

## THERAPY REFERRAL LIST

### **Spiritual Development Coach, Azul Haven Coaching**

Diana Lopez CCLC, CPLC  
619-840-2227  
azulhaven@gmail.com

### **RCA Counseling** (General Christian Therapy and sexual integrity therapy)

2333 Camino del Rio South, #250  
San Diego, CA 92108  
Phone 619 · 298 · 8722

### **Designed with Purpose** (Addiction and Grief Counseling)

Lori Allen  
Licensed Clinical Chaplin  
Phone 858-752-4535  
Email: Lori.Allen@designedwithpurposesd.com

### **Heartland Biblical Counseling** (General and family counseling)

Dr. Ed Gray  
619.466.4355  
7839 University Ave # 210 La Mesa, CA 91942

### **Restoration Counseling Team** (Family and emergency response)

Dr. Troy Vander Zwart  
3435 Camino Del Rio S, Ste 205  
San Diego, CA 92108  
p: (858) 6922095

### **Potential Therapy** (Trauma, anxiety, food, body issues, and shame/perfectionism struggles)

Chris Cessna, LMFT  
Licensed Marriage & Family Therapist  
[www.potentiatherapy.com](http://www.potentiatherapy.com)  
619.819.0283 ext 2phone  
3160 Camino del Rio S #304  
San Diego, CA 92108

### **Soul Care House**

[www.soulcarehouse.com](http://www.soulcarehouse.com)  
Marriage Family Therapists

### **Alair Olson, M.A.**

Marriage & Family Therapist Registered Intern #64736  
Supervised & Employed by Kathryn de Bruin, LMFT MFC #43615  
10065 Old Grove Road, Suite 102  
San Diego, CA 92131  
858.634.0302  
[www.alairolson.com](http://www.alairolson.com)