

Christian Counseling

Sylva Clinical - PSYCHOLOGY! is committed to helping each person find the best fit in a clinician. Below are descriptions of each clinician that provides Christian Counseling.



Mitchell Durham, PhD

Dr. Durham has an undergraduate degree in Missions from Harding University and graduate degrees from Western Seminary/George Fox University in Clinical Psychology. He works with adults, elders, couples, families, and adolescents. The problems he has training and experience in treating are depression, anxiety, loneliness, anger, eating disorders, grief, and substance abuse as well as severe crisis problems. He has worked in private practice, church-based clinics, community mental health, in-patient psychiatric hospitals, a university counseling center, and in teaching graduate and undergraduate psychology students.

Thoughts on Christian Counseling:

“Counseling in a Christian context can be compared to a discipling process in which the individual is aided in becoming more and more reflective of the life God intends us to live. Sometimes this is referred to in theological terms as sanctification. This process is both a human and a spiritual endeavor. A Christian Psychologist, trained in both theology and psychology, is uniquely positioned to aid others in this process.”



Suzanne Stone, MA, LPC

Suzanne Stone specializes in Solution Focused Therapy for individuals, couples, families and adolescents. Her approach helps clients to set goals in all areas of their life including work, health and relationships using mindfulness and incorporating mind/body connections in the counseling sessions. When working with adolescents she incorporates the outdoors to help facilitate natural conversation through movement. Suzanne Stone has provided Christian based counseling services at Lutheran Social Services. In addition she has worked at

Meridian Behavioral Health and Jackson County Psychological Services.

Thoughts on Christian Counseling:

“Counseling with a spiritual perspective may help when your life feels unbalanced and trying to sort out life's perplexities on your own may appear overwhelming. Knowing there is higher power to look towards in times of struggle may help bring relief along with solutions to work through life's constant changes.”



Katie Dewhurst, BS, MA-PC Intern

Katie Dewhurst is an intern under supervision from Richmond Graduate University in Atlanta. Richmond specifically trains students in Christian theology and Christian counseling to address the whole person in therapy. She will graduate in May 2015 and obtain licensure as an LPCA. Katie Dewhurst is available to see clients for low fees during her year of training as an intern.

Thoughts on Christian Counseling:

“We are each on life's journey which is often full of pain and brokenness. God did not create us to be alone in our struggles. Often we benefit from walking with a special companion on this journey, someone who is not part of our everyday system of relationships and who has skills and experience to bring us insight and comfort. My mission is to provide a space for understanding, healing, and hope so that individuals can begin to experience who they are, who God is, and the beauty of their story.”