

HOW TO KNOW  
**WHEN**  
TO SEE A COUNSELOR

and a bunch of other interesting  
facts and resources!

Carrie Breedlove MS, LPC  
BREEDLOVE COUNSELING, PLLC

# ROAD MAP

INTERESTING FACTS ABOUT ME

MYTHS ABOUT COUNSELORS

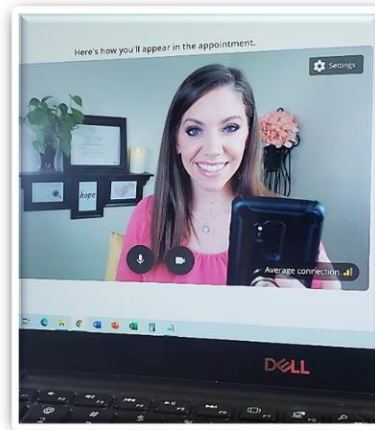
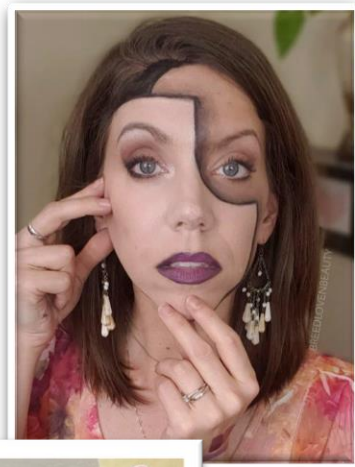
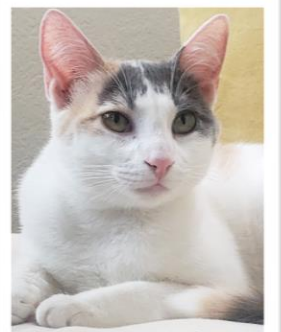
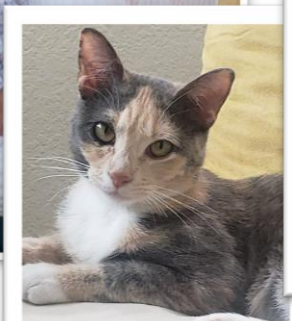
WHEN TO CONSIDER COUNSELING

QUESTIONS TO ASK/  
WHAT TO EXPECT

COMMUNITY RESOURCES

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# Carrie Breedlove MS, LPC, CRC EMDR Trained



# MYTHS

ONLY FOR “THOSE PEOPLE”

THEY WILL LOCK ME UP

SIGN OF WEAKNESS

WON'T UNDERSTAND

WON'T WORK / TOO EXPENSIVE

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BREEDLOVE COUNSELING, PLLC

Therapist: You have  
to set boundaries

Me: Ok



# WHEN TO CONSIDER COUNSELING

- Struggling with emotions: anger, sadness, fear, guilt/shame or emotions feel uncontrollable
- Feeling stuck
- Persistent and negative self-talk
- Emotions are interfering with day-to-day life

# WHEN TO CONSIDER COUNSELING

- Increased relationship conflicts/arguments
- Persistent disrupted sleep, (consistently less than 7-8 hours), presence of nightmares
- Increased substance use
- Thoughts of death, suicide, harming self/others

# QUESTIONS TO ASK

- Insurance, or private pay cost
- Hours and availability
- Specialties, training, style
- Telehealth, or in person



# Breedlove Counseling

## PRIVATE PAY

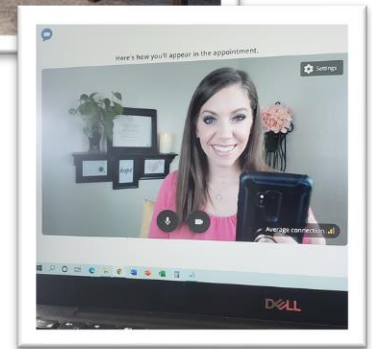
- 90 MINUTE INTAKE \$150
- 50-60 MINUTE FOLLOW-UP SESSIONS \$125

## AVAILABILITY

- MON-SAT 10AM-7PM

## TELEHEALTH AND IN PERSON

- TELEHEALTH: TEXAS ONLY
- IN PERSON: LAKE DALLAS



# Breedlove Counseling



## **SPECIALTY/TRAINING**

- CHRISTIAN BASED COUNSELING FOR WOMEN
- EMDR TRAINED

- **WOMEN 20+ LIFE TRANSITION/LIFE LOSS**

- CAREGIVERS, MENTAL HEALTH PROFESSIONALS, NURSES, PARENTS WITH ADULT CHILDREN WITH MENTAL HEALTH, OR SUBSTANCE USE CONCERNS, WIDOWS

- GRIEF, ANXIETY, DEPRESSION, TRAUMATIC LIFE EVENTS, POST DIVORCE CARE, INFERTILITY, CHILD LOSS



# EMDR

## EYE MOVEMENT DESENSITIZATION AND REPROCESSING



- Most researched form of therapy
- Proven to help people recover from trauma and other distressing life experiences, including PTSD, anxiety, depression, and panic disorders.
- Eight phase process
- Does not require as much talking in detail about the distressing issue
- Less homework between sessions, typically less sessions than traditional talk therapy
- Focuses on changing the emotions, thoughts, or behaviors resulting from the distressing issue
- Designed to resolve unprocessed traumatic memories in the brain

<https://www.emdria.org/about-emdr-therapy/>

# WHAT TO EXPECT

- FREE 20 MIN CONSULTATION
- ONLINE PAPERWORK
- INTAKE
  - PRAYER
  - REVIEW OF IMPORTANT POLICIES & CONFIDENTIALITY
  - EXPECTATIONS, GOALS, PREVIOUS EXPERIENCES
  - DISCUSSION OF MENTAL, EMOTIONAL, PHYSICAL, SOCIAL, SPIRITUAL, VOCATIONAL HEALTH
  - DEBRIEF

# WHAT TO EXPECT

- FREQUENCY
    - WEEKLY, BI-WEEKLY, MONTHLY
  - FOLLOW-UP SESSIONS
    - PRAYER
    - CHECK-IN/UPDATES
    - RECAP/AGENDA
    - TEACHING RESOURCES AS NEEDED
-

# Local and National Resources

DENTON COUNTY CRISIS LINE  
800-762-0157

LIFELINE: 800-273-8255 (TALK)

CRISIS TEXT LINE  
TEXT "HOME" TO 741-741

24/7 Statewide COVID-19  
Mental Health Support Line  
833-986-1919

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# L.O.S.S. TEAM

LOCAL OUTREACH TO SUICIDE LOSS SURVIVORS



**DENTON COUNTY LOSS TEAM**

LOSS Team provides immediate on-scene support and resources, as well as an installation of hope, to individuals impacted by a suicide death of a loved one.

If you or someone you know could benefit from LOSS team services or if you would like more information please call us.

(This is not a crisis line.)

**CALL 940.205.6706**

IF YOU ARE IN CRISIS, please call:  
National Suicide Prevention Lifeline 800.273.8255  
Local Suicide Prevention Lifeline 800.762.0157

<https://www.dentoncountylossteam.org/>



The LOSS Team can be reached at 940.205.6706  
landos@dentoncountymn.org

Donations to the LOSS Team can be given online or in person.  
Online: <http://www.dentoncountymn.org/LOSS/>  
In person: The LOSS Team 2008 Scorpene St. Ste. 100  
Denton, TX 76205

54 Shares 3.9K Views

Like Comment Share

Comments Up Next

View previous comments 50 of 99

Camryn Lagos · 2 mutual friends · 7:38  
That kind of support goes above and beyond!  
Love · Reply · 2y

Carrie Breedlove · 0:00 agree! 🙌❤️  
Like · Reply · 2y

<https://www.facebook.com/carriebreedlove19/videos/10155202913325819/>



Carrie Breedlove was live  
May 4 at 2:30 PM

Let's talk about: LOSS and Hope!  
Turning tragedy to hope! ...  
See More

8 Comments 288 Views

Like Comment Share

Comments Most Relevant

Lathia Smith Ramette · 0:06  
The LOSS team provides a beacon of hope to survivors!! Great job Lori!

Love · Reply · 1d · Edited

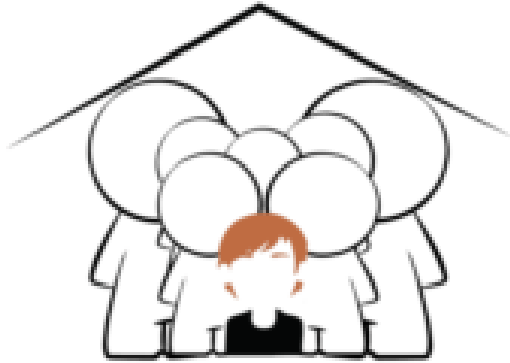
Brittany Fabian Waymack · 18:57  
Thank you Carrie Breedlove for sharing this program! Lori Common and her team of volunteers are wonderful and do

Carrie Breedlove MS, LPC, CRC Thank you for having us for  
Lori Common

<https://www.facebook.com/588620818/videos/10158366446980819/>

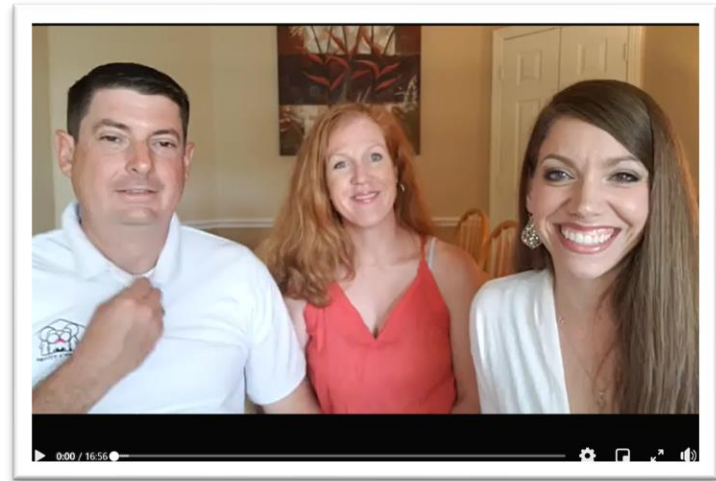
# CARSON'S VILLAGE

Providing Support, Comfort and Guidance to Families in Need after a Sudden Loss



**Carson's Village**


<https://carsonsvillage.org/>



<https://www.facebook.com/carriebreedlove19/videos/10155683330155819>



# SIGN-UP TO GET ALL THE RESOURCES!

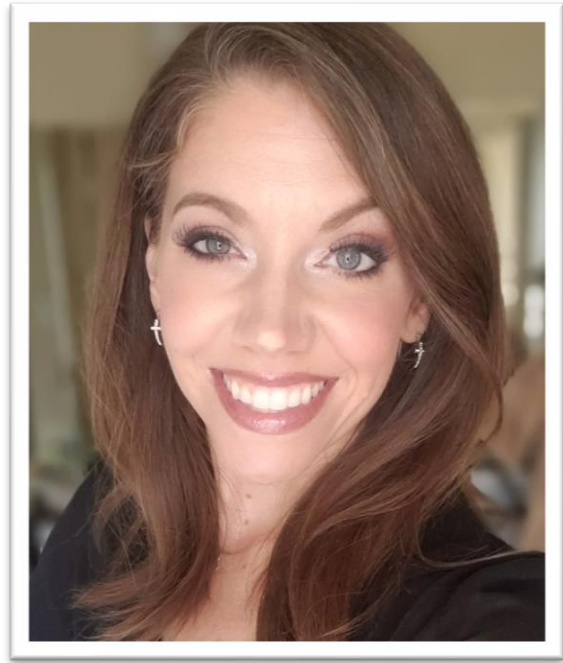
A portrait of a woman with long brown hair, smiling, wearing a dark top. The background of the entire slide is a blurred green and yellow bokeh, with a decorative leaf pattern in the top right corner.

**Subscribe to receive monthly encouragement from Carrie**

**Subscribe**

<https://www.breedlovecounseling.com/email-list>

# BREEDLOVE COUNSELING



*Helping women find joy, peace, and  
direction on their unchosen journey!*

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