



Hello, I am Gretchen Childress. I am a Licensed Clinical Social Worker and a Licensed Clinical Addictions Counselor with almost twenty years of experience in the mental health field. I have recently opened a full-time private practice in Daviess County, offering therapy to patients in the comfort of their own home (only in Daviess County), or in office, which is located in the United Methodist Church in Odon, IN.

With all the stressors in today's world it can be difficult to cope effectively without assistance from a professional. I specialize in addictions as well as having experience working with those struggling with anxiety, depression, grief, suicidal ideation, trauma, and other mental health concerns. I work with a variety of individuals, from the age of 13 and older.

I have worked in community mental health, inpatient and outpatient hospital settings, crisis intervention, as well as suicide prevention. I have experience working primarily with the Veteran population as well. This has led me to having a wide variety of tools and skills to provide psychotherapy to a diverse range of clients. I strive towards continual education as well, to best serve my clients.

My education includes receiving a Bachelors in Social Work from Indiana Wesleyan University and a Master's in Social Work from the University of Southern Indiana. My approaches include Acceptance Commitment Therapy (ACT), Christian Counseling, Cognitive Behavioral Therapy (CBT), Family/Marital Therapy, Motivational Interviewing, and the 12 Step Approach.

At this time, Truth Counseling accepts Anthem Blue Cross Blue Shield, Sagamore, and United Insurance (including UBH, Surest, Oxford, UMR, GEHA, Allsavers, USHealth & All One). Truth Counseling will be accepting Medicare in the near future. Please contact us at 812-336-1300 for more information.

I look forward to developing a working relationship with your agency.