

LGBTQ+ Affirming Therapists

These are suggestions for therapists in Arkansas who recognize and support individuals' and families' unique gender identities and sexual orientations. They foster an environment that is respectful and inclusive. This listing is the result of a joint effort between two Gender Clinics in AR based on recommendations from our patients and after vetting many mental health providers in our state. If you notice something that needs updated, please feel free to contact us at genderspectrumclinic@archildrens.org.

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.

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. 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.

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, Elizabeth Buchman, Kelly Brown

What kinds of programs are available?

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

Are there appointments available?

Yes.

Integrative Counseling Center

Contact Information

2723 Foxcroft Road Suite 202B Little Rock, AR 72227

Phone: 501-823-0573

Which therapists can I see?

Candace Carter, Joshua Halamek

What kinds of programs are available?

Individual and family therapy

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

Cai Carvalhaes, 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 Ages 13 to 18.
- PrideCorp Prime, ages 18+.
- Free. Meets 2nd and 4th Saturday of the month at 2:00 to 5:00 pm.at Pulaski Heights United Methodist Church .
- FB: pridecorpLGBTyouthcenter, check FB to verify meeting dates (out during school).

- **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 with Dr. Jon Mourot. Cai Carvalhaes, LCSW doesn't have a waiting list.

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. Vanessa Freeman
Dr. Patrick Sassoon

Dr. Megan Mueller
Dr. Sydney Grant
Dr. Andrew Worley

Dr. San Bui
Dr. Lauren Davis
Dr. Bryant Virden

What kinds of programs are available?

We offer Individual and Dialectical Behavior Therapy (DBT) Group.

Are there appointments available?

Yes.

Living Resilient

Contact Information

900 S Shackleford Rd Ste 300
Little Rock, AR 72211
501-765-3266

Which therapists can I see?

Sabrina Blevins, LCSW

What kinds of programs are available?

Individual and family therapy

Are there appointments available?

Often she has a waitlist of 2 months.

Lucie's Place

Contact Information

300 South Spring Street, Suite 715
Little Rock, AR 72201
Phone: 855-582-4377
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
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.

Theraworks, pllc.

Contact Information

900 South Shackleford
Suite 300
Little Rock, AR 72221
Phone: 501-301-5574

Which therapists can I see?

Kym Palmer, LCSW

What kinds of programs are available?

Individual and Family therapy (if indicated).

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

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.

Bentonville Counseling

Contact Information

2104 SW 14th St Bentonville, AR

Phone: 479-310-6850

Which therapists can I see?

Jason LeCompte, LPC

What kinds of programs are available?

We offer individual, family and group therapy for people ages 12+.

The Trans Teen Support Group is \$30 a session. It is a Bi-Weekly Support Group for Teens (ages 13-17) who identify as transgender, non-binary, GNC, gender fluid or gender queer.

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

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.

Clinton

Conway Counseling and Wellness

Contact Information

224 Shake Rag Rd, Clinton, AR 72031

Phone: 501-745-8001

Which therapists can I see?

CariAnn Bergner-Moore, Shane Baskins, LPC, Marian smith, ph.d

What kinds of programs are available?

We offer Individual and Family Therapy.

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.

Conway Counseling and Wellness Center

Contact Information

855 S German Ln #1, Conway, AR 72034
Phone: 501-358-6606

Which therapists can I see?

CariAnn Bergner-Moore, Shane Baskins, LPC, Marian smith, ph.d

What kinds of programs are available?

We offer Individual and Family Therapy.

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.

Farmington

Tara P. Therapy, PLLC

Contact Information

128 Southwinds Drive, Suite 5, Farmington, AR 72730

Phone: 479.268.2874

Which therapist can I see?

Tara Prestridge

What kinds of programs are available?

Individual and Family therapy for people 18y/o+.

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.

Pearson Counseling Services, PLLC

Contact Information

1747 N College Ave., Fayetteville, AR 72703
Phone: 479-268-2874

Which therapist can I see?

Tammy Pearson, LCS, NCC

What kinds of programs are available?

We offer individual and family therapy for people when appropriate 4 y/o+.

Are there appointments available?

Yes for weekdays; short waitlist for weekend/evening appointments.

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

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.

Mid-South Health Systems

Contact Information

28 Southpointe Drive
Paragould, AR
Phone: 870-239-2244

Which therapists can I see?

Brittany Anders

What kinds of programs are available?

Family and Individual Therapy.

Are there appointments available?

Yes. Sometimes there is a 2-3 week wait for an intake.

Prescott

Greta D Sweesy, LCSW

Contact Information

301 Hale Avenue, Prescott, AR 71857
Phone: (870) 703 5740

Which therapists can I see?

Greta D Sweesy, LCSW

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. 16th Street
Russellville, AR 72802
Phone: 479-890-3045 or 479-970-1283

Which therapist can I see?

Leigh Maxwell, Maggie James, and Amy Johnson

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.

Salem

Mid-South Health Systems

Contact Information

642 N Main Street
Salem, AR 72576
Phone: 870-919-8705

Which therapists can I see?

Robin Stein, LCSW, Deb Alberts, LCSW

What kinds of programs are available?

Family and Individual Therapy.

Are there appointments available?

Yes.

Trumann

Mid-South Health Systems (Poinsett County)

Contact Information

807 West Main Street
Trumann, AR 724727
Phone: 870-418-1777

Which therapists can I see?

Cynthia Hampton

What kinds of programs are available?

Family and Individual Therapy.

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.