



**SYNERGY WELLBEING**

Live your life better.

(918) 749-1840 option 4 | [synergytulsa.com](http://synergytulsa.com)

Wellbeing is a sense of peace and contentment that endures through the trials and triumphs that life can bring. Synergy Wellbeing will help you move through difficult times toward a life with greater satisfaction and fulfillment.

- Has your life lost a sense of purpose?
- Are you struggling to balance all that life seems to demand of you?
- Are you having difficulty recovering from a traumatic incident?
- Are you concerned about the worry, fear, or sadness you feel?
- Have you lost someone close to you, either through death or separation?
- Are you ready to escape the hold that drugs, alcohol or another addiction has on your life?
- Are you trying to cope with a chronic illness or that of a loved one?
- Are you working harder than you think you should to maintain a relationship?
- Is your child struggling with school or with life in general? Are you needing parenting guidance?
- Are you wanting to learn how to Live Your Life Better?

The professionals at Synergy Wellbeing can help. We want to help you rediscover your happiness, regain peace of mind, alleviate anxiety and depression and revitalize your most treasured relationships.

### **TIMELY, CONFIDENTIAL APPOINTMENTS WITH A REDUCED \$20 COPAY!**

Officers, retired officers, spouses and dependents will be offered an appointment with a licensed mental health professional within 10 calendar days. Appointments for urgent concerns within a few days and if you are in crisis, within 24 hours. Evening and weekend appointments are also available.

**\*\*High Deductible Plan (HDP) members visits are subject to a 3-visit limit (combined with PCP) at a \$20 copay then subject to the deductible.\*\***

**All services are completely CONFIDENTIAL at a discrete location.  
Private entrance available upon request.**

Call (918) 749-1840 option 4 to speak with our care navigator who will help connect you with the counselor who is the right fit for you. Or you can complete the survey on our website at [synergytulsa.com](http://synergytulsa.com)  
2202 E 49th ST, SUITE 400 TULSA, OK 74105

Visit [synergytulsa.com](https://synergytulsa.com) and click on “Our Counselors” to view the complete profile for:



### **Abigail Bliss, LPC, ATR/BC**

Together we will discover ways to cope with and recover from depression, anxiety, bi-polar disorder, and grief/loss. I also enjoy working with blended families and people who are neurodivergent.

### **Tate Freeman, LPC**

I work with teens, families and couples who are members of sexual and gender minorities, or just trying to figure it out. I feel privileged to help clients discover a life with fewer barriers and more joy.



### **Mackenzie Gaut, LMFT**

I work with couples, families, adolescents and adults who want to feel more empowered and fulfilled in their social connections. Loving yourself is the foundation for healthy relationships.

### **Robin Hicks, LPC, LADC**

I believe in your capacity to learn from difficulties. You can expect a safe, non-judgmental atmosphere to heal, gain insight, and move forward. I am open minded and relational in my approach.



### **Mark Ingram, LADC/MH**

My strong faith, commitment to serve and passion for helping others led me to the counseling profession after retiring from the U.S. military. I am EMDR certified for the treatment of trauma.

### **Glenda Ireton, LPC, LADC**

My life is a rich tapestry of experiences. While traveling with my military husband I met people from many cultures. This, and my Christian faith, shape my holistic approach to therapy. Telehealth only.



### **Dianna Jurena, LPC, CTS**

As a Certified Trauma Specialist, my therapy dog, Shadow, and I will help you heal. I often use Thought Field Therapy with fast, effective results. I also find laughter integral to healing in therapy.

### **Karis Poufpybitty, LMFT**

I work with adolescents, young adults and families. I particularly love helping Indigenous folks and people of color reconnect with their cultural traditions and teachings as part of their healing journey. I am a Citizen of the Kiowa and Cherokee Nations.



### **Katy Sandefur, LMFT**

I am passionate about helping couples find healing, growth, and fulfillment. My past career as an actor provided a great foundation for my work as a therapist by helping me understand people's inner-life. Telehealth only

### **Kay Todd, LPC**

I want to help your trust their inner guidance and bravely explore the dark. My practice focuses on grief therapy, dream tending, mindfulness, active imagination, and other symbolic expression.



### **Jane Wright, LPC, LADC**

Like my work with textiles to create quilted portraits, I want to help you knit together a life of clarity, focus and self-compassion; with hope for the future and confidence in yourself.