



Valued Employee or Family Member,

RE: Anonymous Counseling Changes Effective January 1, 2025

We are excited to continue supporting you and your family with anonymous counseling services at a discounted rate. The program continues to be open to pastors, teachers, and SECC office employees, as well as their spouses and immediate family members. Starting January 1, 2025, we're simplifying the process to make accessing these services even easier. Please contact SECC Human Resources with questions at (951) 509-2207 or humanresources@seccsda.org.

How it Works

Printed coupons will no longer be required to participate in this program. You are receiving this letter in lieu of coupons and future updates to the program will be communicated during open enrollment.

1. Eligible individuals will have access to this document outlining the program details and the list of participating counselors.
2. Contact a counselor from the list and notify them that you are part of the SECC Anonymous Counseling Program.
 - a. The counselor will confirm your eligibility with Human Resources (HR). No permanent records will be kept of the services provided, and HR will not disclose the names of those receiving counseling. The strictest of confidentiality will be kept (HR is compliant with HIPAA regulations).
3. Provide the counselor with a \$20 copay for each session.

About our Counselors

All counselors on our list meet the following two criteria:

1. A desire to be part of this program and the ability to support individuals in the Seventh-day Adventist Church.
2. A valid license to practice in California, verified annually by HR.

SECC cannot guarantee that every counselor will be a perfect fit for your needs. We encourage you to interview multiple counselors to better understand their background and approach, ensuring the best match for your situation.

Important Note

This is not an insurance program; only the listed counselors provide services at a discounted rate. Counseling services are also available through Kaiser and Ascend to Wholeness medical plans, which are separate from this program.



List of Counselors

Orange County

Center for Individual & Family Therapy Phone: 714-558-9266

CIFT has provided care and support to the community through quality mental health therapy for more than 30 years. With five offices, and more than 50 therapists on staff, CIFT is well positioned to meet the emotional, spiritual, relational and psychological needs of those they serve. Not all therapists are licensed, but all are working under the supervision of a licensed therapist.

To request an appointment, complete and submit the form located under the “Make an Appointment” section on their website. When asked, “*How did you hear about CIFT?*” select “Church” from the options. In the field labeled “*Which Church referred you?*” type “SECC Employee.” Their office staff will then assign you to the best counselor for your needs (not all counselors listed on their website are participating in our program).

1633 E 4th St. Suite 120, Santa Ana, CA 92701

www.ciftcounseling.com

Ronald Bacon, M.A., M.Div. (LMFT #28250) Phone: (949) 488-8990

Licensed marriage and family therapist with SDA pastoral ministry experience.
31952 Camino Capistrano #C-23, San Juan Capistrano, CA 92675

Paula May, Ph.D. (Psychologist #15137) Phone: (714) 469-6684

Licensed psychologist with specialty in couple's counseling and substance abuse.
242 West Main St. Suite 200B Tustin, CA 92780

Dan Nyirady, M.S. (LMFT #80306) Phone: (714) 794-2884

Experience in secondary education and pastoral ministry with specialization in relationship issues, grief/loss, LGBTQ+, trauma recovery and anxiety/depression.
Virtual or in-person at: 4281 Katella Ave, Unit 207, Los Alamitos, CA 90720

www.rippleeffectstherapy.org

Riverside County

Lori A. Barker, Ph.D. (Psychologist #14290) Phone: (909) 539-8955

Clinical psychologist working with families and mood disorders. She has special skills in multicultural issues.

7177 Brockton Ave, Suite 226, Riverside, CA 92506

**Antonius Brandon, Ph.D. (Psychologist #12281)****Phone: (951) 275-8500**

Licensed psychologist, marriage and family counselor. Pastoral ministry experience. Marital and individual therapy, pain management, and biofeedback.
5887 Brockton Avenue, Suite A, Riverside, CA 92506

Robert C. Connerly, Ph.D. (LMFT #38478)**Phone: (951) 788-8810**

Dr. Connerly is a clinical psychologist formerly with Pathways Counseling. His specialty is in improving relationships, spiritual crisis, and depression. He also is a child custody evaluator and expert in family violence issues.
7177 Brockton Ave, Suite 331, Riverside, CA 92506

Jennifer Hughey, (LMFT #117168)**Phone: (909) 294-8833**

Licensed Marriage and Family Therapist, specializing in trauma, anxiety/depression, and relational conflict using several modalities in treatment including EFT, Family Systems, IFS, EMDR, DRM, CBT and Rogerian.
3763 Arlington Ave #204, Riverside, CA 92399

Kenneth Lyman, MA (LMFT #147532)**Phone: (951) 514-9658**

Licensed Marriage and Family Therapist, specializing in attachment injury repair, affair recovery and high conflict, as well as trauma using Emotionally Focused Therapy.
Primary Location: 41877 Enterprise Circle N #226, Temecula, CA 92590
Riverside Location: 6235 River Crest Drive Suite J, Riverside, CA 92507
ken@couplestherapywithkennethlymanmft.com

San Bernardino County**Bryan Cafferky, PhD, MDiv, CFLE, (LMFT #121120)****Phone: (909) 328-6179**

Specializes in trauma, anxiety/depression, and communication patterns. Uses an eclectic approach, employing several modalities (TRM, Bowen, EFT, IFS, etc.)
339 Cajon St, Redlands, CA 92373 bryan@untanglingourrelationships.com

Citrus Counseling Services**Phone: (909) 793-1078**

Numerous counselors are available with a variety of approaches and specialties. Please contact them directly for current availability and placement.
101 E. Redlands Blvd, #215, Redlands, CA 92373 info@christiancounselingservice.org

Janet Hackleman, M.S. (LMFT #16132)**Phone: (909) 370-4250**

Licensed marriage and family therapist with specialty in parent/child conflicts. Frequent lecturer at Loma Linda University and parenting seminars.
22737 Barton Road, Suite 5, Grand Terrace, CA 92313



Tammy Hilliard, M.S. (LPCC #8735) Phone: (909) 488-8848.

Bilingual. Works with adults, couples & teens. Specializes in anxiety, depression, grief, phase of life, trauma survivors and couples' work.

47 1st St, Redlands, CA 92373 tammy.hilliard.lpcc@gmail.com

Henry Lamberton, PsyD, MDiv (Psychologist #15704) Phone: (909) 907-4549

Experiences include pastoral ministry, faculty member in college/university departments of religion and dean of students in a medical school. Works with adults and couples. Areas of focus include anxiety, mood disorders, adjustment, grief, phases of life, relationships, and spiritual concerns.

47 1st St., Redlands, CA 92373 Henry.Lamberton.PsyD@gmail.com

Sarah Oh, Sozo Family Counseling (LMFT #51185) Phone: (909) 703-4878

Specializing in anxiety, depression, perinatal mood disorders, individuals 14+ years old. 1174 Nevada Street, Suite 210, Redlands, CA 92374

Emelly Rosspencer (LMFT #114468) Phone: (909) 855-7081

Specializing in marital/relationship therapy and trauma recovery for adults and older teens.

47 1st Street, Redlands, CA 92373

Samaritan Counseling Center Phone: (909) 985-0513

Dr. Douglas McKown is director of Samaritan Counseling Center with a full staff of counselors covering a wide spectrum of therapeutic issues, marriage and family, mood disorders, grief and loss, and trauma.

1126 W. Foothill, #1111, Upland, CA 91786

Lori D. Staff, M.S. (LMFT #33086) Phone: (951) 662-2820

Marriage and family therapist with special focus on marriage and family crisis, women's issues, grief and loss, trauma, life transitions, and parent support.

550 N. Orange Street, Suite E, Redlands, CA 92374

Rhonda Thompson, M.S. (LMFT #36140) Phone: (909) 793-2701

Licensed marriage and family therapist. Specializes in parenting and couples' issues, including post-partum depression, family systems, and peer training.

550 N. Orange Street, Suite E, Redlands, CA 92374



San Diego County

David Ferreira, M.A. (LMFT #15261) Phone: (760) 489-0598

Licensed marriage and family therapist and clinical psychologist, Specializes in counseling adolescents and families. Experienced Baptist youth pastor.
205 West 5th Ave, Suite 201, Escondido, CA 92025

Wm. Brad Graff, M.S. (LMFT #14653) Phone: (619) 589-8971

Licensed marriage and family therapist working with individuals, couples, families, children, and teens. Special experience with trauma, family violence, divorce recovery and issues of adolescence. Very familiar with couples counseling, affair recovery, and porn addiction.
3032 Casmeg Way, El Cajon, CA 92019

Gary Hittle, Ph.D. (LMFT #7065) Phone: (619) 464-7771

Licensed psychologist and marriage and family therapist specializing in marriage/family therapy, depression, and adolescent therapy. Offices both in San Diego and El Centro.
5480 Baltimore Drive, Suite 202, La Mesa, CA 91942

Virtual Only

Jacquelyn Brooks, MSW (LCSW #80935) Phone: (661) 916-4549

Licensed Clinical Social worker specialized in cognitive behavioral therapy, solution-focused, client-centered & narrative therapies. Also integrates expressive therapy. Therapy is conducted virtually. jbrooks@discoveringhopellc.net

Vanessa Quintana, DMFT (LMFT #122265) Phone: (760) 212-9128

Licensed Marriage and Family Therapist that does therapy with individuals, couples, and families with the purpose of achieving balance, connection, and well-being. Practices a systemic approach that explores beyond the symptoms to explore patterns and dynamics shaping experiences.