**Abilene Christian University**

**Medical and Counseling Care Center**

**Resource Guide**

**Counseling Services**

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| --- | --- | --- | --- | --- | --- | --- |
| Name / Organization | Description | Services | Fees | Location | Contact | Website |
| Turning Point Counseling | Group counseling practice | Outpatient Counseling  Psychological testing | Insurance  Private pay  Sliding fee scale | 500 Chestnut St. Suite 1001 | 325.437.1001 | [www.turningptcounseling.com](http://www.turningptcounseling.com) |
| Marriage and Family Institute | Graduate school counseling practice | Outpatient Counseling | Sliding fee scale  $7.50 - 30/hour | ACU Campus | 325.674.3724 |  |
| ACU Psychology Clinic | Graduate school counseling practice | Outpatient Counseling  Psychological testing | Sliding fee scale  From $10 | ACU Campus | 325.674.4826 |  |
| Cedar Creek Counseling | Group counseling practice | Outpatient Counseling | Insurance  Private pay  Sliding fee scale | 233 N. 13th St. | 325.672.6009 | [www.cedarcreekcounselingtx.com](http://www.cedarcreekcounselingtx.com) |
| Life Renovations | Group counseling practice | Outpatient Counseling  Medication management  Psychological testing | Insurance  Private pay  Sliding fee scale | 318 Cedar St. | 325.672.7055 | [www.liferenovationstx.com](http://www.liferenovationstx.com) |
| Ministry of Counseling | Group counseling practice | Outpatient Counseling | Insurance  Private pay  Sliding fee scale | 1502 N. 1st St. | 325.672.9999 | [www.ministryofcounseling.com](http://www.ministryofcounseling.com) |
| Freedom Counseling | Group counseling practice | Outpatient Counseling | Insurance  Private pay  Sliding fee scale | 1219 E South 11th, Suite A | 325.676.2039 | [www.freedomcounseling.com](http://www.freedomcounseling.com) |
| Texas Family Institute | Group counseling practice | Outpatient Counseling | Insurance  Private pay  Sliding fee scale | 100 Chestnut, Suite 101 | 325.676.8963 | [www.texasfamilyinstitute.org](http://www.texasfamilyinstitute.org) |

**Psychiatric Services**

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| --- | --- | --- | --- | --- | --- | --- |
| Name / Organization | Description | Services | Fees | Location | Contact | Website |
| Abilene Behavioral Health | Psychiatric Hospital  Group psychiatric practice | Inpatient hospitalization  Partial hospitalization  Medication management  Psychological testing | Insurance  Private pay | 4225 Woods Pl. | 855.345.1629 | [www.abilenebehavioralhealth.com](http://www.abilenebehavioralhealth.com) |
| Oceans Behavioral Hospital | Psychiatric Hospital | Inpatient hospitalization | Insurance  Private pay | 401 Directors Pkwy., Suite 200 | 325.691.0030 | [www.oceansabilene.com](http://www.oceansabilene.com) |
| Life Renovations | Group counseling practice | Outpatient Counseling  Medication management | Insurance  Private pay  Sliding fee scale | 318 Cedar St. | 325.672.7055 | [www.liferenovationstx.com](http://www.liferenovationstx.com) |

**Treatment Centers**

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| --- | --- | --- | --- | --- | --- | --- |
| Name / Organization | Description | Services | Fees | Location | Contact | Website |
| Serenity House | Substance Abuse and Alcohol treatment center | Detoxification  Residential treatment  Outpatient treatment | Insurance  Private pay | 1546 N 2nd St. | 325.673.6489 | [www.serenitytexas.com](http://www.serenitytexas.com) |
| Shades of Hope | Eating Disorder  treatment center | Residential treatment  Outpatient treatment | Insurance  Private pay | 402 Mulberry St.  Buffalo Gap, TX | 800.588.4673 | [www.shadesofhope.com](http://www.shadesofhope.com) |
| Abilene Behavioral Health | Substance Abuse and Alcohol treatment center | Detoxification  Residential treatment  Outpatient treatment | Insurance  Private pay | 4225 Woods Pl. | 855.345.1629 | [www.abilenebehavioralhealth.com](http://www.abilenebehavioralhealth.com) |
| Oceans Behavioral Hospital | Substance Abuse and Alcohol treatment center | Detoxification  Residential treatment  Outpatient treatment | Insurance  Private pay | 401 Directors Pkwy., Suite 200 | 325.691.0030 | [www.oceansabilene.com](http://www.oceansabilene.com) |

**Support Groups**

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| Name / Organization | Description | Days | Times | Location | Contact / Website |
| The Open Door - Alcoholics Anonymous | 12 step program for alcohol abuse | Call or go to website for more information | | | 325.672.0190  [www.abileneopendoor.wix.com/the-open-door](http://www.abileneopendoor.wix.com/the-open-door) |
| Al-Anon | Support group for friends and family of those with an alcohol problem | Tuesday | 12pm | Southern Hills Church of Christ | 325.692.2670 |
| Narcotics Anonymous | 12 step program for substance abuse | Call or go to website for more information | | | 325.691.9209  [www.bigcountryna.com](http://www.bigcountryna.com) |
| Celebrate Recovery | Faith-based support group for addictions | Thursday | 7pm | Church on the Rock | 325.672.5446 |
| Celebrate Recovery | Faith-based support group for addictions | Thursday | 7pm | Grace Fellowship | 325.673.5295 |
| Sexaholics Anonymous | 12 step program for sexual addiction | Email for more information | | | [sabigcountry@gmail.com](mailto:sabigcountry@gmail.com) |
| Anxiety | Support group for people with an anxiety disorder | Call or go to website for more information | | | 325.672.7055  [www.liferenovationstx.com](http://www.liferenovationstx.com) |
| Bipolar/Depression | Support group for anyone with a mood disorder | Tuesday | 6 – 7:30pm | Ministry of Counseling | 325.673.2300  [www.abilenementalhealth.org](http://www.abilenementalhealth.org) |
| Eating Disorders –  We Are Not Alone, ACU | Support group for anyone with an eating disorder | Email for more information | | | [13wana@gmail.com](mailto:13wana@gmail.com) |
| Grief/Loss – Side By Side | Support group for those struggling with grief and loss | Monday | 6:30pm | Beltway Park | 325.692.6540 |

**Books**

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| Title | Author | Subtitle | Description |
| Boundaries | Henry Cloud  John Townsend | When to Say Yes, How to Say No to Take Control of Your Life | Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not. Boundaries impact all areas of our lives. Dr. Henry Cloud and Dr. John Townsend show us how to set healthy boundaries with our parents, spouses, children, friends, co-workers, and even ourselves. |
| Daring Greatly | Brene Brown | How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead | In *Daring Greatly*, Dr. Brene Brown challenges everything we think we know about vulnerability. Based on twelve years of research, she argues that vulnerability is not weakness, but rather our clearest path to courage, engagement, and meaningful connection. The book that Dr. Brown’s many fans have been waiting for, *Daring Greatly* will spark a new spirit of truth—and trust—in our organizations, families, schools, and communities. |
| Self-Compassion | Kristin Neff | Stop Beating Yourself Up and Leave Insecurity Behind | Dr. Kristin Neff offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. |
| Mindfulness | Mark Williams  Danny Penman | An 8 Week Plan for Finding Peace in a Frantic World | *Mindfulness* reveals a set of simple yet powerful practices that you can incorporate into daily life to help break the cycle of anxiety, stress, unhappiness, and exhaustion. It promotes the kind of happiness and peace that gets into your bones. It seeps into everything you do and helps you meet the worst that life throws at you with new courage. |
| Who Switched Off My Brain? | Caroline Leaf | Controlling Toxic Thoughts and Emotions | Research shows that as much as 87% to 95% of mental and physical illnesses are a direct result of toxic thinking—proof that our thoughts affect us physically and emotionally. In this book, Dr. Caroline Leaf clearly communicates 13 ways to detox your thought life and live a life of physical, mental, and emotional wholeness. |
| Sacred Rhythms | Ruth Haley Barton | Arranging Our Lives for Spiritual Transformation | Spiritual disciplines are activities that open us to God's transforming love and the changes that only God can bring about in our lives. This book takes you more deeply into understanding seven key disciplines along with practical ideas for weaving them into everyday life and puts it all together in a way that will help you arrange your life for spiritual transformation. The choice to establish your own sacred rhythm is the most important choice you can make with your life. |
| Self-Therapy | Jay Earley | A Step-By-Step Guide to Creating Wholeness and Healing Your Inner Child | Understand your psyche in a clear and comprehensive way, and resolve deep-seated emotional issues. It is incredibly effective on a wide variety of life issues, such as self-esteem, procrastination, depression, and relationship issues |