

Local Therapists

Julia Papesch, LCSW

<https://www.psychologytoday.com/us/therapists/julia-papesch-lithia-fl/1275724>

- 16132 Churchview Dr. Lithia, FL 33547
- (813) 690-0113
- Available in-person and virtually (current waitlist)
- "I specialize in Self Esteem, Depression and Substance Use"
- Works with children 6-10yrs, preteens, teens, adults and families

Aliya Little, LMHC

<https://www.psychologytoday.com/us/therapists/aliya-little-boca-raton-fl/1165700>

- Located in Boca Raton, an additional location in Lithia
- (727) 966-2578
- "I specialize in Anxiety, Coping Skills and Depression"
- Works with children 6-10yrs, preteens, teens, adults

Stephanie Baradales, Marriage & Family Therapist (LMFT)

<https://www.psychologytoday.com/us/therapists/stephanie-bardales-riverview-fl/1229555>

- Therapy Center of Brandon, LLC. Lithia, FL 33547
- (813) 544-6649
- "I offer therapy sessions in-person, or via telehealth. I'm available weekdays, evenings and weekends for your convenience!"
- "I specialize in Depression, Coping Skills and Relationship Issues"
- "I accept most major health insurance plans, and take self-pay clients too. I can provide a superbill for any out-of-network clients to help with reimbursement. I am happy to work with you to provide high quality therapy in an affordable way!"
- Works with children 6-10yrs, preteens, teens, adults, couples and families
- "I also speak Spanish"

Jessie Shaw, Registered Clinical Social Worker Intern (RCSWI)

<https://www.psychologytoday.com/us/therapists/jessie-shaw-kids-to-young-adult-therapist-brand-on-fl/1366497>

- 109 North Oakwood Ave. Suite 105 Brandon, FL 33510
- (813) 548-6450
- "My focus is on helping them develop emotional regulation skills, build self-confidence, and manage anxiety, depression, and ADHD."
- "I currently have no waitlist and enjoy serving a younger population of ages 5-23. I'm available in person or online."
- Works with children 5-10yrs, preteens, teens, and adults

Kiblena Wallace, MA, BCBA

<https://www.psychologytoday.com/us/therapists/kiblena-wallace-seffner-fl/983900>

- Seffner, FL 33584
- (813) 946-6723
- "I am a Board Certified Behavior Analyst with in clinic, home, and community experience providing Applied Behavior Analysis (ABA) services. I work with toddlers, children, preteens, teens, and families. I help caregivers facilitate ABA through a scientific approach to yield socially significant behaviors."
- "I specialize in Autism, Behavioral Issues and Developmental Disorders"
- Works with children 5-10yrs, preteens, teens, and adults

Kimberly Hubinger, Psychologist, PsyD

<https://www.psychologytoday.com/us/therapists/kimberly-hubinger-tampa-fl/773859>

- 3502 Henderson Blvd., Ste. 310 Tampa, FL 33609
- (813) 544-2640
- Available in-person and virtually
- "I specialize in offering psychological assessments, which includes ADHD and learning disability evaluations. My passion is helping families and individuals in the Tampa Bay

area assess, understand, and find targeted treatment for their own or their child's unique abilities.”

- “I specialize in Emotional Disturbance, Testing and Evaluation and ADHD”
- Works with children 5-10yrs, preteens, teens, and adults

Catrina Harr

<https://www.foundationchristiancounseling.com/>

- “With a *compassionate* yet *empowering* approach, you'll learn to cultivate a deeper sense of self-awareness, discover new perspectives, and develop practical skills to navigate difficult emotions and situations with *resilience* and *confidence*.”
- “With years of experience working with diverse populations in various settings, I incorporate different therapy models like CBT, client-centered, and emotion-focused therapy into my sessions.”
- Offers therapy services to individuals, couples, families, and children