



Counselor	License Type	Parish/ Organization	Phone/Website	Lang.	Age-Group Served	Format	License	About the Counselor
Karen Diliberti, MA, LMFT	Licensed Marriage and Family Therapist	Grace Counseling, Catholic Charities	Tel.: 210-377-1133 https://ccaosa.org/counseling	English	All Ages	In Person, Virtual	No. 203310 Active Exp. 01/31/23	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.
Yvonne Rheinschmidt, PhD, LPC, NCC	Licensed Professional Counselor	Our Lady of Guadalupe-Helotes	Tel.: 210-247-8472 https://olghelotes.org/parish-life/counseling-services	English Spanish French	5-93	In Person, Virtual	No. 73549 Active Exp. 07/31/24	Main style of psychotherapy is rooted in the Gestalt approach. Christian counseling is also provided with a Catholic perspective. I counsel 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.
Ana Maldonado, LPC-A	Licensed Professional Counselor-Associate	St. Dominic	Tel.: 210-865-3320 www.counseling4lifellc.com	English Spanish	All Ages	In Person, Virtual	No. 90114 Active Exp. 10/03/27	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.
Angel E. Estrada, LMFT	Licensed Marriage and Family Therapist	St. Jose Sanchez del Rio	Tel.: 210-291-6309 https://marriageandfamily-healing.com	English Spanish	13-80	In Person, Virtual	No. 202370 Active Exp. 01/31/23	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.
Daniel Hoover	Doctoral Intern under the license of a supervisor	St. Matthew	Tel.: 210-314-2026 www.hawkscounseling.com	English	18-125	In Person, Virtual	Doctoral Intern under the license of a supervisor	
Mary Jo Rodriguez, PhD, LMSW-AP	Licensed Masters Social Worker and Advanced Practitioner	St. Dominic	Tel.: 210-902-9913 https://stdominicsa.org	English Spanish	All Ages	In Person, Virtual	No. 11308 Active Exp. 01/31/23	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.
Anthony Pearson, LPC	Licensed Professional Counselor	St. Thomas the Apostle-Canyon Lake	Tel.: 210-902-9913 https://anthony-pearson.clientsecure.me	English	3-99	In Person, Virtual	No. 65741 Active Exp. 02/29/24	

Counselor	License Type	Parish/ Organization	Phone/Website	Lang.	Age-Group Served	Format	License	About the Counselor
Valerie Capizzo Freyre	Licensed Masters Social Worker	St. Peter the Apostle-Boerne	Tel.: 818-720-5728 https://www.merrylight.org	English	16-80	Virtual	No. 105164 Active Exp. 08/31/23	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.