

# Lawrence, Topeka, Overland Park Expressive Therapy Resources

## Lawrence:

### **Cara Weeks Neuburger, ATR, LCPC Sunflower Art Therapy**

#### **Lawrence Creative Therapy Center**

5040 Bob Billings Pkwy, Suite B  
Lawrence KS 66049  
785-424-7410

[sunflowerarttherapy@gmail.com](mailto:sunflowerarttherapy@gmail.com)

[www.sunflowerarttherapy.com](http://www.sunflowerarttherapy.com)

- Registered Art Therapist, Licensed Clinical Professional Counselor
- Art therapy for kids, teens, adults
- In-network with BCBS, KanCare/Kansas Medicaid, Sunflower Health Plan/Ambetter, United Health Care/Optum, Aetna, Cigna/Evernorth, Tricare, Medicare

### **Wendy Lynch, LCPC, ATR-P, LMAC**

#### **Making Meaning Art Therapy**

#### **Lawrence Creative Therapy Center**

5040 Bob Billings Pkwy, Suite B  
Lawrence KS 66049

- Registered Art Therapist, Licensed Clinical Counselor, Licensed Addiction Counselor
- In network with BCBS, KanCare, United, Sunflower, Ambetter, Aetna Ks Medicaid plan
- [wendylynch@makingmeaningarttherapy.com](mailto:wendylynch@makingmeaningarttherapy.com), 785-251-8354

### **Noel Kearns, ART-BC**

#### **Lawrence Creative Therapy Center**

5040 Bob Billings Pkwy, Suite B  
Lawrence KS 66049

- Board Certified Art Therapist
- Self-pay rates
- Telehealth and in-person
- Evenings and weekends available
- 816-704-0378, [noelkearns50@gmail.com](mailto:noelkearns50@gmail.com)

### **Justin Norton, LCP**

#### **Purposeful Directions LLC**

#### **Lawrence Creative Therapy Center**

5040 Bob Billings Pkwy, Suite B  
Lawrence KS 66049

[4thesightofthesun@gmail.com](mailto:4thesightofthesun@gmail.com)

(913) 585-5979

- Professional counselor that integrates nature therapies and other expressive processes.
- EMDR, CBT, ACT, Neurotherapy, MI, Gottman, mindfulness
- Adult individual therapy and couples

### **Amber Zewert, LPC, ATR-P**

Embark Counseling

Leawood location and Lawrence location

[www.embark-counseling.com](http://www.embark-counseling.com)

[azewart@embark-counseling.com](mailto:azewart@embark-counseling.com)

[intakes-jlanning@embark-counseling.com](mailto:intakes-jlanning@embark-counseling.com)

- Art therapy and counseling
- Accepts some insurances
- Children, teens, adults

### **Stacy Johnson, LCPC, RPT-S**

#### **Lawrence Play Therapy- Counseling for Children and Families**

719 Massachusetts Street, Suite 128

Lawrence, Kansas 66044

785-657-4099 (phone)

[sjohnson@lawrenceplaytherapy.com](mailto:sjohnson@lawrenceplaytherapy.com)

- child/play therapist for ages 2 - 12, family therapy

### **Monarch Play Therapy**

#### **Bridget Dixon, LCSW, RPT,**

(785) 218-1829, [bridget@monarchplaytherapy.com](mailto:bridget@monarchplaytherapy.com)

947 New Hampshire St STE 207

Lawrence, KS 66044

- Individual child therapy, Parent - child relationship therapy, Parent support
- Insurances accepted
- Licensed Specialist Clinical Social Worker, Registered Play Therapist Supervisor. trained in EMDR, Trauma-Focused Cognitive Behavioral Therapy, Theraplay®, Sand Tray Therapy and Non-Directive Play Therapy.

### **Connections Child & Family Therapy**

#### **Marci Ramsay, LCSW, RPT-S**

#### **Karla Flores-Hernandez, LMLP**

<https://www.connectionsplaytherapy.com>

2500 W 6th Street, Suite F

Lawrence, KS 66049

785-330-5688

[info@connectionsplaytherapy.com](mailto:info@connectionsplaytherapy.com)

- Individual therapy for children, attachment based family therapy, parenting support, psychological and mental health assessment.
- play therapies, Theraplay, and EMDR.
- Insurances accepted

### **Kristina White**

Counselor, LCPC, RPT

719 Massachusetts St

Suite 112

Lawrence, KS 66044

(785) 347-6637

- Children, teens, adults
- Registered play therapist. Sand tray therapy

## **Lawrence, Topeka, Overland Park Expressive Therapy Resources**

### **Jennifer Lee Welch:**

<https://jenniferleewelch.net>

Ph (785) 760. 7259

Location: 512 E 9th St, Suite B

Lawrence, KS 66044

- Music Therapist, Hypnotherapist, Somatic Experiencing, gestalt therapy
- Self-pay rates

### **Sunflower Music Therapy**

#### **Sarah Niileksela, MT-BC**

Phone: 785-424-0706

Email: [sarah@sunflowermusictherapy.com](mailto:sarah@sunflowermusictherapy.com)

[www.sunflowermusictherapy.com](http://www.sunflowermusictherapy.com)

- Music therapy services and community music groups and classes
- Private music therapy sessions in-home or on-site

### **Harmonic Connections**

#### **Emily Bachert, MT-BC**

[www.harmonic-connections.com](http://www.harmonic-connections.com)

email: [bachertemily@gmail.com](mailto:bachertemily@gmail.com)

phone: 785-840-7409

- Music therapy and music lessons available
- Music therapy sessions are provided in the client's home or facility.

### **Solace And Sound Music Therapy**

Melissa Gabel, MT-BC

<https://www.solaceandsoundmt.com/services>

[melissa.gabel@solaceandsoundmt.com](mailto:melissa.gabel@solaceandsoundmt.com)

Text/Call: (785) 251-0638

- Individual music therapy sessions
- DBT
- Community therapeutic drumming group

### **Divine Nature Therapy**

<https://divinenaturetherapy.com>

[shannon@divinenaturetherapy.com](mailto:shannon@divinenaturetherapy.com)

- Nature based therapy, spirituality practices, yoga

**(See the end of the list for other mental health resources in Lawrence KS)**

## **Overland Park/Olathe areas:**

### **Deanna Rand, ATR, LPC**

1310 Carondelet Drive

Kansas City, MO 64114

Contact:

Madison Avenue Psychological Associates-

816-587-4900 for the scheduling line, 816-753-3333

- Art Therapist, Professional Counselor, EMDR
- Ages: 18 yrs and older
- Insurance: in-network with Kancare/Medicaid (United Healthcare Community Plan, Sunflower, and Aetna Better Health), BCBS of KS, United Healthcare/UBH, Cigna, New Directions EAP. Self-pay fees

### **Sherri Jacobs, LCMFT, ATR**

#### **Heartland Art Therapy**

Interurban Arthouse

8001 Newton

Overland Park, KS 66204

(913)-485-2367

[heartlandarttherapy@gmail.com](mailto:heartlandarttherapy@gmail.com)

- Art Therapy, EMDR
- Individual therapy- adults or children
- Family or couples therapy
- out of network provider

### **Meredith Hodges**

#### **Livingston Counseling Center**

[www.livingstoncounselingcenter.com](http://www.livingstoncounselingcenter.com)

5400 College Blvd., Suite B

Overland Park KS

913-283-7704

- Art therapy, Addictions, Trauma
- Children, teens, adults
- In-network with Aetna, BCBS, Medicaid, Optum, UMR, United, Sunflower Health Plan

### **Shannon Waters Russell, LCPC, ATR-BC**

#### **Counseling and Heart-Centered Hypnotherapy**

913-390-3971

[www.shannonwrussell.com](http://www.shannonwrussell.com)

[connect@shannonwrussell.com](mailto:connect@shannonwrussell.com)

8249 W 95th St, suite 108, Overland Park, KS 66212.

- Hypnotherapy , Art Therapy
- Works with all ages
- Insurances: Optum/United Healthcare, Cigna, GEHA, and a few EAPs

## Lawrence, Topeka, Overland Park Expressive Therapy Resources

### **Kaley Wajcman, MA, ATR-BC**

Creative Pathways, LLC  
9401 Indian Creek Parkway  
Building 40, Suite 510  
Overland Park, KS 66210  
kaley@creativepathwayskc.com  
913-814-0714

- Art therapist
- All ages

### **Creative Resilience, LLC**

#### **Keslie Redel**

11100 Ash Street, Ste 105, Leawood, Kansas 66211,  
United States, (913) 735-3563  
[creativeresilienceks@gmail.com](mailto:creativeresilienceks@gmail.com)  
[www.createresilienceks.com](http://www.createresilienceks.com)

- Art therapy
- Counseling
- EMDR
- Play therapy

### **Laurel Brenner Guess**

#### **Brenner Guess Counseling Services**

6901 West 63rd Street Suite 216  
Overland Park, KS 66202  
E-mail: [SoulHealingHeart@gmail.com](mailto:SoulHealingHeart@gmail.com)  
Tel: (913) 226-8167 (texting is preferred)

- Art therapy, Counseling, EMDR
- Preteen-adults
- Aetna, Medicaid, Optum, Sunflower Health Plan, UnitedHealthcare

### **Art of the Matter, LLC**

#### **Amber Dalzell and others providers**

10965 Granada Ln.Suite 102  
Overland Park, KS 66211  
(913) 732-0622  
[www.artofthematterllc.com](http://www.artofthematterllc.com)  
[amber@artofthematterllc.com](mailto:amber@artofthematterllc.com)

- Art Therapy , Individual Therapy, Family therapy, Teens issues, EMDR
- Ages 6 through adult

### **Expressive Arts Therapy KC LLC**

#### **Julia Vering**

(913) 318-4318  
[expressiveartstherapykc@gmail.com](mailto:expressiveartstherapykc@gmail.com)  
2108 West 75th Street  
Suite E  
Prairie Village, KS 66208

- expressive arts
- In-network with some insurance

### **Kat Dison Nechlebova**

#### **Art Therapy & Integrative Counseling**

<https://www.katnechlebova.com/arttherapy-and-integrativecounseling>  
318 w 7th st Kansas City, Missouri  
[info@katnechlebova.com](mailto:info@katnechlebova.com)  
816-812-9747

### **Janice Mead, Art Therapist**

#### **Truman Behavioral Health, Futures Clinic**

<https://behavioralhealthkc.org/services/child-adolescent-outpatient-services>  
300 W. 19th Terrace, Kansas City 64108 Kansas City, Missouri  
[janice.mead@tmcmcd.org](mailto:janice.mead@tmcmcd.org)  
816-404-5755

### **Play Therapy Center at MidAmerica Nazarene University, Olathe KS**

<https://www.mnu.edu/resources/play-therapy-center>  
913-971-3733.

- MidAmerica Nazarene University offers play therapy services for children between the ages of 3 and 12 years old.
- Charges for these services are based on an income-based sliding scale.
- Our team of therapists are licensed mental health practitioners and/or Master's-level graduate students.
- Monday—Saturday between 8:30 a.m. and 8:30 p.m.

## **Topeka:**

### **Valeo Behavioral Health Care**

#### **Expressive Therapies Program: Art Therapy and Music Therapy for Adults, Teens, and Children**

330 SW Oakley Ave.  
Topeka KS 66606

Intake: 785-233-1730

Expressive Therapies Manager: Amanda Griffin,  
785-783-7564

- Individual sessions or groups
- Insurance accepted
- Also may have some low cost art therapy or music therapy for the uninsured if they have art therapy or music therapy interns.

# Lawrence, Topeka, Overland Park Expressive Therapy Resources

## **Family Service and Guidance Center**

Community mental health center for children  
325 S.W. Frazier Ave.  
Topeka, KS 66606  
Telephone: 785.232.5005  
E-mail: fsgc@fsgctopeka.com

FSGC has an art therapist on staff as a therapist. You would need to ask specifically to work with this art therapist if preferred.

## **Nyki Stump, LCSW, LCAC, ATR-P, ADHD-CCSP**

Art Therapist, Licensed Clinical Social Worker, Addictions Counselor.  
Level Wellness  
2955 SW Wanamaker Dr, Suite B  
Topeka, KS 66614  
785-940-0939  
nyki@leveltopeka.com  
<https://leveltopeka.com/staff/nyki-stump-lscsw-lcac-atr-p-adhd-ccsp>

## **Pershall Psychotherapy, LLC**

3601 SW 29th Street Suite 120  
Topeka, KS 66614  
(785) 914-5714

- Somatic Experiencing, Eye Movement Desensitization and Reprocessing (EMDR), and Theraplay, Cognitive Behavioral Therapy, Solution Focused Therapy, and Family Systems Theory. Children heal through play, puppets, art, and sand tray creations.
- Cost per Session: \$100 - \$150
- Insurances accepted

## **Manhattan:**

### **Katherine Schwartz**

#### **Blue Opal Counseling and Art Therapy**

Phone: (785) 789-3774  
Email: [katherine@blueopalcounseling.com](mailto:katherine@blueopalcounseling.com)  
Address: 323 Poyntz Avenue, Ste. 203, Manhattan, KS 66502

- Licensed Clinical Professional Counselor in Kansas, Illinois, and Arizona (LPC), Registered and Board Certified Art Therapist, Art Therapy Clinical Supervisor, Registered Play Therapist Supervisor, and National Certified Counselor. Individual counseling, art therapy, sand tray therapy, and play therapy with children, adolescents, and adults.
- Works with ages 10 and up
- Insurances accepted

## **Other Lawrence Resources (not expressive therapy):**

### **Crisis Resources:**

**24 hr crisis hotline- 785-841-2345 or the National Suicide Prevention Lifeline 800-273-8255 (TALK) or dial 988**

- **Crisis Text Line by texting KANSAS to 741 741**
- **Bert Nash Community Mental Health Center- 24 hour phone line at 785-843-9192**

### **Walk-in crisis assessments available at Lawrence Memorial Hospital- ER.**

Emergency Department  
325 Maine St  
Lawrence, KS 66044  
785-505-5000

- You can meet with a behavioral health crisis clinician, gain referrals for resources, receive medical and mental health assessments, or gain help accessing mental health hospitals if needed.

### **Family Psychological Services**

2601 W. 6th, Suites A and C  
Lawrence KS 66049  
(785) 371-1414

- BCBS, Cigna, BCBS of KC, ValueOptions, KanCare Plans, United Health Care, Aetna

### **Satori Counseling Services**

1423 Haskell Avenue  
Lawrence, KS 66044  
[staff@satoricounseling.com](mailto:staff@satoricounseling.com)  
(785) 246-9490

- Insurances accepted
- Teens through adults
- Individual sessions, Couples, Groups

### **Personalized Solutions**

901 Kentucky, Ste 108  
Lawrence, KS 66044  
(785) 760-4233

- Danielle M. Rowley, LMSW, MHCL; Therapist
- Jesse J. Rowley, MSW, Managing Director
- Mental Health, Parenting and Family Therapy, Brainspotting, Children- Adults,
- All appointments through telehealth
- Self-pay rates or insurance

## **Lawrence, Topeka, Overland Park Expressive Therapy Resources**

### **DBT Center of Lawrence**

1311 Wakarusa Drive, Suite 2100  
Lawrence, KS 66049  
Phone: (785) 424-7770

Fax: (785) 424-7733

[info@dbtlawrence.com](mailto:info@dbtlawrence.com)

- Teens and adults
- Groups and individual
- BCBS, Medicare, Medicaid

### **Lisa Potter, LSCSW**

Ad Meliora LLC

719 Massachusetts St, Lawrence, KS  
785.429.4029

<https://lisa-potter.clientsecure.me/#home>

-Anxiety, Depression, Trauma, Pregnancy, Prenatal, Postpartum, Women's Issues, Mindfulness-Based Cognitive Therapy (MBCT), Accelerated Resolution Therapy, Informed Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT)  
- insurance accepted

### **Radical Heart Therapy**

#### **Teri Grunthner**

<https://www.radical-hearts.com>

785-331-9132

719 Mass. St., Suite 123

Lawrence, KS 66044

[teri@radical-hearts.com](mailto:teri@radical-hearts.com)

- Self-pay
- Relational therapy focused on healing and reconciliation.
- Also a trained expressive therapist that integrates drama, movement, music, writing, poetry, dance, drawing, and more to facilitate healing,
- Mindfulness processes, Nonviolent Communication

### **Mind Body Healing Collective**

2619 West 6th St, Suite C, Lawrence, KS 66049

10100 W. 87th Street Overland Park, KS 66212

(785) 615-1995, [contact@mbhealingcollective.org](mailto:contact@mbhealingcollective.org)

- Group psychotherapy practice
- Insurances accepted

### **Renew Counseling | The Anxiety Center**

Office Building

1112 West 6th Street suite 212

Lawrence, KS 66044

E-mail: [info@anxietycenterkc.com](mailto:info@anxietycenterkc.com)

Phone: (913) 768-6606 | Fax: (913) 768-6609

Many other individual therapists can be found on [www.psychologytoday.com](http://www.psychologytoday.com) or by doing a google search for counselors or psychotherapy in your area.