

3/1/2019

# Safe Haven Counseling Referral List

*The following list of mental health professionals include men and women who may or may not be Catholic, but would be respectful of the Church's teachings on Chastity based on a phone interview. Many of them are certified sexual addiction therapists (CSAT) through the international institute for trauma and addiction professionals (IITAP). Inclusion on this list does not constitute a Diocesan recommendation of any of the providers and is simply a resource. Some counselors on this list are not within the Diocese of St. Petersburg but they are willing to see people from our area and two will work through Telehelp, or HIPPA compliant video chat.*

**Note:** Other therapists who are CSAT certified can be found on the website <https://www.iitap.com/>.

**\*Please contact Sabrina Burton Schultz if you have feedback or updates to share!**  
727-344-1611 \*5325; [sab@dosp.org](mailto:sab@dosp.org).

While not deemed a replacement for counseling, RECLAIM Sexual Health offers a science-based, Catholic [Online Recovery Program](#) and other resources for those who desire to reclaim God's plan for their lives and the lives of loved ones impacted by pornography or other unhealthy sexual behaviors. RECLAIM also offers resources for spouses, parents, clergy and counselors. <https://reclaimsexualhealth.com/>

**Abbreviations:**

**CSAT= Certified Sexual Addiction Therapist**

**CST= Certified Sex Therapist**

**MA= Master of Arts**

**LPC= Licensed Professional Counselor CDP= Chemical Dependence Professional LMHC= Licensed Mental Health Counselor**

**ASAT= American Society of Alternative Therapists**

**NCC= National Christian Counselors**

**MHP= Mental Health Professional**

**PSAP= Pastoral Sex Addiction Professional (*for pastors or Church leaders. Holder may not be a licensed counselor*)**

- **Most therapists, in addition to working with persons who are struggling with/addicted to pornography, will work with spouses/families. Some therapists will also work with teens who are struggling with addiction. See the “additional information” column for details.**

Therapist Name/Contact Information	Additional Information
<p><b><u>Peggy Albano, LMHC</u></b>            CSAT, CST            2033 Wood St., Ste 115            Sarasota, Florida 34237-7926            (941) 914-5553  <a href="https://peggyalbanotherapy.com/">https://peggyalbanotherapy.com/</a>  <a href="mailto:peggyalbano@comcast.net">peggyalbano@comcast.net</a></p>	<p>Works with individuals age 18 and up, spouses and family units            Self-pay            Evening Hours</p>
<p><b><u>K. Timothy T. Burkholder</u></b>            CSAT, EMDR Trained            1543 Lake Baldwin Lane            Orlando, Florida 32814            (407) 894-5202  <a href="https://www.chariscounselingcenter.com/">https://www.chariscounselingcenter.com/</a>  <a href="mailto:ktburkholder@chariscounselingcenter.com">ktburkholder@chariscounselingcenter.com</a></p>	<p>Individual therapy for adults and teens            Typically refers spouses/family units to colleagues in the office.            Runs small groups for addicts            Free 15-min. Phone Consultation.            Can see clients via HIPPA compliant video chat            Evening Hours            Self-Pay</p>
<p><b><u>Mark Denison</u></b>            PSAP, NCC            Bradenton, Florida 34205            (941) 526-4700  <a href="mailto:mark@theresstillhope.org">mark@theresstillhope.org</a>  <a href="https://www.theresstillhope.org">https://www.theresstillhope.org</a></p>	<p>Will see teens and adults, spouses, family units            Masters in Addiction Recovery            Pastoral Sex Addiction Professional            Evening hours            Self-pay/sliding scale</p>
<p><b><u>Michael Dunn</u></b>            LMFT, CSAT            1515 E Silver Springs Blvd, Ste 112            Ocala, Florida 34470-6814            (352) 732-3333  <a href="mailto:cloverleafcounseling@gmail.com">cloverleafcounseling@gmail.com</a></p>	<p>Will see youth 10 and up, individual adults, family units, couples in crisis            MA in Addictions            Certified Trauma Professional            Bi-lingual, Spanish            Evening hours            Practice accepts some insurance panels</p>

<p><b>Mary Beth Griffis</b>  Wise Life Counseling, Inc.  Certified EMDR Therapist  Certified CSAT Therapist  Qualified Supervisor  5458 Lake Howell Rd  Winter Park, FL 32792  407-782-0134  <a href="https://www.wiselifecounsel.com/">https://www.wiselifecounsel.com/</a></p>	<p>Will see children 12 yrs. and older, adults and spouses  Specialize in trauma as well as sexual addiction.  Limited Evening hours  Accepts some insurance panels</p>
<p><b>Erin Grupp</b>  LCSW, CAP, CST,CSAT  4100 W Kennedy Blvd, Ste 210  Tampa, Florida 33609-2244  (813) 287-9500  <a href="mailto:erin@catalysthelp.com">erin@catalysthelp.com</a></p>	<p>Will work with Individuals, teens, couples and family units  Catalyst Center for Change also offers Three-Day Intensives for individuals and couples to provide the tools necessary to end destructive sexual behavior for good while rebuilding trust.  Some evening hours  Practice is self-pay</p>
<p><b>Scott Grupp</b>  LMHC, CSAT, CMAT, MCAP, CST.  4100 W Kennedy Blvd, Ste 327  Tampa, Florida 33609-2257  (813) 287-9500</p>	<p>Will work with Individuals, teens, couples and family units  Runs a Men's Sexual Recovery Group  Catalyst Center for Change also offers Three-Day Intensives for individuals and couples to provide the tools necessary to end destructive sexual behavior for good while rebuilding trust.  Some evening hours  Practice is self-pay</p>
<p><b>Yale Kushner</b>  CSAT  1850 Lee Rd, Ste 116  Winter Park, Florida 32789-2104  (407) 644-8588  <a href="https://newleafcenter.com/">https://newleafcenter.com/</a>  <a href="mailto:yale@newleafcenter.com">yale@newleafcenter.com</a></p>	<p>Individual, couple and family therapy  Will be licensed this summer.  CSAT Licensure expected in March.  Also speaks French and Arabic.  New Leaf has a men's Sex Addictions Recovery Group and groups for women  Practice is self-pay</p>

<p><b>Ruth Martinez</b>  MA, LMHC, CAP, CCDVC  Advancement in Mental Health Services  2001 W. Busch Blvd., Suite B  Tampa, Florida 33612  813-932-2800  <a href="mailto:Ruthbmart@gmail.com">Ruthbmart@gmail.com</a></p>	<p>Will work with individuals, parents and children/adolescents, couples/families  Certified Addictions Professional.  Not CSAT Certified  Accepts some insurance panels.  Some evening hours  Fluent in English and Spanish.</p>
<p><b>Michael Reilly</b>  LCSW, CSAT  13575 58th St. North  Clearwater, Florida 33760-3740  (646) 710-0553  <a href="mailto:mike@healthysexconsultants.com">mike@healthysexconsultants.com</a>  <a href="https://healthysexconsultants.com/">https://healthysexconsultants.com/</a></p>	<p>Will see individuals, spouses/couples.  Saturday and evening hours  Self-pay. May use sliding scale with demonstrated need.  Limited Spanish.</p>
<p><b>Helen Roberts</b>  339 6th Ave W., Ste 35  Bradenton, Florida 34205-8820  (844) 848-1223  <a href="mailto:hroberts@addorecovery.com">hroberts@addorecovery.com</a>  <a href="https://www.addorecovery.com/">https://www.addorecovery.com/</a></p>	<p>Individuals, couples, families, teens  Small groups  Self-pay- issues monthly statements  Can do Telehelp  Some evening hours.</p>
<p><b>Linda Spenceley</b>  M.A, CRC, LMHC, NCC  St. Francis Parish  5030 Mariner Drive  Spring Hill, FL 34609  352-683-9666 or 352-686-9954 ex. 409  <a href="mailto:Lspenceley@stfrances.org">Lspenceley@stfrances.org</a></p>	<p>Will see individuals, teens, spouses, and some families  Not CSAT certified but has seen clients in the past with these addictions  Some early evening hours.  Self- pay</p>

<p><b><u>Dr. Karla Tamakloe</u></b> PhD 815 N Magnolia Ave Orlando, Florida 32803-3810 (321) 356-6265 <a href="mailto:karlat@tranquilitylifecounseling.com">karlat@tranquilitylifecounseling.com</a></p>	<p>Will work with individuals, teens, spouses, family units Completing CSAT Certification Background in addictions and substance abuse. Accepts some insurance panels Some early evening hours- flexible based on client needs</p>
<p><b><u>Greg Trammel</u></b> LMHC Still Waters Counseling 11141 County Line Road, Unit 110 Spring Hill, Florida 34609 352-650-1498 <a href="mailto:gregTLMHC@tampabay.rr.com">gregTLMHC@tampabay.rr.com</a></p>	<p>Individuals, spouses and couples. Will see teens age 15 and up. Not CSAT Certified but has taken CEU's in sexual addiction and has worked with men with compulsive sexual behavior issues for over 25 years Accepts many insurance panels as well as self-pay Some early evening appointment times</p>