Counseling
AT THE GREEN HOUSE

Indiana, Kentucky, Texas, Massachusetts, Maryland, Nebraska, Wisconsin, Michigan

Adoption & Foster Care Focused

Providing competent, compassionate counseling for adoptees, birth parents, adoptive parents, adoptive families, and those impacted by the foster care system is foundational to Counseling at The Green House. We have spent years specializing in foster care and adoption, both personally and professionally.

All team members have completed specialized, adoption & foster care focused training and are in ongoing consultation - because at Counseling at The Green House, we believe in always learning and always growing.

Our team includes adult adoptees, birth parents, adoptive parents, foster parents, MPE, first family, adoptive siblings, children of adoptees, family of adoptees, donor conceived families, a search angel, and other adoption constellation members. We are a part of legal guardianship, foster care adoption, kinship adoption, international adoption, domestic adoption, transracial adoption, open adoption, infant adoption older child adoption, step-parent adoption, and kinship care.

Trauma & Brainspotting Trained

Brainspotting is an advanced brain-body-mindfulness-based relational therapy used for the treatment of trauma, expansion, & performance. Brainspotting accesses the subcortical brain to locate, process, and release neurophysiological sources of emotional and physical pain, trauma, and dissociation.

Every clinician on our staff is formally trained in Brainspotting and has access to Approved Brainspotting Trainer and Counseling at The Green House Executive Director Brooke Randolph.

greenhouseindy.com | 317-455-5642 | scheduling@greenhouseindy.com

Safe & Sound Protocol

The Safe & Sound Protocol (SSP) is a research-based listening therapy, utilizing filtered popular music to exercise the muscles in the inner ear to increase neuroception of safety, increase social engagement, decrease auditory sensitivities, increase emotional regulation, decrease anxiety, increase attention, and decrease trauma response of fight/flight/freeze. The SSP was developed by Dr. Stephen Porges based on his Polyvagal System.

SSP Helps with:

- trauma
- depression
- anxiety
- ADHD
- concussion recovery
- emotional dysregulation
- social engagement
- auditory sensitivities
- Auditory Processing Disorder
- Sensory Processing Disorder
- Misophonia
- selective mutism
- Autism Spectrum Disorders

Couples Counseling

For partners in any stage of relationship, seeking a more conscious, connected relationship, we have counselors experienced in premarital counseling, marriage therapy, and counseling for couples in crisis. We can work from a variety of theoretical approaches including Emotions Focused (EFT), Imago Relationship Therapy, Gottman,& IFS.

Music Therapy

Led by a dual-credentialed Board-Certified Music Therapist and Mental Health Counselor Associate (MT-BC, LMHCA), music therapy provides a non-verbal and creative pathway to emotional expression, somatic organization, and nervous system regulation, particularly effective for children, teens, and neurodivergent clients.

Bilingual Therapy

We provide fully bilingual, culturally attuned mental health services led by a Licensed Clinical Social Worker (LCSW). Providing therapy natively in both English and Spanish eliminates clinical friction, honors cultural nuances, and ensures that Spanish-speaking individuals, couples, and families receive premium care without linguistic barriers.

In-person or Telehealth

- **In-Person Care:** Centrally located in Indianapolis, serving children, teens, adults, couples, and families.
- **Multi-State Telehealth:** Our clinicians hold active licensure across multiple jurisdictions. Secure, HIPAA-compliant telehealth is available to those lcoated in: Indiana, Kentucky, Michigan, Maryland, Nebraska, Texas, and Massachusetts.

Insurance & Counseling Fees

- **Medicaid Accepted**: Enrolled as an IHCP Indiana Medicaid Group Provider, we accept traditional Medicaid to maintain accessible community pathways.
- **Sliding Scale Structure**: We do not accept commercial insurance; however, we offer a range of out-of-pocket fees and a fee reduction based on household income.
- **OON Reimbursement:** We accept HSA/FSA cards and can provide “superbills” for you to seek reimbursement directly or partner with Thrizer to streamline out-of-network reimbursement from your insurance company

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a space for growth, nurture, connection, & healing

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