Lake Travis ISD Resource List: Counseling Agencies						
Name	**Services**	**Website**	**Client Age**	**Insurance**	**Clinical Modalities**	**Special Populations**
Austin Anxiety & Trauma Specialists 3930 Bee Cave Rd, Austin, TX 78746 (512) 761-8521 info@atxanxiety.com	CBT and EMDR	http://atxanxiety.com/	Ages 14+	United, should be in-network with BCBS by 11/2019	CBT, EMDR, and Rational Emotive Behavior Therapy (REBT)	Depression, Generalized Anxiety, PTSD, Panic Disorders, Phobias, Low Self Esteem
Austin Child Guidance Center 810 W. 45th Street, Austin 78751 (512) 451-2242		https://www.austinchildguidance.org/	Ages 2-17	Accepts most insurance plans, sees children with no insurance too	TF-CBT, play therapy	Abuse, Neglect, Trauma, Mood disorders, Grief/loss
Austin Family Institute 4407 Bee Cave Road Suite 3-320, Austin 78746 (512) 329-6611		http://www.austinfamilyinstitute.org/	Individual, family, and couples therapy for all ages	Lauren Masciarelli (Director) accepts United, Cigna, BCBS	Practice is Systemic Theory oriented, but clinicians vary in specialties	
Austin Mindfulness Center 9501 N. Capital of Texas Hwy, Suite 103 Austin 78759 (512) 578-8070		https://www.austinmindfulness.org/index.html	Children, Adolescents, Groups, Couples, Adults	Tricare and other insurance plans	Mindfulness	Anxiety, Depression, Relational issues, Self-harm, Reproductive issues, Spanish speaking, Life transitions, Substance abuse, Grief/loss

Austin Psychology & Assessment Center (APA Center) 6012 W. William Cannon Dr. Ste. B-103 Austin, TX 78749 248 Addie Roy Rd. Ste B-105 Austin, TX 78746 (512) 891-1500	Neuropsychological & Psychological Assessments, Independent Educational Evaluation (IEE), Therapy, Educational support, Consultation, psychology-presentations	www.apacenter.com	Children, Adolescents, Groups, Couples, Adults	limited selection of the therapists accept Seton Health Plan, otherwise, out-of-network with all insurance.	FIT, CBT, reality therapy, interpersonal therapy, mindfulness, Solution-Focused therapy, Choice theory, Narrative Therapy, Family Therapy, Play Therapy, Life Coaching	Emotional Well-Being, ADD / ADHD, Dyslexia & Other Learning Disabilities, Autism Spectrum Disorders, Parenting
Capital Area Counseling 7703 N Lamar Blvd. Suite 500 (5th floor) Austin, TX 78752. (512) 302-1000	Individual, family, and couples therapy for all ages	http://www.cacaustin.org/		Always free		
Hill Country Therapy and Testing 1021 RR 620 S. Ste B Lakeway, TX 78734 (512) 920-3356	Psychotherapy, Neuropsychological testing, and play therapy. Children, adolescents, adults, couples, and families.	http://www.hillcountrytherapyandtesting.com/			Play therapy, group, art therapy, EMDR, TF-CBT, Emotion Focused, TBRI	

Insight Behavioral Health Center 1 Chisholm Trail Suite 5100 Round Rock, TX 78681 (512) 273-7629	Treatment for mood disorders, anxiety disorders, trauma-related disorders in various levels of care including partial hospitalization, intensive outpatient, and virtual intensive outpatient. Ages 12 & up.	https://www.insightbhc.com/treatment-centers/austin-tx/overview		Aetna, BCBS TX, Beacon Value Options, Cigna, ComPsych, EBMS, Humana, PMCS, Humana/Lifesynch, Magellan, Multiplan, Seaton, United/Optum	Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT)	Anger management, Anxiety/Panic Disorder, Bipolar Disorder, Body Dysmorphic Disorder and Disordered Eating, Body image concerns, Depression, Interpersonal/relational issues, OCD, Self-harm behaviors, Substance abuse, Trauma and abuse, Work-life balance
Integral Care (County MHA) *Six Austin locations* (512) 472-4357	Individual therapy for adults and children, family therapy, supportive services for people with intellectual & developmental disabilities	https://integralcare.org/en/home/		Yes and medicaid		
Inegral Care Psychiatric Emergency Services (PES) 1165 Airport Blvd., Second Floor, Austin, TX (512) 472-4357	Walk-in, urgent care clinic for adults and children having a mental health crisis	https://integralcare.org/program/psychiatric-emergency-services-pes/	All ages	Yes	Crisis intervention	Monday – Friday 8am to 10pm, Saturday, Sunday and Holidays, 10am to 8pm

Lakeway Counseling Center 1007 R.R. 620 S., Suite 202, Austin 78734 (512) 576-1604	Individual, family, and couples beginning adolescents and up	https://www.lakewaycounselingcenter.com/		No	Internal Family Systems (IFS)	Addiction
Waterloo Counseling 314 E Highland Mall Blvd., Suite 301, Austin 78752 (512) 444-9922	Individual, Couples & Family, Group, HRT, Gender marker change and name change letters	https://www.waterloocounseling.org/		Yes		LGBTQIA, veterans, folks living with HIV/AIDS and their family members, Trauma, Abuse, Depression, Anxiety