



The Most Comprehensive Outpatient
Behavioral and Mental Health
Center in Texas

MEDIA KIT

ABOUT OUR CENTER:

New Horizons Center for Healing is the result of tireless efforts of a group of mental health professionals in the North Dallas-Fort Worth area. The founders of our center, through many years of private practice, as well as graduate level teaching experience in area accredited graduate psychology and counseling programs realized there was a gap and a lack of continuity in providing mental and behavioral health services in our communities.

They envisioned a center that would bring together every tier of the mental health profession under one roof. Where clients and patients no longer had to go from office to office across town to meet their emotional and behavioral health needs. Our founders were aware of the difficulty many individuals have in finding the right fit when it comes to the sensitive topic of one's emotions and life challenges. The next challenge was to make sure the providers were fully licensed, credentialed, and able to accept most insurance panels to also meet the financial expectations of their clients.

The result of their efforts led to the creation of New Horizons Center for Healing, where every level of mental health is covered. In a short period of 3 years since its inception in 2011, New Horizons Center for Healing has become the most comprehensive outpatient mental health center in Texas. Our list of providers includes, Licensed Psychiatrists (Children, Adolescents, Adults, Addictions), Psychologists, Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists, Licensed Chemical Dependency Counselors, Registered Play Therapists, AASECT Certified Sex Therapists, Eating Disorder Specialists, and more.

MISSION STATEMENT:

New Horizons Center for Healing is committed to providing quality outpatient mental health services that meet the emotional and behavioral needs of our community in a safe, confidential, and compassionate environment.

OUR GUIDING PRINCIPLES:

Integrity

Conduct all affairs with integrity, for which courage is the foundation

Client and Patient Focus

Understand, empathize, and respect our clients, patients, and their needs

Knowledge

Seek and use the best knowledge and evidence-based approaches in treating our clients and patients

Humility

Exemplify humility, dignity, empathy, honesty, and genuine care

New Horizons Center for Healing's experienced providers respect the unique nature of each individual and encourage change through a culturally sensitive therapeutic process.

THE NEW HORIZONS CENTER FOR HEALING DIFFERENCE:

What differentiates New Horizons Center for Healing from many other mental health clinics, or counseling centers is the fact that no stone was left unturned during the planning and building process. The attention to detail of the center is evident from the second you walk into our center.

In addition to the stellar team of fully licensed and credentialed providers that have more than 100 years of combined counseling and therapeutic clinical experience. The professionally designed architecture of the center lends itself much closer to a spa, inviting clients to begin the process of relaxation and healing.

The amount of attention paid to providing our clients with the utmost privacy and confidentiality is unmatched. From the privacy wall in our waiting room, to the double sheet rocked walls of the therapy rooms, to the soothing music playing in our hallways, it is nearly impossible to over hear any conversation in our center.

The patient care and hospitality of our center is also a source of pride as each of our patients and clients are treated similar to five-star hotel guests. From the offerings of freshly baked cookies provided daily, to the array of choices for refreshments, and complimentary WiFi allow each client and their guests make their short stays in our facility a pleasant one.

Our providers and staff consider it an honor and a privilege to be trusted with the delicate and confidential stories and emotions of our clients. We strive daily to validate, empower, and guide our clients to finding their balance and happiness in life and allowing today to be a New Horizon in their lives.

LIST OF PROVIDERS:

Dr. Amir Abbassi, PhD., LPC-S, LMFTS, AASECT CST, Associate Professor of Psychotherapy at Texas A&M University-Commerce
Dr. Dean Aslinia, Ph.D., LPC-S, NCC, Assistant Professor of Psychotherapy at SMU and University of North Texas – Dallas
Dr. M. Sarfaraz Khan, M.D., Board Certified Adult Psychiatrist
Dr. Yee Yee Thain, M.D., Board Certified Child Psychiatrist, Assistant Professor of Medicine at UT Southwestern, Dallas
Dr. Maximus Anitube, M.D., Board Certified Adult and Child Psychiatrist
Dr. Babak Abbassi, M.D., MBA, M.S., Medical Consultant
Dr. Chris Simpson, Ph.D., LPC-S, NCC, Associate Professor of Psychotherapy at SMU and Texas A&M University-Commerce

Dr. Myron Jones, Ph.D., LPC, LCDC
Dr. Sanaz Adibian, Psy.D., Licensed Psychologist
Dr. Brooke Leird, Ph.D., LPC, LCDC
Mr. Reza Mohammadi, M.S., LPC
Mr. Ryan Smith, M.S., LPC, LMFT
Mr. Travis Trayler, M.S., LPC-Intern, Certified School Counselor
Mrs. Andrea Heston, M.S., LMFT, Play Therapist
Mrs. Heather Quast, M.S., LPC
Mrs. Janette Macias, M.S., LPC, Bilingual Therapist
Mrs. Mary Keyhan, M.S., LPC, LMFT
Mrs. Sandra Shelton, M.S., LPC
Mrs. Tannaz Moein, M.S., LPC-Intern
Mrs. Tina Davis, M.S., LPC, NCC
Mrs. Wendy Pierce, M.S., LPC, Eating Disorder Specialist
Ms. Jennifer Akins, M.Ed, LPC, Certified School Counselor
Ms. Brittainy Wagner, M.S., LPC
Ms. Sarah Griiffin, LPC, NCC
Ms. Shanda Riley, M.S., LPC, LCSW, NCC

Administrative Support:

Mrs. Erin Perry – Office Manager
Mrs. Mona Ebrahimi – Insurance Billing Specialist
Ms. Jen Wilhams, Front Office Associate
Ms. Regina Robins, Front Office Associate
Ms. Tammi Saffell, Insurance Intake Specialist

SERVICES PROVIDED:

Children and Adult Psychiatric Services
Psychological Assessments
Individual Counseling & Psychotherapy
Trauma (PTSD) Counseling
Life Coaching
Pre-Marital Counseling
Marriage and Family Therapy
Divorcing Parents Consultation/Mediation
Children and Adolescents Therapy
Play Therapy
Parent and Child Relationship Counseling
Grief Counseling & Therapy
Terminal Illness Emotional Therapy
Sexual Counseling and Therapy
Substance Abuse & Chemical Dependency Counseling
Group Therapy
LGBT Counseling
Eating Disorder Therapy

RATES & FEES

The rates that clients and patients pay vary depending on their managed care policies and coverage of mental health services. New Horizons Center for Healing accepts all major private insurance and as a result the typical out of pocket expense for most clients is simply their copay.

Our billable rates are as follows:

Diagnostic & Evaluation Session (1st visit)	\$ 250
Regular Office Visits (Follow-ups) (45-60 minutes) (Individuals, Couples & Play Therapy)	\$160
Hospital or Psychiatric Site Visitations - Hourly	\$ 140
Psychiatric Appointments – Medication Management (Initial)	\$ 325
Psychiatric Appointment - Follow-ups- Medication Management	\$ 170
Psychological Assessments (Depending on test and reporting)	\$ 100-\$650

CENTER STATISTICS AND FACTS:

Number of Licensed Providers:	25
Number of Support Staff:	5
Mental Health Appointments Provided 1/1/2013 – 1/1/2016:	26,350
Psychiatric Appointments Provided since 1/1/2013 – 1/1/2016:	9,246
2015 – Total Mental Health Appointments Serviced:	10,320
2015 – Psychiatric Appointments Serviced:	3,234
2015 – New Patients added to practice	1,045

FREQUENTLY ASKED QUESTIONS:

❖ What do all the acronyms mean after the provider's names:

AASECT CST	American Association of Sexuality Educators Counselors and Therapists, Certified Sex Therapist
LPC	Licensed Professional Counselor
LPC-Intern	Licensed Professional Counselor-Intern
LPC-S	Licensed Professional Counselor-Supervisor
LMFT	Licensed Marriage and Family Therapist
LMFT-A	Licensed Marriage and Family Therapist-Associate
LMFT-S	Licensed Marriage and Family Therapist-Supervisor
NCC	National Certified Counselor
LCDC	Licensed Chemical Dependency Counselor
LCSW	Licensed Clinical Social Worker
CSC	Certified School Counselor

❖ **What is the difference between a Counselor, Psychotherapist, Psychologist, Social Worker, Life Coach, Therapist, and Psychiatrist?**

The terms counselor and psychotherapist are for the most part interchangeable and indicate more the type of work a provider is focusing on than their specific title. Counseling, generally defined processes and address an individual's current (present) concerns. Often times, these challenges do not require the provider to visit any past events, or history of the individual in addressing their current needs. Psychotherapy on the other hand, implies that a comprehensive look at the history and past events in the client's life are necessary. The main training and specialty of a counselor or psychotherapist is mental health clinical counseling or therapy.

Psychologists are trained to mainly focus on mental health assessment to determine psychopathology or other needs of clients. They do have training on therapeutic approaches and thus sometimes offer therapy services.

Psychiatrists on the other hand, are medical doctors or physicians who take a look at the physiological symptoms and address the chemical imbalances that might be present for patients.

Social workers are trained and specialize in managing the case loads of clients and patients and providing them with assistance in connecting with social services and transitioning from an inpatient facility or rehabilitation center (prison) back to normal life. They also have the training to conduct therapy.

Therapist is a regulated title that is reserved for those who hold a licensure as a Marriage and Family Therapist. These individuals often practice through the lens of a family systems approach and consider the entire system of a family before proceeding.

Lastly, a Life Coach is the least regulated of the above mentioned professionals. Often times, these individuals hold a certification as a result of a completion of a short course to provide the services they provide. Frequently, those services are deemed experiential and not empirically based.

CONTACT US:

Website: www.MyDallasCounselor.com

Email: OfficeManager@MyDallasCounselor.com

Phone: 972-607-9650

Fax: 469-519-0423

OFFICIAL LOGO:

