

Seventh-Day Adventist Church

SOUTHEASTERN CALIFORNIA CONFERENCE

HUMAN RESOURCES



Valued Employee or Family Member,

We are grateful for the opportunity to support you and your family with anonymous counseling services at a discounted rate. This program is open to pastors, teachers, SECC office employees, as well as their spouses and immediate family members.

How the Program Works

- Eligible individuals receive this document, which includes program details and a list of participating counselors.
- Contact any counselor from the list and let them know you are part of the SECC Anonymous Counseling Program.
- The counselor will confirm your eligibility with Human Resources (HR).
- HR will not keep permanent records of the counseling services provided and will not disclose the names of those receiving counseling. Confidentiality is strictly maintained in line with HIPAA requirements.
- You will provide the counselor with a \$20 copay for each session.

About Our Counselors

All counselors on our list meet the following criteria:

- They have chosen to participate in this program and are able to support individuals in the Seventh-day Adventist Church context.
- They hold a valid license to practice in California, which HR verifies annually.

We recognize that not every counselor will be the perfect fit for every person. You are encouraged to speak with more than one counselor to learn about their background and approach so you can find the best match for your needs.

Important Notes

This is not an insurance program. Only the counselors on the provided list offer services at the discounted rate.

Counseling services may also be available through Kaiser and Ascend to Wholeness medical plans. These services are separate from this SECC Anonymous Counseling Program.

Questions?

Contact SECC Human Resources at (951) 509-2207 or email humanresources@seccsda.org.



List of Counselors

Note: Counselors are listed by the county of their physical office, but many offer virtual sessions even if it is not noted in their description. Please contact them directly to confirm.

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

Christina Cecotto, (LCSW# 93407)

Phone: (424) 883-4473

Licensed counselor with pastoral ministry experience. Works with individuals, couples, and teenagers. Specializing in relationships, OCD (scrupulosity, Relationship OCD, hygiene OCD), anxiety, and depression. Uses CBT, ERP, Gottman Method, and attachment-based therapy. Virtual counseling only. www.ChristinaCecotto.com

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.

Heather Zarate, (LMFT#157099)

Phone: (949) 652-7854

Bilingual (Spanish) Licensed Marriage and Family Therapist focused on supporting individuals and married couples. Specializes in relationships, domestic violence, trauma, anxiety, and depressive symptoms. Utilizes several modalities (CBT, EMDR, Existential, Family Systems, Holistic, etc.) heather@shmfamilytherapyservices.com



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

CARE Counselors Phone: (909) 553-7439

CARE Counselors has been a training site for the integration of spiritual care and psychotherapy for more than 15 years. Our group of Clinical Supervisors are available for individual, couple and family counseling sessions using a variety of therapeutic modalities, including EMDR. All Associate Marriage and Family Therapists are working under the supervision of a licensed therapist. Select therapists are available both in-person and via video conferencing. Video introductions and therapist profiles are viewable at: www.care-counselors.org.

Each therapist schedules their own appointments and can be reached directly:

Mark Morton, Ph.D. (LMFT 80852) Phone: (909) 553-7439

Leigh Aveling, D.Min. (LMFT 40481) Phone: (909) 712-6859

Sue Konkel-White, Ph.D. (LMFT 32272) Phone: (909) 241-7380

Mady Cheng, M.A. (LMFT 100382) Phone: (858) 333-7876

Idania Arellano, M.S. (LMFT 131683) Phone: (909) 255-6123

The two listed below are Registered Associate Marriage and Family Therapists supervised by Susan Konkel-White, Ph.D. (LMFT 32272)

Katherine Migliaccio, M.A. (AMFT 138123) Phone: (909) 681-1614

Lilena Walker, Ph.D. (AMFT 107927) Phone: (909) 747-9248

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 Lambertson, 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