

# 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 please contact each clinic. If you have questions about which clinics accept Medicaid or Medicare, please call Tori Horton (501-516-6261).

## 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](mailto: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. They are available in the mid-morning and afternoon.

## **Attachment Services of Arkansas**

### **Contact Information**

210 S. Pulaski Street  
Little Rock, AR 72201  
Phone: 501-414-9141

### **Which therapists can I see?**

Laura Danley and 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.

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

### **Contact Information**

Kirkpatric 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.

## **Dr. Jon Mourot at 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

### **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 2<sup>nd</sup> and 4<sup>th</sup> 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 Richards

### **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, Stephanie Rose, and Elizabeth Buchman

### **What kinds of programs are available?**

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

### **Are there appointments available?**

Yes.

## **Little Rock Community Mental Health Clinic**

### **Contact Information**

1100 N. University Avenue, #200  
Little Rock, AR  
Phone: 501-686-9300

### **Which therapists can I see?**

Dr. Samuel Jackson	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 Individual and Dialectical Behavior Therapy (DBT) Group.

### **Are there appointments available?**

Yes.

## **Lucie's Place**

### **Contact Information**

300 South Spring Street

Suite 715

Little Rock, AR 72201

Phone: 855-582-4377

Email: [LuciesPlaceAR@gmail.com](mailto: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

Crystal Pace

Beth White

Brooke Shultz

Nancy Streit

Meredith Scroggin

### **What kinds of programs are available?**

We offer a yoga group for ages 18 and over.

### **Are there appointments available?**

Yes.

## **Sat Nam Yoga Therapy**

### **Contact Information**

5506 West Markham Street

Little Rock, AR 72205

Phone: 404-994-8617

### **Which therapist can I see?**

Courtney Frierson

### **What kinds of programs are available?**

We offer individual and family therapy. We do not have 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. Samuel Jackson	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
Michelle Whitfield	

### **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](mailto:sean@wellspringrenewalcenter.com)

### **Are there appointments available?**

Yes.

## Benton

### **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.

## 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.



## Bryant

### **Pinnacle Pointe Outpatient:**

#### **Contact Information**

2213 N. Reynolds Road, Suite 1  
Bryant, AR 72202  
Phone: 501-847-0081

#### **Which therapists can I see?**

Heather Morrow, Lauren Johnson, and Cai Carvalhaes

#### **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.

## 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.

## **Chenal Family Therapy PLC (Conway)**

### **Contact Information**

575 Harkrider Street  
Conway, AR 72032  
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 and family therapy only.

### **Are there appointments available?**

Yes.

## **ThriveWorks Counseling**

### **Contact Information**

575 Club Lane, Suite 103  
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 plan to start a LGBTQ support group for patients soon.

### **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 support groups. But we recommend going to Parents, Families and Friends of Lesbians and Gays (PFLAG) of Northwest Arkansas.

### **Are there appointments available?**

Yes.

## **Midtown Counseling**

### **Contact Information**

1845 Green Acres Road  
Fayetteville, AR 72703  
Phone: 479-947-8546

### **Which therapist can I see?**

Dam 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.

## Fort Smith

### **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

#### **What kinds of programs are available?**

We offer individual support only.

#### **Are there appointments available?**

Yes

## Hot Springs

### **Chenal Family Therapy PLC (Hot Springs) (Opening soon)**

#### **Contact Information**

1401 Malvern Avenue, Suite 200-B  
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.

## Maumelle

### **ThriveWorks Counseling**

#### **Contact Information**

102 Country Club Parkway  
Maumelle, AR 72113  
Phone: 501-404-9737

#### **Which therapists can I see?**

Jennifer Smith and others

#### **What kinds of programs are available?**

We offer counseling services for individuals ages 6 and older.

#### **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

## **Professional Counseling Associates**

### **Contact Information**

4354 Stockton Drive  
North Little Rock, AR 72117  
Phone: 501-955-7600

### **Which therapist can I see?**

Lisa Hunt

### **What kinds of programs are available?**

We offer individual and family therapy.

### **Are there appointments available?**

Yes.

## Paragould

## **Lewellen and Felty, Psychotherapy and Counseling**

### **Contact Information**

2210 Kingshighway, Suite 9  
Paragould, AR 72450  
Phone: 870-240-6262

### **Which therapists can I see?**

Sally England and Tiffany Felty

### **What kinds of programs are available?**

We offer individual support including the family during individual session.

### **Are there appointments available?**

Yes.

## Russellville

### **Counseling Associates**

#### **Contact Information**

1400 E. 16<sup>th</sup> Street  
Russellville, AR 72802  
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.

## White Hall

### **Chenal Family Therapy PLC (Jefferson County)**

#### **Contact Information**

7500 Dollarway Road, Suite 401  
White Hall, AR 71602  
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.

#### **Are there appointments available?**

Yes.