



Three Trees Counseling

Mental Health Counseling Services

Therapies & Modalities

CBT, DBT, Tapping, EFT, EFIT, Gottman (Couples), Attachment Theory (relationship issues), Expressive Art/Creative Art Therapies

Populations

Kids, Teens, Adults, Couples

Groups & Workshops

We specialize in workshops & groups for Teens and Adults, as well as corporate settings

Counseling Services

- Couples
- Women
- Men
- Teens
- Children
- Single Adults
- Ministry Leaders
- Counseling for Creatives

Appointments

In person, Telehealth, evening & weekend appointments available. Appointments scheduled on our website www.ThreeTreesCounseling.com

HOURS

Monday - Thursday 9am - 8pm
Friday 1pm - 8pm
Saturday 10am - 5pm
Sunday Closed

THREE TREES COUNSELING

5200 Maryland Way, Suite 102,
Brentwood, TN 37027

FREE CONSULTATION

Schedule online
WWW.THREETREESCOUNSELING.COM

CONTACT

703-570-5951
info@ThreeTreesCounseling.com



Professional Counseling

For kids, teens, adults & couples



Shara Carter

LPC - MHSP

Specializing in women's, couples, singles and teen counseling using attachment theory and evidence-based practices to foster healing and personal growth.



Dr. Russell Mauldin

PhD Pastoral Counselor

Specializing in men's, pre-marital, couples, spiritual struggles, Ministry leaders and creatives with deep, compassionate understanding to those in both faith-based and creative communities.



Melanie Stafford

Clinical Intern

Specializing in children, youth and individuals, anxiety, depression, life transitions within a trauma informed, empathetic and culturally sensitive space.

Areas of Specialty

- Adolescent Issues
- Anxiety
- Burnout
- Coaching
- Depression
- Disordered Eating
- Family conflict
- Grief & Loss
- Life Transitions
- Marital & Premarital
- Ministry Leadership Challenges
- Music Industry / Creatives Issues
- Parenting
- Peer Relationships
- Pornography Dependency
- Stress
- Women's Issues
- Work/Life Balance

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