

SERVING THESE STATES
FOR THERAPY

Texas, Tennessee, and
Florida

OFFICE PHONE:

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trillionsmall.com

FAQ's and Other Bits of Information

TRILLION SMALL, PH.D., LMFT-S

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Overview

Often times what we desire the most are also the things that trigger great fear in us. Sharing our vulnerable stories can be scary but you are not alone. We all need an ear to hear us and a heart to understand us.

My approach to counseling is a team effort approach. This allows me to meet you directly where you are. My main goal is to join with you on your journey and be an advocate of support for you.



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Qualifications

Licensed Marriage and Family Therapist-Supervisor

School/Degree: Trevecca Nazarene University/ Ph.D. Clinical Counseling (2018) & Lipscomb University/M.S. Professional Counseling (2011)



SPECIALTIES

- Trauma
- Relationship Issues



INSURANCE

I do not accept insurance but I'm happy to provide you with an itemized receipt to give to your insurance company for reimbursement.



COST PER SESSION

Cost per session: Contact for a quote.

Presenting Issues and Therapy Approach

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COMMON PRESENTING ISSUES

- Anxiety
- Attachment
- Coping Skills
- Depression
- Any form of abuse
- Parenting
- Spirituality
- and many others...

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TYPE OF COUNSELING

- Individuals
- Dyads (i.e.couples/ parent-child)
- Families
- School, Church, and Organization Groups (i.e. support/grief groups, women's self-care groups)
- EMDR Disaster Relief Groups
- EMDR Peak Performance Groups

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TREATMENT APPROACH

I approach therapy with an integrative style with means I use a combination of various modalities specifically tailored for your specific needs. A few treatment approaches that I utilize often are:

- Neurocounseling (Brain-Based)
- EMDR
- Emotionally Focused Therapy (EFT)
- Cognitive-Behavioral Therapy (CBT)
- Narrative Therapy
- Internal Family Systems (IFS)
- and many others...

COUNSELING VS. COACHING

Dr. Trillion Small is a Licensed Marriage & Family Therapist, a Certified John Maxwell Coach (primary focus is business and personal development), and a Peak Performance Sports Psychology Coach.

A THERAPIST FOCUSES THEIR CONVERSATION ON WAYS TO:

- Recover from past traumas
- Explore why past relationships (business or personal) have been destructive
- Work through depression or anxiety that affect your ability to function at home or work
- Survive and thrive during times of change
- Diagnosis and provide mental health assessments

A COACH WOULD BE ABLE TO OFFER GUIDANCE BY:

- Clarifying and achieving personal and professional goals
- Providing guidance on how to survive and thrive during times of change
- Creating business plans
- Working to improve communication skills
- Achieving financial independence and security
- Achieving a work/life balance
- Starting a new business or growing a current business

DR. SMALL'S STYLE OF COACHING:

- Client-centered focus meaning I meet the client where they are
 - The past can and does effect our present mindset and emotions so I do access if the past is impacting your current state
 - Growth mindset meaning I focus on helping you grow mentally, emotionally, and relationally
 - Underlying theories vary for coaching vs. counseling. For example, I do not provide EMDR for coaching clients.
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LAST UPDATED