

# Types of Counseling:

**Individual Counseling:** This type of counseling is best for those who find that their issues are mostly a result of mental and emotional struggles within themselves. Clients work one-on-one with the counselor.

**Marital/Couples Counseling:** This type of counseling works best for married couples or couples in a serious dating relationship. The couple sees the counselor together and counseling activities often are aimed at improving communication within the relationship.

**Family Counseling:** Sometimes families just don't get along well with each other. This could be for a variety of reasons, such as:

- step-parents and/or step-siblings entering the family
- family communication problems
- discipline issues between parents and children
- past or present abuse
- changes in family dynamics because of a crisis or trauma

**Play Therapy:** Children often communicate through play. Thus, it can be helpful for the counselor to observe the child or children in a playroom with therapy toys where the child has a chance to express him- or herself in a safe environment.

**Group Counseling:** Sometimes it helps to know that others are going through very similar things. And those who have experienced these things in the past often have good insights on how best to heal from past issues and traumas. Group counseling is also cheaper than other types of counseling. Typical issues that often are addressed by group counseling include:

- Recovering from substance abuse
- Grief recovery
- Surviving divorce
- Adjusting to new health situations, such as cancer or heart disease.



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# Our Services

Compassion Counseling Center provides a variety of counseling for those needing assistance with various issues in their lives:

- Individual counseling
- Group counseling
- Couples counseling
- Family counseling
- Play therapy (for children)
- Grief counseling
- Substance Abuse counseling
- Sexual abuse survival counseling
- Marriage counseling
- Pastoral/Christian counseling (as requested)
- Suicide Prevention
- Premarital Counseling
- PTSD counseling
- Bi-Polar Disorder counseling
- Anxiety Counseling
- Depression Counseling

Payments for services are on a sliding-scale based on household income and household size. No one will be turned away because of an inability to pay.

## Our Staff

**Donald H. Lane, PhD, LMFT-S:** Dr. Lane, a marriage and family therapist for over 28 years, serves as our Executive Director and as the Site Supervisor for all counseling interns.

**Kathy Scott Marble:** Kathy was raised in Hillsboro, but her family has called Stephenville home for the last 19 years. She is working toward a Master's degree in Marriage and Family therapy. Kathy and her husband Daniel have 2 kids, Chris and Kassie. She enjoys reading about human behavior in her spare time.

**Sarah Nickolson-Kemper:** Sarah is a marriage and family therapy student at Abilene Christian University. Sarah and her husband, Adam, have two kids, Addie and Robert, that keep them very busy. Sarah was previously a school teacher. She enjoys her family, cooking and crafts.

## How to Schedule an Appointment:

1. Read bio information about each of our counselors at:  
<http://www.compassioncounselingcenter.com/staff/>
2. Decide which counselor best suits your particular issue or personality.
3. Then please call Compassion at 254-485-6885 to schedule an appointment.

--OR--

Send an email to:  
[admin@CompassionCounselingCenter.com](mailto:admin@CompassionCounselingCenter.com)  
Request and we will email or text you the available times.

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