programs are available?**

We offer individual, family, and relationship therapy.

**Are there appointments available?**

Yes.

**Chenal Family Therapy PLC (Conway)**

**Contact Information**

575 Harkrider Street

Conway, AR 72032

Phone: 501-781-2230

**Which therapists can I see?**

Collin T. Davies or any of our other therapists are able to help you.

**What kinds of programs are available?**

We offer individual and family therapy only.

**ThriveWorks Counseling**

**Contact Information**

2100 Spring Valley Dr.

Conway, AR 72034

Phone:501-404-9737

**Which therapist can I see?**

Jennifer Smitha

**What kinds of programs are available?**

We offer family support group for Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) individuals. Our services are for ages 6 and over. We offer one support group.

**Are there appointments available?**

Yes

 Dequeen

**Southwest Counseling & Mental health**

 **Contact Information**

 1312 Collin Raye drive

 DeQueen, AR 71832

 Phone: 870-584-7115

 Eureka Springs

**Gigi Cottrell**

**Contact Information**

185 East Van Buren, Suite L

Eureka Springs, AR 72632

Phone: 479-239-4648

**Which therapist can I see?**

Gigi Cottrell

**What kinds of programs are available?**

We offer individual and family therapy.

 **Are there appointments available?** Yes

Fayetteville

**Alternative & Holistic Health Service**

**Contact Information**

2863 N. Old Missouri Road, Suite 112-C

Fayetteville, AR 72703

Phone: 479-236-7676

**Which therapist can I see?**

Cathy Campbell

**What kinds of programs are available?**

We offer healing spirit therapies to transgender individuals to children,

adults and their families. We do not offer supports groups. But we recommend going to Parents, Families and Friends of Lesbians and Gays (PFLAG) of Northwest Arkansas.

**Are there appointments available?**

Yes.

**Day By Day Therapy**

 **Contact Information**

215 N East Avenue #102

 Fayetteville, AR 72701

Phone:479-235-6602

 **Which therapist can I see?**

Any of our therapists are able to help you.

**What kinds of programs are available?**

We offer individual, family, and relationship therapy.

**Are there appointments available?**

Yes.

**Midtown Counseling**

**Contact Information**

1845 Green Acres Road

Fayetteville, AR 72703

Phone: 479-957-8546

**Which therapist can I see?**

Sam Wallace, Ph.D. LPC

**What kinds of programs are available?**

We offer individual support.

**Are there appointments available?**

Yes, but you may have to wait 2 to 4 weeks for that appointment.

**Kimberly Winbery Counseling & Mental Health**

 **Contact Information**

103 N. College ave. Suite 6

 Fayetteville, AR 72701

 Phone: 479-431-2159

 **Which therapist can I see?**

Kimberly Winbery

 What kinds of programs are available?

 Individual, couples and family therapy

 Telehealth visits available for individuals anywhere in Arkansas

 Fort Smith

**Coastal Counseling**

**Contact Information**

5101 Old Greenwood Road #102

Fort Smith, AR 72903

Phone: 479-719-8992

**Which therapists can I see?**

Keesha Parker

**What kinds of programs are available?**

We offer individual and relationship therapy.

**Are there appointments available?**

 Yes

**Fresh Roots Family Counseling**

 **Contact Information**

5401 Rogers Avenue

Suite 200

Fort Smith, AR 72903

Phone: 479-226-8403

**Which therapist can I see?**

Shawn Kispert

Michael Steinbeck

**What kinds of programs are available?**

We offer individual therapy and have a weekly LGBTQIA+ group counseling

session

**Are there appointments available?**

Yes

**TLC Counseling**

 **Contact Information**

4943 Old Greenwood Road, Suite 4

 Fort Smith, AR 72908

Phone:479-221-8910

Email: Tara@counselingTLC.com

 **Which therapist can I see?**

Tara Clifford

**What kinds of programs are available?**

We offer individual, family, and relationship therapy.

**Are there appointments available?**

Yes.

Hot Springs

**Chenal Family Therapy PLC (Hot Springs)**

**Contact Information**

307 – B Carpenter Dam Road

Hot Springs, AR 71901

Phone: 501-781-2230

**Which therapists can I see?**

You can see any of our therapists.

**Which kinds of programs are available?**

We offer individual and family support only.

**Are there appointments available?**

Yes.

**Conway Counseling and Wellness – Hot Springs**

 **Contact Information**

3907 Central Ave, Suite J

 Hot Springs, AR 71913

Phone:501-781-3122

 **Which therapist can I see?**

Monica Roberts

**What kinds of programs are available?**

We offer individual therapy.

**Are there appointments available?**

Yes.

Jonesboro

**Suzanne Gibbard**

**Contact Information**

522 West Washington Ave

Jonesboro, AR 72401

Phone: 870-277-4798

**Which therapists can I see?**

Suzanne Gibbard

**Which kinds of programs are available?**

We offer individual and family support only.

**Are there appointments available?**

Yes.

**True Hope Counseling**

**Contact Information**

2605 Southwest Square

Jonesboro, AR 72401

Phone: 870-761-4673

**Which therapists can I see?**

Amy Flaherty

**Which kinds of programs are available?**

We offer individual and family support only.

**Are there appointments available?**

Yes.

 Morrilton

**Counseling Associates**

**Contact Information**

8 Hospital Drive

Morrilton, AR 72110

Phone: 501-354-1561

**Which therapists can I see?**

Casey Myers, Laura Hall, Lilly Cummins

**Which kinds of programs are available?**

We offer individual and family therapy

**Are there appointments available?**

Yes.

 North Little Rock

**Chenal Family Therapy PLC (North Little Rock)**

**Contact Information**

First Security McCain Building

2504 McCain Blvd., Suite 200

North Little Rock, AR 72116

Phone: 501-781-2230

**Which therapists can I see?**

You can see any of our therapists.

**What kinds of programs are available?**

We offer individual support including the family during individual session. Our services are offered to adults and children.

**Are there appointments available?**

Yes

Paragould

**Lewallen and Felty, Psychotherapy and Counseling**

**Contact Information**

2210 Kings Highway, Suite 9

Paragould, AR 72450

Phone:870-240-6262

**Which therapists can I see?**

Luke Lewallen and Tiffany Felty

**What kinds of programs are available?**

We offer individual support including the family during individual session.

**Are there appointments available?**

Yes.

Perryville

**Counseling Associates**

**Contact Information**

206 West Main

Perryville, AR 72126

Phone: 501-889-1590

**Which therapists can I see?**

Casey Myers, Laura Hall, Lilly Cummins

**Which kinds of programs are available?**

We offer individual and family therapy

**Are there appointments available?**

Yes.

Prescott

 **Greta Sweesy, LCSW**

 **Contact information**

123 E. Elm, Prescott, AR 71857

 Phone: 870-703-5740

 Russellville

**Counseling Associates**

**Contact Information**

110 Skyline Drive

Russellville, AR 72801

Phone:479-890-3045 or 479-970-1283

**Which therapist can I see?**

Leigh Maxwell

**What kinds of programs are available?**

We offer individual support including family therapy during individual sessions. Our services are offered to adults and children.

**Are there appointments available?**

Yes.