

Counselor	License Type	Parish/ Organization	Phone/Website	Lang.	Age- Group Served	Format	License	About the Counselor
Gloria Coffey, LPC-S	Licensed Professional Counselor-Supervisor	Holy Trinity	361-579-8464	English	12 and up	Virtual	18925; Active, Exp. 7/31/2024	I have over 20 years of experience as a counselor and am a life-long Catholic. My passion is helping people to thrive and live the lives that God has planned for them!
Karen Diliberti, MA, LMFT	Licensed Marriage and Family Therapist	Grace Counseling, Catholic Charities	210-377-1133 https://ccaosa.org/counseling/	English	All Ages	In Person, Virtual	203310; Active; Exp. 1/31/2024	I am the Director of Counseling Services and Outreach at Catholic Charities San Antonio. My practice is built on the concept that we are harmed in relationships and therefore require relationships to heal. I work from a relational, trauma informed perspective.
Angel E. Estrada, LMFT	Licensed Marriage and Family Therapist	St. Jose Sanchez del Rio	210-291-6309 www.marriageandfamilyhealing.com	English, Spanish	13 to 80	In Person, Virtual	202370; Active; Exp. 1/31/2025	My areas of specialty are: Marriage and family, relationships in general, trauma, depression, anxiety, emotional intelligence, etc. Therapy models: CBT, EFT, Healing Prayer, EMDR, Gottman, etc. For: teenagers and adults.
Valerie Capizzo Freyre, LMSW	Licensed Masters Social Worker	St. Peter the Apostle-Boerne	818-720-5728 https://www.merrylight.org/	English	16 to 80	Virtual	105164; Active, Exp. 8/31/2025	I am a licensed clinical social worker (LCSW) for 10 years. I am licensed in TX since we moved here in 2021 and still licensed in CA, as well. I am trauma specialist. I also treat anxiety disorders, adjustments disorders, grief/loss, relationships, depression, career changes, self esteem, and phase of life issues.
Christine Hjortnaes, LMFT	Licensed Marriage and Family Therapist	St. Elizabeth Ann Seton	760-481-5817	English	13 and up	In Person, Virtual	203760; Active, Exp. 10/31/2025	I work with clients who may be struggling with: Anxiety, Depression, Grief, PTSD, Trauma, Self-worth and more. I provide a warm, calm, non-judgmental, supportive and safe environment. I especially enjoy working with clients who struggle with anxiety, depression, and trauma. One of my passions is working with couples to help them reconnect and find each other all over again. I have found that adding spirituality into therapy sessions helps to give us a better understanding of ourselves and our God. "As through him, all can be accomplished".
Daniel Hoover, Ph.D	Postdoctoral Fellow Supervised by Dr. Laurel Bluntzer	St. Matthew	210-314-2026 www.hawkscounseling.com	English	18 and up	In Person, Virtual	Postdoctoral Fellow Supervised by Dr. Laurel Bluntzer	Specializes in: Couples, Trauma, Spirituality, Depression, Anxiety, Men's Issues, Adult ADHD
Ana Maldonado, LPC-A	Licensed Professional Counselor-Associate	St. Dominic	210-209-0642 counseling4lifellc.com	English, Spanish	All Ages	In Person, Virtual	90114; Active; Exp. 10/3/2027	I work in a warm, welcoming group practice. I have received trainings on inner healing prayer, EMDR, grief, and trauma to best assist people on their journey to integration, and ultimately, sainthood.

Nicole Patrick, MA, LPC	Licensed Professional Counselor	St. Mark the Evangelist	830-251-2303 https://www.psychologytoday.com/us/therapists/nicole-t-patrick-san-antonio-tx/857056	English	16 and up	Virtual	82039; Active; Exp. 7/31/2025	I truly believe that everyone can improve themselves, find healing, and live a more fulfilling life with the right tools, honesty and openness, the willingness to make necessary changes, and a non-judgmental, compassionate environment. I have Master's degrees in Counseling and Religious Studies so I can incorporate spiritual guidance into counseling if you would like. I also have training in Clinical Pastoral Education (CPE) and worked previously as a hospital chaplain which was an incredible experience. I am a devoted Catholic but have had experience working with individuals of varying faiths and backgrounds on a variety of issues including anger management, anxiety, grief and loss, depression, addictions, trauma, and many other issues.
Anthony Pearson, LPC	Licensed Professional Counselor	St. Thomas the Apostle-Canyon Lake	210-632-0356 https://anthony-pearson.clientsecure.me/	English	3 and up	In Person, Virtual	65741; Active, Exp. 2/28/2026	I am a Licensed Professional Counselor and a Therapist, and a Pastoral Counselor, with 40+ years' experience.
Antonio Ramirez, Ph.D, LPC-S	Licensed Professional Counselor-Supervisor	Breathe-Respira, MACC	210-884-8310 via text www.breathe-respira.com	English, Spanish	15 and up	In Person, Virtual	13686; Active, Exp. 2/28/2025	Counseling, Spirituality, & Multicultural Education. Bringing healing, hope & wisdom, to individuals, couples, and families through the integration of counseling and spirituality, based on experience education, and compassion.
Yvonne Rheinschmidt, Ph.D, LPC, NCC	Licensed Professional Counselor	Our Lady of Guadalupe-Helotes	210-247-8472 https://olghelotes.org/parish-life/counseling-services/	English, Spanish, French	5 and up	In Person, Virtual	73549; Active; Exp. 7/31/2024	Main style of psychotherapy is rooted in the Gestalt approach. Christian counseling is also provided with a Catholic perspective. I do individuals (adults and teens), couples (premarital and marital) and family counseling with issues such as, and not limited to, Depression, Anxiety, Infidelity and Communication Issues, Abortions (Project Rachel Counselor) and Grief.
Mary Jo Rodriguez, Ph.D, LMSW-AP	Licensed Masters Social Worker - Advanced Practitioner	St. Dominic	210-902-9913 https://stdominicsa.org/	English, Spanish	13 and up	In Person, Virtual	11308; Active, Exp. 1/31/2025	Over 30 years of direct social work practice experience in social work with diverse populations. Field of expertise and specialty areas include significant practice in substance use disorders (opioid addiction and treatment in particular), significant experience in working with Trauma, Mental Health and Co-occurring Mental Health and Substance Use Disorders, Domestic Abuse and Grief and Loss. Have practiced for years with Justice Involved Populations (Incarcerated persons, Parole, Probation, or Pretrial involved), women and Persons of Color. Education, Faith Based Counseling and Consultation available.
Jeanette Santos, MA, LPC	Licensed Professional Counselor	Basilica of the National Shrine of the Little Flower	210-445-1424 https://www.psychologytoday.com/us/therapists/jeannette-c-santos-san-antonio-tx/89455	English, Spanish	18 and up	In Person, Virtual	63780; Active, Exp. 11/30/2025	Faith Based:Counseling for Married or Engaged Couples; Conflict Resolution; Communication Skills for Couples; Grief and Loss (Includes loss of job, loss of health, loss due to divorce); Depression; Anxiety; Parenting Skills; Academic or Job Stress; Spiritual Direction