



Counseling and Human Development Center

CHDCpaperwork@unt.edu 940-565-2970



Sliding Scale Offered
\$5 for UNT students
OPEN TO COMMUNITY

 **Call Now!**
940-565-2970

Counseling and Human Development Center
Welch Street Complex 2
425 S. Welch St.
Denton, TX 76203

More Information
CHDCpaperwork@unt.edu
Or go to our website



Services

- ✓ Individual Therapy
- ✓ Adolescent Counseling
- ✓ Couples Counseling
- ✓ Career Counseling
- ✓ Child Parent Relationship Therapy
- ✓ Animal Assisted Counseling
- ✓ Play Therapy



About Us

The Counseling and Human Development Center was established in 1987 to provide a wide range of affordable counseling services to individuals and families in Denton and surrounding areas. As a state-of-the-art educational facility, we are staffed by advanced master's and doctoral student counselors who provide high-quality, confidential counseling services under the supervision of UNT Counseling Program Faculty. Faculty supervisors are Licensed Professional Counselors and/or Licensed Professional Counselor Supervisors, and all services are offered in accordance with the highest ethical standards.

Our Staff



Dr. Kimberly King
Clinical Director
Ph.D., LPC-S., RPT-S



Laura McCluney
Clinic Support
Coordinator



We strive to meet people where they are emotionally and developmentally



Individual Adult Counseling

Adults come for personal and social concerns. We often see adults that would like to work on their relationships, grief, depression, and anxiety.



Individual Adolescent Counseling

Counselors use activity or talk-based counseling for preteens and teenagers (ages 12-17). Adolescents usually attend counseling to focus on personal, social, career or school concerns.



Couples Counseling

Couples counseling helps couples to develop communication and relationship skills for managing concerns and adjustments common in committed relationships. Premarital/preunion counseling also available.



Career Counseling

Career exploration includes exploring personal values, interests and abilities; identifying career goals; participating in career searches; and maneuvering through career transition.



Specialty Services

Play Therapy

Play therapy is a developmentally appropriate mode of counseling that allows children to play out their experiences using toys. This is an evidence-based form of therapy for children ages 3-8 and is designed to help children through transitions, grief, separation, academic, and social concerns. Parent consultation and skills are included in the play therapy offered.

Animal Assisted Therapy in Counseling

Animal-assisted therapy in counseling (AAT-C) is a goal-directed process in which a counselor works with a therapy animal partner to help clients process mental health and behavioral challenges using the therapeutic powers of human-animal bond.

Child Parent Relationship Therapy

At the heart of CPRT is the premise that a secure parent-child relationship is the essential factor for children's well-being. Parents are taught how to develop a secure relationship with their children through the use of play in a group format. CPRT is a play-based treatment program for young children presenting with behavioral, emotional, social, and attachment concerns.