

Choosing a mental health clinic for individual therapy can feel strangely personal and strangely administrative at the same time. You may be looking for help with anxiety, burnout, depression, eating disorders, perfectionism, religious trauma, relationship stress, identity questions, or a season of life that has become harder to carry than you expected. At the same time, you are trying to compare credentials, services, appointment formats, specialties, and whether the person on the other end of the phone seems to understand what you are asking for.



That combination can be exhausting. It is common for people to begin the search when they are already depleted. They may have spent months telling themselves they should be able to manage. They may have tried exercise, journaling, time off, prayer, distraction, stricter routines, looser routines, new planners, better sleep habits, or simply pushing through. By the time they search for a Psychotherapist, Counselor, or Mental health clinic, they are often not looking for a perfect experience. They are looking for a place where they can exhale, tell the truth, and receive competent care.

Individual Therapy is not one single thing. It is a professional mental health service that uses communication and therapeutic interaction to assess, diagnose when appropriate, and treat emotional reactions, thinking patterns, and behavior patterns that are causing distress or impairment. It can be offered by different kinds of licensed mental health professionals, including clinical psychologists, counselors, social workers, psychiatrists, and other trained clinicians, depending on the setting and the clinician's role. The best fit is not always the person with the longest biography or the clinic with the most polished website. The best fit is usually where clinical competence, personal safety, accessibility, and the problem you want help with meet in a practical way.

## **Start with what you need help carrying**

Before comparing clinics, it helps to name what is bringing you to therapy in plain language. You do not need a perfect diagnosis. You do not need to know the right clinical term. In fact, many people begin with something more human than clinical: "I cry after work and I do not know why," "I cannot stop replaying conversations," "I feel numb in my marriage," "I am successful but constantly terrified of failing," "I cannot make peace with my body," "I left a religious community and still feel afraid," or "I keep reacting as if the past is happening now."

Those sentences matter. They tell you what kind of clinic may be most useful. A person seeking help for panic and chronic worry may look for clinicians who regularly work with Anxiety. Someone dealing with persistent low

mood, loss of interest, and self-criticism may ask about Depression. A client whose life is shaped by rigid standards, shame after small mistakes, and fear of disappointing others may want a therapist who understands Perfectionism. Someone whose distress is tied to food, body image, or patterns of restriction or bingeing may need a clinic familiar with Eating Disorders. A person who feels emotionally and physically depleted after sustained pressure at work may be looking for support with Burnout.

Naming the concern also helps you avoid overgeneralizing your search. "Therapy" is a broad term. A mental health clinic may provide individual therapy, Couples Therapy, Group Therapy, Premarital Counseling, Sex Therapy, EMDR Therapy, BIPOC Therapy, LGBTQ-Affirming Therapy, or Therapy for Female Executives, but the presence of those words on a service menu does not automatically mean every clinician provides every service. A clinic may have one therapist trained in a particular approach, several clinicians who work with a population, or a referral process for specialized needs. It is reasonable to ask directly.

## **What a mental health clinic can offer that a solo practice may not**

A mental health clinic is often a place where several clinicians provide mental health services within a shared setting. That might include psychologists, counselors, social workers, or other licensed professionals, depending on the clinic. Some clinics also organize care by specialty, such as trauma, relationships, identity-affirming care, or executive stress. Others function as general practices with clinicians who each have their own focus.

The main advantage of a clinic is that it may give you more than one possible path into care. If one Psychotherapist does not have openings, another might. If your initial concern changes over time, the clinic may be able to help you think through whether individual therapy remains the right fit or whether a different service, such as group therapy or couples therapy, should be considered. This does not mean bigger is always better. Some people prefer the simplicity and intimacy of an independent practice. Others appreciate the structure of a clinic, especially when they are unsure what kind of therapist they need.

The trade-off is that clinics vary in how personal they feel. Some have a warm, thoughtful intake process. Others may feel more procedural. Neither tells the whole story. A beautifully written website cannot guarantee a good therapeutic relationship, and a brief intake call cannot reveal everything about a clinician's skill. Still, the way a clinic responds to your first questions can give you useful information. Do they answer clearly? [Psychotherapist](#) Do they explain the difference between services? Do they respect your concerns without rushing you into a slot? Do they tell you when a different type of provider may be more appropriate?

## **Credentials matter, but so does role clarity**

The word therapist is used widely, but when you are choosing care, role clarity matters. A psychotherapist is a professionally trained and licensed mental health professional who treats mental, emotional, and behavioral concerns through psychological means. This broad category can include different professionals, such as clinical psychologists, counselors, social workers, psychiatrists, psychiatric nurses, and others whose training and licensing permit them to provide psychotherapy.

A psychologist is professionally trained in psychology, the scientific study of mind and behavior. Psychologists commonly hold doctoral training in psychology and may provide assessment, counseling, and other mental health services. Counselors and social workers may also provide psychotherapy when they are trained and licensed to do so. The title alone does not tell you everything about fit. What matters is whether the clinician is appropriately licensed or supervised according to their role, whether they have experience with your concern, and whether they can explain how they work in a way you can understand.

It is appropriate to ask a clinic who you would be seeing and what that clinician is trained to provide. This is not rude. It is part of informed care. A good clinic will not make you feel difficult for asking.

Useful questions for a first call or consultation include:

1. What type of licensed professional would I be meeting with?
2. Does this clinician regularly provide Individual Therapy for concerns like mine?
3. If I am interested in EMDR Therapy, Sex Therapy, or another specialty service, what training does the clinician have?
4. How does the clinic decide which therapist is a good fit for a new client?
5. If it is not the right fit, can the clinic suggest another service or provider type?

Those five questions can save weeks of frustration. They also give you a feel for whether the clinic speaks plainly or hides behind vague reassurance.

## **Pay attention to specialization without being dazzled by labels**

Specialty language can be genuinely helpful. It can also become confusing. A clinic may name many services because it wants clients to find the right door. That does not mean every service is interchangeable.

EMDR Therapy, for example, is a therapeutic intervention used for mental health conditions and traumatic or distressing experiences, and it should be administered by a clinician trained in EMDR. If you are seeking EMDR specifically, it is fair to ask whether the therapist has completed EMDR training and whether EMDR is appropriate for your concern. Not every person with trauma-related distress wants or needs the same approach. Some clients benefit from careful stabilization and trust-building before addressing traumatic material directly. Others come in specifically looking for a method that addresses distressing memories. The point is not to choose a trendy acronym. The point is to choose care that matches your clinical needs and readiness.

Sex Therapy is another area where training matters. Sexual concerns often involve medical, emotional, relational, cultural, and identity-related layers. A clinician offering sex therapy should have specific training in sexual health and therapy, not merely comfort talking about sex. Professional certification in this area requires graduate-level sex therapy training and approved coursework or training hours. If your concern involves desire differences, pain, shame, sexual trauma, sexual identity, compulsive patterns, or conflict with a partner, you deserve someone who treats the subject with skill and respect.

Couples Therapy is different from individual therapy. It focuses on problems within and between partners that affect the relationship. Sessions may begin individually, but they are usually conducted with both partners together. If you are searching for individual therapy because your relationship is painful, that can be a good place to begin. You may need space to understand your own feelings, safety, boundaries, and choices. But if the primary goal is to change the relationship dynamic, the clinic may recommend couples therapy instead of, or alongside, individual work. Premarital Counseling also has its own focus, often helping partners talk through expectations, communication, commitment, values, sex, money, family, and conflict before marriage. It is not simply "therapy lite." Done well, it creates room for honest conversations that couples may otherwise avoid.

Group Therapy can also be a meaningful mental health service, though it is not the same as individual care. Some people are hesitant about groups because they imagine being forced to disclose too much too quickly. A well-run group has structure, boundaries, and a clear purpose. For certain concerns, being in a room with others who understand can reduce isolation in a way individual therapy cannot fully replicate. Still, if your immediate need is privacy, stabilization, or focused assessment, individual therapy may be the better starting point.

# The therapeutic relationship is not a luxury detail

People sometimes treat therapist fit as if it is a matter of personality alone. It is more than that. You are not hiring a friend. You are entering a professional relationship where honesty, privacy, judgment, and emotional safety matter. You need someone you can talk to, but also someone who can help you notice patterns, tolerate difficult material, and make changes that may feel uncomfortable at first.

A good individual therapist does not simply validate everything you say, nor do they challenge you so aggressively that you shut down. The work often lives in the middle. If you are burned out, you may need help seeing the cost of constant overfunctioning. If you struggle with perfectionism, you may need someone who respects your ambition while gently questioning the fear underneath it. If you are depressed, you may need both compassion and structure. If anxiety has narrowed your life, therapy may involve learning to relate differently to uncertainty, not just seeking reassurance. If you are processing religious trauma, you may need a clinician who can distinguish between spiritual language, coercive control, grief, family rupture, and the slow rebuilding of trust in your own inner life.

Fit is especially important when identity shapes the therapy experience. BIPOC Therapy and LGBTQ-Affirming Therapy are not marketing decorations. For many clients, they signal a need for care that understands how culture, race, sexuality, gender, family expectations, safety, belonging, and marginalization can affect mental health. A therapist does not need to share every part of your identity to help you, but they do need humility, training, and the ability to listen without making you educate them at every turn. If you find yourself spending most of your sessions explaining why something was harmful rather than receiving care, that is important information.

Therapy for Female Executives is another example of a service label that may speak to a specific lived pressure. A high-performing woman in leadership may be dealing with burnout, loneliness, scrutiny, impossible standards, caregiving demands, workplace bias, or the emotional cost of always appearing composed. The right therapist will not reduce those concerns to generic stress management. They will understand that achievement can coexist with anxiety, grief, anger, or exhaustion.

## The intake process tells you more than you might think

The first contact with a clinic is often practical. You may fill out a form, leave a voicemail, or schedule a consultation. It can feel like an obstacle between you and help. But the intake process can also reveal how the clinic thinks.

A thoughtful intake does not need to be long. It should gather enough information to guide you toward an appropriate clinician or service. You may be asked what brings you to therapy, whether you are looking for individual, couples, group, or another kind of care, and whether you have preferences around therapist identity, specialty, or approach. You may also be asked about your availability and logistical needs. If the **Couples therapy** clinic cannot meet your needs, a responsible response is not to pretend otherwise.

Notice whether you feel pressured to accept the first available appointment even if it does not match what you asked for. Availability matters, especially when distress is high, but speed is not the only measure of care. A fast appointment with the wrong provider may leave you feeling discouraged. On the other hand, waiting indefinitely for the “perfect” therapist can become its own barrier. Sometimes the wisest move is to begin with a competent clinician who is a good enough match, then reassess after a few sessions.

I often think of the first few appointments as a mutual assessment. The therapist is learning about your history, goals, symptoms, strengths, and context. You are learning whether the therapist listens well, asks useful

questions, explains their thinking, and responds to feedback. You do not have to decide everything after one session. At the same time, you do not have to ignore your discomfort if something feels dismissive, shaming, or confusing.

## **When you are not sure what type of therapy you need**

Many people search for a mental health clinic with only a vague sense that something is wrong. That is a valid reason to reach out. Individual therapy often begins with uncertainty. You may not know whether your problem is anxiety, depression, trauma, burnout, relationship distress, grief, or all of the above. Human beings rarely arrive in neat categories.

A skilled clinician can help sort this out. Psychotherapy includes assessment, diagnosis when appropriate, and treatment of emotional, cognitive, and behavioral patterns. That does not mean you will be reduced to a label. It means the therapist should be able to think clinically about what is happening, not only offer sympathy. If your symptoms overlap, the early work may involve identifying patterns. When do symptoms appear? What makes them worse? What helps? How long has this been going on? What have you already tried? What feels risky to say out loud?

For example, a client may come in saying, "I think I have burnout." As therapy unfolds, the clinician may notice elements of perfectionism, anxiety, and depression. The client may be carrying impossible standards at work and home, sleeping poorly, feeling detached from friends, and experiencing shame whenever they rest. Another client may come in for depression and discover that a history of religious trauma has shaped their fear of desire, anger, autonomy, or pleasure. Someone seeking therapy for relationship distress may realize that individual therapy is the right place to understand their own boundaries before entering couples therapy.

The right clinic will leave room for that complexity. It will not force your story into the first keyword you used.

## **Red flags and green flags in plain sight**

A clinic does not have to be perfect to be helpful. Therapists are human, schedules are imperfect, and administrative systems can be clunky. Still, some patterns deserve attention.

Green flags often appear in how a clinic communicates. They explain services clearly. They distinguish between individual therapy, couples therapy, group therapy, sex therapy, and specialized approaches like EMDR therapy. They can tell you whether a clinician is trained for the service being offered. They answer questions about fit without sounding defensive. They are honest when they do not provide what you need.

Red flags include vague claims that every clinician treats every concern, reluctance to discuss training for specialized services, dismissive responses to questions about identity-affirming care, or pressure to continue with a therapist after you have clearly explained that the fit does not feel right. Another red flag is a therapist who talks so much about their own views that your life becomes secondary. Therapy is collaborative, but the focus should remain on your care.

A balanced way to evaluate your first sessions is to ask yourself:

1. Do I feel respected, even when the conversation is difficult?
2. Does the therapist seem to understand the concern that brought me in?
3. Can the therapist explain how we might work together?
4. Do I feel able to give feedback or ask questions?
5. Am I noticing even a small increase in clarity, steadiness, or honesty?

You do not need a dramatic breakthrough to justify continuing. Often, early progress looks like being able to name something accurately for the first time.

## **Matching the clinic to your season of life**

The best clinic for you at one stage may not be the best clinic forever. Someone in a crisis of identity after leaving a religious community may need a therapist skilled in religious trauma and shame. Later, that same person may want sex therapy to rebuild a relationship with desire, or couples therapy to communicate differently with a partner. A young professional may begin therapy for anxiety and later discover that burnout and perfectionism are central. A senior leader may seek Therapy for Female Executives because the usual advice about boundaries does not account for the complexity of her role.

This is one reason clinics with multiple mental health services can be useful. They may offer continuity across different needs. But continuity should not come at the expense of fit. If your clinic offers many services but none are truly appropriate for your concern, it is better to seek a more fitting provider elsewhere. Good care is not about staying within one system at all costs. It is about receiving the right help.

For BIPOC and LGBTQ clients, matching may also involve asking whether the clinic's affirming language is reflected in actual clinical practice. A website can say LGBTQ-Affirming Therapy, but the therapy room is where affirmation becomes real or not. Does the therapist ask respectful questions? Do they avoid assumptions about family, gender, sex, faith, culture, or partnership? Can they hold both pain and resilience? Do they understand that identity is not always the "problem," even when identity-related stress affects mental health?

The same is true for culturally responsive BIPOC Therapy. A client may want space to talk about family obligation, code-switching, racism, intergenerational expectations, workplace pressure, or the exhaustion of being misunderstood. Therapy should not flatten those realities into generic coping skills.

## **Practical realities are part of clinical fit**

It is tempting to separate the "real therapy" from logistics, but logistics shape whether therapy can continue. Appointment times, location, virtual or in-person availability, fees, insurance, cancellation policies, and communication norms all matter. A clinic may have an excellent clinician whose only opening is during your standing work meeting. Another may be clinically strong but too far away for you to attend consistently. If therapy becomes a weekly logistical crisis, the care may not be sustainable.

At the same time, practical limitations do not mean you are failing. Many people have to make imperfect choices. A parent may need a morning appointment after school drop-off. A physician, attorney, teacher, executive, or shift worker may have narrow windows. Someone with depression may struggle to attend early appointments. Someone with anxiety may find phone calls difficult and prefer online scheduling. These details are not trivial. They affect access.

If you are choosing between two clinics, one with the ideal specialty and difficult logistics, another with a solid generalist and realistic access, consider the severity and specificity of your concern. For highly specialized needs, such as EMDR therapy for traumatic or distressing experiences or sex therapy for complex sexual concerns, training may outweigh convenience. For broader concerns like stress, life transitions, mild to moderate anxiety, or early exploration of depression, a well-matched general therapist with consistent availability may be a strong starting point.

The judgment call is personal. What matters is that you make it consciously rather than assuming the most specialized option is always best or the easiest option is always enough.

## What individual therapy can and cannot do

Individual therapy gives you a private therapeutic relationship focused on your inner life, patterns, symptoms, choices, and goals. It can help you understand yourself more clearly, work through distress, change behavior patterns, process painful experiences, and develop new ways of relating to thoughts, emotions, and relationships. It can also help you decide whether another service might be useful.

But individual therapy is not a magic container for every problem. If the central issue is a relationship pattern between partners, couples therapy may be needed. If isolation is a major part of the suffering, group therapy might offer something individual work cannot. If sexual concerns are central, sex therapy may provide more specialized care. If distressing experiences remain highly activated, EMDR therapy with a trained clinician may be worth discussing. If your needs involve diagnosis, assessment, or treatment planning beyond the scope of one provider, a clinic may help clarify next steps.



A trustworthy therapist will not promise that therapy will fix everything. They will help you understand what the work can reasonably address. They will also revisit goals as therapy unfolds. The reason you begin therapy may not be the reason you stay. A person who starts with panic attacks may later work on grief. A client who comes for work burnout may eventually **Counselor** confront family patterns. Someone who begins with depression may discover anger that has been buried for years. Therapy often follows the thread that matters most, even when that thread was not visible at the beginning.

## Trust your experience, but give the process enough room

There is a delicate balance between trusting your gut and allowing therapy to feel unfamiliar. Many people leave a first session unsure. They may have shared more than expected and feel exposed. They may have wanted immediate relief and instead feel tired. They may like the therapist but feel afraid of needing help. None of that automatically means the fit is wrong.



On the other hand, if you feel judged, stereotyped, rushed, or consistently misunderstood, pay attention. Therapy can be challenging without being harmful. A good therapist can tolerate your questions. They can repair small misattunements. They can explain why they are asking something. They can adjust when an approach is not working. If you bring up a concern and the therapist becomes defensive or dismissive, that tells you something.

I have seen people benefit from saying, "I am not sure this is helping yet, but I want to understand the plan." That sentence often opens an important conversation. The therapist may clarify goals, adjust the pace, or acknowledge that another provider may be a better match. Avoiding that conversation can leave both people guessing. Speaking it aloud can restore collaboration.

## **A clinic should help you feel less alone in the search**

Choosing a mental health clinic for individual therapy is not just a consumer decision. It is an act of care toward a part of your life that may have been neglected, minimized, or hidden. You are allowed to be discerning. You are

allowed to ask about credentials, training, specialty services, identity-affirming care, and whether the clinic has experience with your concerns. You are allowed to want both warmth and competence.

The right mental health service should not require you to translate your pain into perfect clinical language before anyone will help. You can begin with the words you have. "I am anxious all the time." "I think I am depressed." "I cannot keep living at this pace." "My relationship with food scares me." "I left my faith community and feel lost." "I am successful, but I do not feel free." "I need a **Mental health clinic** therapist who understands my identity." "I want individual therapy, but I may also need couples therapy later."

A good clinic will know how to start there. It will help you move from overwhelm toward clarity, one conversation at a time.

**Name:** Destination Therapy

**Address:** 3730 Kirby Dr Suite 204, Houston, TX 77098

**Phone:** (346) 266-2912

**Website:** <https://thedestinationtherapy.com/>

**Email:** [hello@thedestinationtherapy.com](mailto:hello@thedestinationtherapy.com)

**Hours:**

Sunday: Closed

Monday: 8:00 AM - 6:00 PM

Tuesday: 8:00 AM - 6:00 PM

Wednesday: 8:00 AM - 6:00 PM

Thursday: 8:00 AM - 6:00 PM

Friday: 8:00 AM - 6:00 PM

Saturday: 9:00 AM - 2:00 PM

**Open-location code / plus code:** PHMJ+56 Greenway / Upper Kirby Area, Houston, TX, USA

**Map/listing URL:** <https://maps.app.goo.gl/Jb9D6mv5G63BW4vUA>

**Google Map:**

**Socials:**

<https://www.facebook.com/profile.php?id=100083268884089>

[https://www.instagram.com/destination\\_therapy/](https://www.instagram.com/destination_therapy/)

<https://www.linkedin.com/company/destination-therapy>

<https://www.yelp.com/biz/destination-therapy-houston>

<https://thedestinationtherapy.com/>

Destination Therapy provides psychotherapy and counseling services for adults and couples from its Houston office in the Upper Kirby area.

The practice offers individual therapy, couples therapy, EMDR therapy, sex therapy, premarital counseling, LGBTQ+ affirming therapy, BIPOC therapy, group therapy, and therapy in Spanish.

Clients can visit the Houston office at 3730 Kirby Dr Suite 204, Houston, TX 77098, or ask about secure telehealth options when located in an eligible state.

Destination Therapy serves Houston-area clients in person and provides telehealth for clients located in Texas, New York, California, Massachusetts, and Utah.

The team works with adults and couples navigating anxiety, burnout, depression, trauma, relationship stress, perfectionism, religious trauma, and other mental health concerns.

Destination Therapy emphasizes affirming, culturally responsive care for ambitious professionals, BIPOC clients, LGBTQ+ clients, and people with intersectional identities.

To ask about scheduling, call (346) 266-2912 or visit <https://thedestinationtherapy.com/>.

The public map listing for Destination Therapy points to its Houston office near Kirby Drive in the 77098 ZIP code.

Houston clients near Upper Kirby, River Oaks, Montrose, Greenway Plaza, and West University can contact Destination Therapy to ask about in-person and online therapy availability.

For urgent mental health emergencies, Destination Therapy directs people to emergency resources such as 988, 911, or the nearest emergency room rather than using the website or client portal for crisis support.

## **Popular Questions About Destination Therapy**

### **What does Destination Therapy do?**

Destination Therapy provides psychotherapy and counseling services for adults and couples. Publicly listed services include individual therapy, couples therapy, EMDR therapy, sex therapy, premarital counseling, LGBTQ+ affirming therapy, BIPOC therapy, group therapy, and therapy in Spanish.

### **Where is Destination Therapy located?**

Destination Therapy is located at 3730 Kirby Dr Suite 204, Houston, TX 77098. The practice is in the Upper Kirby area and also offers telehealth for eligible clients in select states.

### **Does Destination Therapy offer online therapy?**

Yes. Destination Therapy publicly lists secure telehealth services for clients located in Texas, New York, California, Massachusetts, and Utah. Clients should confirm eligibility and therapist availability directly with the practice.

### **Does Destination Therapy offer couples therapy?**

Yes. Destination Therapy offers couples therapy and premarital counseling. The practice works with couples navigating relationship stress, communication challenges, intimacy concerns, and other relational issues.

### **Does Destination Therapy offer EMDR therapy?**

Yes. EMDR therapy is one of the services publicly listed by Destination Therapy. EMDR may be used by trained clinicians as part of trauma-informed care when appropriate for the client's needs.

### **Does Destination Therapy serve LGBTQ+ and BIPOC clients?**

Yes. Destination Therapy publicly describes its approach as affirming, anti-racist, and culturally responsive. The practice lists LGBTQ+ affirming therapy and BIPOC therapy among its services.

### **What are Destination Therapy's hours?**

The public listing shows Monday through Friday from 8:00 AM to 6:00 PM, Saturday from 9:00 AM to 2:00 PM, and Sunday closed. Scheduling availability may vary by clinician, so clients should confirm appointment times directly.

### **Does Destination Therapy accept insurance?**

The official website states that Destination Therapy is a private-pay practice and may provide superbills for possible out-of-network reimbursement. Clients should confirm current fees and insurance-related details before scheduling.

### **Is Destination Therapy a crisis service?**

No. Destination Therapy states that its website and client portal are not for emergencies. In an immediate crisis or medical emergency, call 911, call or text 988, or go to the nearest emergency room.

## How can I contact Destination Therapy?

Call (346) 266-2912, email [hello@thedestinationtherapy.com](mailto:hello@thedestinationtherapy.com), visit <https://thedestinationtherapy.com/>, or view the practice on social media at <https://www.facebook.com/profile.php?id=100083268884089>, [https://www.instagram.com/destination\\_therapy/](https://www.instagram.com/destination_therapy/), and <https://www.linkedin.com/company/destination-therapy>.

## Landmarks Near Houston, TX

**Upper Kirby:** Destination Therapy's Houston office is located in the Upper Kirby area, making it a practical option for nearby residents and professionals seeking in-person therapy.

**Kirby Drive:** The office is located on Kirby Drive, a major local corridor connecting nearby neighborhoods, restaurants, offices, and residential areas.

**River Oaks:** River Oaks is a nearby Houston neighborhood. Residents can contact Destination Therapy to ask about in-person sessions at the Kirby Drive office or telehealth availability.

**Montrose:** Montrose is close to the Upper Kirby area and is a useful landmark for clients looking for affirming therapy services near central Houston.

**Greenway Plaza:** Greenway Plaza is a major business district near the office. Professionals in the area can ask Destination Therapy about appointment availability before, during, or after the workday.

**West University Place:** West University Place is near the Kirby Drive corridor. Adults and couples in this area can reach out to Destination Therapy for therapy options in Houston or online.

**Rice Village:** Rice Village is a well-known shopping and dining area near Upper Kirby. Clients nearby can contact Destination Therapy for care options at the Houston office.

**Rice University:** Rice University is a major Houston landmark near the 77098 area. Destination Therapy can be a local reference point for adults seeking therapy near central Houston.

**Levy Park:** Levy Park is a popular community park near Upper Kirby. People living or working nearby can ask Destination Therapy about in-person and telehealth scheduling.

**Menil Collection:** The Menil Collection is a notable cultural destination near Montrose. Clients in nearby neighborhoods can contact Destination Therapy for counseling services in the Houston area.

**Houston Museum District:** The Museum District is a major cultural area east of Upper Kirby. Destination Therapy serves Houston clients from its Kirby Drive office and through eligible telehealth options.

**Texas Medical Center:** The Texas Medical Center is one of Houston's largest employment and healthcare hubs. Busy professionals in the broader central Houston area can contact Destination Therapy to ask about therapy services.