LifeBridge Provider Resource Guide

Inclusion in this list of resources does not imply the endorsement of any service or practitioner.

**Acupuncture**

Liza Mercado, MSOM, Dipl. Ac. (NCCAOM), L. Ac.

CHI Memorial Integrative Health

423-643-2246

320 East Main Street, Chattanooga

Education: MS, Oriental Medicine, Southwest Acupuncture College, Sante Fe, NM; BS, Tennessee Technological University, Cookeville, TN.

Acupuncture styles include Traditional Chinese Medicine (TCM), Japanese, Scalp, and Auricular.

David Tharp, L.Ac, MS, Oriental Medicine, Dipl, Chinese Herbology (NCCAOM)

www.whitetortoise.com

423-290-0358

David’s training includes Master’s degree in Oriental Medicine. He is also nationally certified in the creation and dispensing of Chinese herbal formulas.

Chad Dupuis, M.Ac, NCCAOM

Yin Yang House

423-521-0480

818 East Main Street, Chattanooga (additional acupuncture provider at this location)

Chad holds a B.S. degree from the University of Arizona and a Masters of Acupuncture (M.Ac.) degree from the New England School of Acupuncture along with certifications from the Desert Institute of the Healing Arts and the Oriental Culture Institute. He also provides online herbal consulting.

Wayne Stevens, DAOM, L.Ac., LMT

Chattanooga Wellness Tree

423-877-3770

2805 Dayton Blvd., Chattanooga

Dr. Stephens earned his Doctorate of Oriental Medicine from Five Branches University and studied massage therapy at Alpha School of Massage. He specializes in deep tissue massage.

Bret Moldenhauer, NCCAOM

instituteforacupuncture.com

423-778-9407

628 Morrison Springs Road, Suite 201, Chattanooga

Certified in acupuncture and Oriental medicine. Has privileges at Erlanger. Also at Norspring Center for Rejuvination.

Blake Storey, MSOM, L.Ac, Diplomat Chinese Medicine

Chattanooga Holistic Medicine

chattanoogaholisticmedicine.com

423-682-8183

1000 East Third Street, Ste. 103, Chattanooga
Masters of Science in Oriental Medicine, Southwest Acupuncture College, Boulder, CO
Bachelors of Science in Biology, Clemson University, Clemson, SC.
Services: Community style acupuncture, trigger point therapy, sports acupuncture, Chinese medicinal herbs, pediatric medicine.
Office also has Yoga/movement coach, health coach, LMT, LCSW

Bodywork

Molly Clark, PT, LLCC
mollyclarktherapy.weebly.com
713-677-3535
Offers a full body system of hands on techniques to alleviate pain, restore function, and promote health and well-being with more than 20 years of experience.

Jann Sullivan
River City Physical Therapy
423-322-3857
jannsullivan@gmail.com
1941 Dayton Blvd, Chattanooga
At Center for Mindful Living

Lisa Flores, RES, LMT
Norspring
norspring.com/otherservices
423-304-5695
140 West 14th Street, Chattanooga
Licensed massage therapist and certified Restorative Exercise Specialist.
Norspring has two other LMTs, Vee Peek and Shane Metz. Plus Therapeutic and Symptom-Specific Yoga instructor, Jonathan Ellis, ERYT.

Mavis Davis, LMT
mavisdavismassage.com, mavisdavismassage@gmail.com
423-443-2553
Mitchell Robert Studio Salon, 3928 Dayton Blvd., Chattanooga
Myofascial release massage, postural alignment, Swedish, passive and active stretching.

Kelly Mantovani, LMT
mantovanikelly@gmail.com
423-599-2677
Provides In-home massage

Jody Hunter, LMT, SMTP, CPT-RES
Signal Mountain Massage Therapy
signalmountainmassage.simpl.com, signalmountainmassage@gmail.com
423-645-6268
317 Ault Road, Suite 119, Signal Mountain
Certified practitioner in synergistic myofascial therapy (level 5), integrative reflexology and Nutritious Movement certified Restorative Exercise Specialist.
Mindfulness/Meditation

The Center for Mindful Living
centermindfulliving.org
423-486-1279
400 East Main Street, Suite 400, Chattanooga
Mindfulness uses a variety of simple to learn techniques for developing present moment awareness. These include focused concentration activities such as focus on the body, breath or an object, open monitoring, movement and ethical enhancement activities. Like any skill, mindfulness requires practice to learn, and as with physical exercise, the mental benefits of mindfulness are sustained through ongoing practice.
29 Instructors including Dr. Matt McClanahan. Dr. Mukta Panda and Dr. Nickie Soufleris (psychiatry) are on the board of directors with Dr. MClanahan.

Janka Livoncova, E-RYT 500
breathingbody.net44
423-488-5406
Signal Mountain
Insight Meditation Teacher, Registered Yoga Teacher (E-RYT 500) and a trained Somatic Movement Educator. Leads the Chattanooga Insight Group and co-facilitates Awakening Truth’s Interactive Inquiry Calls on Sundays as well as leading the 8-week Mindfulness-Based Stress Reduction courses and other mindfulness programs at the Center for Mindful Living since they opened in January 2013.

Rod Francis, ACC HPC
rodfranciscoaching.com
423-713-3576
Professionally credentialed with the International Coach Federation (ICF), an associate member of the International Positive Psychology Association (IPPA) and a professional member of the American Mindfulness Research Association (AMRA). CFM Qualified MBSR Teacher with the Center for Mindfulness at UMass. Head of Coach Training for the Bulletproof Training Institute. Works with Nutrition World and Center for Mindful Living

Body-Mind Centering

Janka Livoncova – see above
breathingbody.net

Movement Therapy

Sydney Craig
Pilates Tonic
pilatestonic.com
423-702-5233
401 North Market Street, Suite B, Chattanooga
Fully certified Pilates instructor through the Pilates Method Alliance (PMA). Also certified by the Fascial Fitness Association and is a Nutritious Movement™ certified Restorative Exercise. Credentialed Integral Master Coach™.
3 other instructors at this location.
Lisa Flores – see above
Norspring
norspring.com/otherservices
423-304-5695

**Carl Meadows, RYT, C.H.E.K. L1**
Chattanooga Holistic Medicine
chattanoogaholisticmedicine.com
423-682-8183
1000 East Third Street, Suite 103, Chattanooga
Bachelors of Science in Social Sciences, Troy University, Troy, AL, AFFA Certified Personal Trainer, SmartFlow Certified Yoga Instructor, C.H.E.K Level 1 Holistic Lifestyle Coach
Services: Pilates, functional strength and flexibility coaching, yoga, breath-work, meditation, mindfulness

**Chiropractic (holistic)**

**Matt and Monica Smith, DC**
REV Centre for Optimal Living
revoptimalliving.com
423-713-7390
417 Frazier Avenue, Ste. 101, Chattanooga
Monica Smith -- She received her Doctor of Chiropractic degree from Life University. She is not only an advocate of Optimal Living, she practices what she teaches every day in her own life.
Matt Smith earned a Bachelor’s degree in Biology. Growing up an athlete, He understood the importance of making sure his body was functioning at its best. He found that chiropractic care allowed him to live free of back pain that had bothered him since he was 17 years old.

**Dave Aitken, DC**
Tonal Spine Chiropractic
tonalspine.com, dave@tonalspine.com
423-405-3330
110 Woodland Avenue, Chattanooga
Specializes in Network Spinal Analysis and Somato Respiratory Integration and is a dedicated reorganizational healing practitioner.

**Herbalist**

**Holli Richey, LCSW, RH (AHG)**
hollirichey.com
423-240-4578
Registered Herbalist with the American Herbalist Guild and a psychotherapist practicing in Chattanooga, TN. Received a MS in Herbal Medicine and is a LCSW.

**David Tharp** – see above for info
whitetortoise.com

**Functional Medicine**

**Scott Resnick, MD**
Chattanooga Functional Medicine
chattanoogafunctionalmedicine.com
423-760-4880
309 C North Market Street, Chattanooga
Fellowship trained in anti-aging medicine in Chattanooga, formally trained in general surgery and Ob/Gyn. Offers bioidentical hormone replacement regimens.

Psychiatry (holistic)

Vijaya Appareddy, MD
Tri-State Psychiatric Services
499-6165
6918 Shallowford Road, Chattanooga
Dr. Appareddy is board certified in Psychiatry and Neurology, Child and Adolescent Psychiatry, and Addiction Medicine.

Stephen Becker, MD
UT Erlanger Behavioral Health
778-5945
632 Morrison Springs Road, Suite 103, Chattanooga
Dr. Becker is board certified in Psychiatry and Neurology.

Jonathan Cohen, MD
Behavioral Health Associates
899-0024
6216 Airpark Drive, Chattanooga
Dr. Cohen is board certified in Psychiatry and Neurology.

Melisa Couey, MD
Comprehensive Psychiatric Care
708-8670
7161 Lee Highway, Suite 400, Chattanooga
Dr. Couey is board certified in Psychiatry and Neurology.

Kevin Ferguson, MD
648-9290
7345 Courage Way, Suite 100, Chattanooga
Dr. Ferguson is board certified in Psychiatry and Neurology, and Child and Adolescent Psychiatry.

Denis Kennedy, MD
CHI Memorial Hospital Care Associates
495-2620
2525 DeSales Avenue, Chattanooga
Dr. Kennedy is board certified in Psychiatry and Neurology.

Jennie Mahaffey, MD
UT Erlanger Behavioral Health – Medical Mall
778-2965
979 East Third Street, Suite B1010, Chattanooga
Dr. Mahaffey is board certified in Psychiatry and Neurology.

A. Lee Solomon, MD
Behavioral Health Associates
899-0024
6216 Airpark Drive, Chattanooga
Dr. Solomon is board certified in Psychiatry and Neurology, and Child and Adolescent Psychiatry.

Mari Lilly, MD
brainmatterseeg.com
423-870-0036
901 Mountain Creek Road, Suite 200, Chattanooga
Mari L. Lilly, MD is a psychiatrist who is board-certified in Neurology and Psychiatry. She specializes in outpatient treatment of adults and older adolescents, combining psychotherapy, EEG biofeedback (neurofeedback), hypnosis, and other progressive treatments along with medication and other biological treatments.

Nickie Soufleris, MD
423-266-5427
113 Stringer Street, Chattanooga

Nutrition/Supplementation
Ed Jones
Nutrition World
nutritionw.com
892-4085
6201 Lee Highway, Chattanooga
Earned a degree in holistic nutrition training, is a member of the American Botanical Council, the American College of Nutrition, the Vitamin D Council and the Pastoral Medical Association. Received certification from German New Medicine.

Patrick Wortman MS, RD, LDN, NSCA
CHI Memorial Integrative Medicine Associates
chimemorialmedicalgroup.org/46.451/chi-memorial-integrative-medicine-associates
423-643-2246
320 East Main Street, Chattanooga
Specialty: Nutrition and Fitness
Education: Master of Science, Nutrition with Exercise Science Concentration, University of Tennessee
Certification: Registered Dietitian, Certified Personal Trainer. Patrick is a registered dietitian and a National Strength and Conditioning Association certified personal trainer.

Behavioral / Psychotherapy
Please see the LifeBridge website for a listing of counselors who are part of the LifeBridge program. Additional counseling options are listed below but are not part of the LifeBridge referral program.

Jenny Phillips, PA
Chattanooga Complementary Care
Jenny Phillips was born and raised in Chattanooga and has spent more than 11 years practicing integrative medicine at one of the area’s largest primary care clinics. She graduated with a Bachelor of Science in Biology and a Bachelor of Arts in Psychology from Bryan College in 2002, then attended Trevecca Nazarene University where she received a Masters of Medical Science in Physician Assistant studies in 2005.

Tyler Orr, LPC
tylerorr.com
tyler@tylerorr.com
423-244-5918
Chattanooga Center for Mind-Body Therapy
6245 Vance Road, Suite 109, Chattanooga
Tyler Orr is a Licensed Professional Counselor (LPC/MHSP) and National Certified Counselor (NCC) dedicated to offering holistic and experiential assistance that exceeds the boundaries of traditional talk therapy. He offers an interactive, here-and-now, body-centered approach to counseling that integrates mindfulness, non-duality, somatic and attachment focused EMDR, and Somatic Experiencing® techniques. He works with chronic pain patients.

Holli Richey, LPC – see above
hollirichey.com

Tracy McKay, MA, LPC, MHSP
423-771-9138 or 781-0542
1401 Carter Street, Suite 102, Chattanooga
Also at Richmont Institute of Trauma Recovery, 1815 McCallie Avenue, Chattanooga 423-266-4574
I am interested in working with people facing issues of bereavement and loss, self-esteem, perfectionism, depression, and anxiety. Additionally, I have specialized training in trauma treatment, including single episodic trauma as well as prolonged exposure to trauma resulting from emotional, physical, and sexual abuse.

Heather Dryden, LPC
423-815-1447
1401 Carter Street, Chattanooga
No web presence

Denise Powell, LCSW, ACSW, MBCCH, CEAP
Transitions Counseling
www.transitionscounseling.net
denisepowell@transitionscounseling.net
423-855-7977 ext. 2
6918 Shallowford Road, Suite 317, Chattanooga
I am a Licensed Clinical Social Worker with over 25 years of experience. I provide outpatient therapy for a variety of concerns including addiction, trauma, relationship concerns, depression and anxiety. I utilize various modalities including traditional talk therapy with an emphasis in Cognitive Behavioral Therapy, 12 Step facilitation, specialized trauma work with the use of Rapid Resolution Therapy™, and
hypnotherapy. My previous experience was in Employee Assistance where I developed expertise in training and consultation addressing workplace concerns. As a Substance Abuse Professional, I am qualified to provide SAP in accordance with Department of Transportation Regulations. The therapeutic process remains fluid, adjusting to the needs of the individual. I integrate various modalities, including Rapid Resolution Therapy™, hypnosis, relaxation, and mindful awareness. In addition, when working with individuals with addiction concerns, I incorporate 12 Step facilitation promoting a lifestyle of recovery. My approach is intentional in facilitating overall well-being for each individual approaching therapy in the direction of building on strengths and what is in each person’s best interests.

Certifications: Certified Practitioner Rapid Resolution Therapy™, Substance Abuse Professional (SAP), National Board of Certified Clinical Hypnotherapy (NBCCH), Critical Incident Stress Debriefing (CISD)

Roots Counseling Center
rootscounselingcenter.com
423-682-8402
3421 Dayton Blvd., Chattanooga
Roots Counseling Center is a Christian mental health center interested in caring for the whole person – body, mind and spirit. Numerous counselors and therapists on staff, also a registered dietitian.

Henegar Counseling Center
henegarcc.com
1815 McCallie Avenue, Chattanooga
423-756-2894
Offers a broad range of counseling and psychological services, delivered with the highest professional standards while remaining faithful to the Christian tradition of faith and caring. 21 providers on staff.

The Transformation Center
thetransformationcenter.org/
423-499-9335
7209 Hamilton Acres Circle, Chattanooga – also a location in Dayton
The Transformation Center is a faith-based counseling center that exists to serve the greater Chattanooga and Dayton communities by teaching families and individuals the skills necessary to break negative behavior patterns and live healthy, functional lives. 18 providers on staff.

Nora Moore, SPLE RN
CHI Memorial Integrative Medicine Associates
chimemorialmedicalgroup.org/46.451/chi-memorial-integrative-medicine-associates
423-643-2246
320 East Main Street, Chattanooga
Ms. Moore is a Senior Licensed Psychological Examiner with almost 20 years of experience in the field of counseling. She has worked in a number of settings including home health care, mental health centers, and inpatient and outpatient therapy.

Jason Reich, LPC
CHI Memorial Integrative Medicine Associates
chimemorialmedicalgroup.org/46.451/chi-memorial-integrative-medicine-associates
423-643-2246
320 East Main Street, Chattanooga
Education: Double major in Psychology and Spanish, with a minor in Latin American Studies, Flagler College, St. Augustine, FL; M.A. in Mental Health Counseling, Asbury Theological Seminary, Wilmore, KY. Uses cognitive and behavioral therapy techniques.

Neurofeedback
Mari Lilly, MD – see above
brainmatterseeg.com

Christy Tittsworth, NP, RN
www.healingmindsrn.com
423-933-2608
100 Cherokee Blvd., Suite 2005, Chattanooga (Business Development Center)
Board certified neurotherapist,
Provides neurofeedback to adults and children to improve their health by improving their ability to manage stress.

Health Coaching
Choices Wellness Coaching
Mike and/or Sheri Goins
choiceswc.com
443-253-2145
Life & relationship coaching for individuals and groups, to help them make positive habit and lifestyle changes that impact all aspects of life. Offering Epic Love Coaching Experience for marriages.

Syndey Craig
miraclemindedbody.com
Integral Master Coach -- Integral Coaching® is a discipline that enables you to become more aware of your current approach to situations, to see new possibilities and then to build sustainable new competencies to achieve outcomes that deeply matter to you.

Rod Francis – see above
rodfranciscoaching.com

Physical Therapy
Chattanooga Physical Therapy
chattanoogaphysicaltherapist.com
423-381-0139
Two physical therapists, numerous modalities.

River City PT
rivercity-pt.com
423-299-5461
1941 Dayton Blvd., Chattanooga
Andrea Abercrombie
Spiritual Direction
Russell Courtney
thesoulcareproject.org
Russell@thesoulcareproject.org
423-322-7484
Russell Courtney serves as Executive Director and Co-Founder and is much of the spiritual mind and meditation behind The SoulCare Project. Russell is a Spiritual Director and meets individually with people helping them discover ways to practice self-care and self-compassion.

Creative Outlets
Jas Milam, Art Therapist, MAAT
423-708-4228
https://jasmilam.com/
Daily Practice
1322 Dodds Avenue, Chattanooga

Townsend Atelier
423-266-2712
info@townsendatelier.com
301 East 11th, Chattanooga
Offers a variety of painting classes and fine arts supplies.

Art Creations
267-0072 (North Shore) | 531-7606 (Hamilton Place)
https://art-creations.com/
201 Frazier Avenue or 7351 Commons Blvd.
Offers a variety of drawing, painting and mixed media classes.

Scenic City Clay Arts
423-883-1758
https://www.sceniccityclayarts.org/
301 East 11th Street, Suite 100, Chattanooga
Beginning to advanced pottery and clay work classes.

The Chattery
423-413-8978
info@thechattery.org
http://www.thechattery.org/
Wide variety of arts, crafts, personal growth and wellness and some tech classes.

Painting with a Twist
423-891-4228
www.paintingwithatwist.com
1309 Panorama Drive, Suite 111
Painting classes with alcohol.
Insane Rhythm Music Lessons
423-762-0248
www.insanerhythmmusic.com
4706 Brainerd Road, Ste. 110
Drums, guitar, piano, bass, voice lessons.

Weave: A Conceptual Dance Company
423-954-0115
http://www.weavedancecompany.com/
1070 Graysville Road, Chattanooga
Dance company offering both children’s and adult dance classes. Adult classes are beginner level, recreational only.

Chattanooga Dance Theatre
423-760-8808
http://www.chattanoogadancetheatre.com/
5151 Austin Road, Suite A, Hixson
Adult dance classes including ballet, modern, jazz, hip hop and acro dance.

Outdoor or Athletic Activities

Outdoor Chattanooga
423-643-6888
www.outdoorchattanooga.com
200 River Street, Chattanooga
Land, air, water classes and activities: hiking, rock climbing; horseback riding, disc golf, backpacking, clay shooting, fishing, rowing, paddling, tubing, hang gliding, sky diving plus much more. Includes classes and activities as well as outdoor ambassadors.

Chattanooga Track Club
423-842-6265
http://www.chattanoogatrackclub.org/home.cfm
Holds weekly group runs, annual road races, youth activities in addition to major events such as marathons.

Dojo Chattanooga
423-267-0855
www.dojochattanoogan.com
323 Cherokee Blvd., Chattanooga
Offers adult and youth Five Animal kenpo, Wing Chun kung-fu, fencing, adult fitness kickboxing.

Chattanooga Krav Maga
423-991-1496
www.chattkrav.com
3741 Ringgold Road, East Ridge
Krav Maga + Brazilian Jiu-Jitsu

The Chattanooga Bicycle Club
Sharon Russell slr.tnruss@gmail.com
https://chattanoogabicycleclub.com/
P.O. Box 11495 Chattanooga 37401
CBC is a strong cycling advocate whose mission is to educate, promote and advocate bicycling for transportation, fitness and recreation.

**Financial Planning Resources**

**Southeastern Trust**
1 Union Square
Suite 600
Chattanooga 37402
Jonathan “Bart” Rolen, CEO
Teresa Whitton, CFP, CTFA, President

**Raymond James**
537 Market Street
Suite 105
Chattanooga, TN 37402
423-756-2371

**Atlantic Capital**
1110 Market Street
Suite 300
Chattanooga, TN 37402
Debbie Scott, Private Banker – 423-308-2179

**Suntrust**
736 Market Street
Chattanooga, TN 37402
Drew Martini, Client Advisor – 423-757-3348, drew.martini@suntrust.com
Numerous other advisors listed

**HHM Wealth**
1200 Market Street
Chattanooga, TN 37402
423-826-1670
Travis Hutcheson, Managing Partner and Wealth Advisor -- 423-933-1826,
thutchinson@hhmwealth.com

**Evergreen Advisors**
1206 Pointe Centre Drive
Chattanooga, TN 37421
423-933-1914
Jim Place, CFP, Principal – 423-933-1818, jplace@evergreenadvisors.com
Michael O’Donnell, CFP, CPA, Partner – 423-933-1828, modonnel@evergreenadvisors.com
Jayme O’Donnell, Partner – 423-933-1824, jodonnell@evergreenadvisors.com

Franklin Wealth Management
4700 Hixson Pike
Hixson, TN 3733
423-870-2140
Joe Franklin, CFP, President

Lawson Winchester Wealth Management
325 Cherokee Blvd.
Suite 301
Chattanooga, TN 37405
423-648-0570
Matthew Lawson, CRPC, Managing Partner, Branch Manager
William Winchester III, CRPC, Managing Partner, Branch Manager

First Tennessee
975 East Third Street
Chattanooga, TN 37403
Carolyn Fryar, Vice President, Senior Private Banker, Private Client Services – Cgfryar@firsttennessee.com

Synovus Bank
800 Market Street, Suite 100, Loveman's Building
Chattanooga, TN 37405
Office: 423.643.8873
Cell: 504.458.5229
Maggie Tanner, Vice President, Private Wealth Advisor – Maggie.tanner@synovus.com