

Self-understanding is not a single insight that arrives one afternoon and fixes everything. More often, it develops slowly. A person notices the same argument keeps happening in different relationships. A high-achieving professional realizes that every accomplishment is followed by a brief exhale, then another wave of pressure. Someone who has spent years calling themselves “too sensitive” begins to wonder whether their reactions make sense in light of what they have lived through.

Individual Therapy can offer a steady place to examine these patterns without having to perform, defend, or minimize them. In a confidential therapeutic relationship, a person can begin to name what has been hard to name, connect present struggles to older experiences, and practice responding to themselves with more accuracy and less shame.

A Psychotherapist or Counselor does not hand someone a personality report and call it self-knowledge. The work is more careful than that. Psychotherapy is a mental health service grounded in communication and interaction, used to assess, diagnose, and treat emotional reactions, thinking patterns, and behavior patterns that are causing distress or impairment. In practice, that means therapy often begins with ordinary details: how you sleep, what happens in your body when someone is disappointed in you, why rest feels unsafe, why a certain tone of voice can ruin your day.

Those details matter. They are the doorway.

## **What self-understanding really means in therapy**

People sometimes arrive at therapy saying, “I just want to know why I am like this.” It is a tender sentence. Usually there is frustration underneath it, and often grief. The person may have tried journaling, podcasts, advice from friends, personality frameworks, or sheer willpower. Some of those tools may have helped. Still, there is a difference between collecting explanations and developing a lived, compassionate understanding of oneself.

Self-understanding in Individual Therapy is not self-absorption. It is not endless analysis. It is the process of becoming more honest about your internal experience and more aware of the forces that shape your choices. A person begins to recognize the difference between a feeling and a fact, between a boundary and a punishment, between a trauma response and a character flaw.

For example, someone may describe themselves as “bad at relationships” because they pull away whenever a partner asks for more closeness. In therapy, that statement can be slowed down. What does “more closeness” mean? What sensations show up in the body? Is the urge to withdraw immediate or gradual? Does it happen with romantic partners only, or also with friends, family members, supervisors, or faith communities? Over time, a more precise picture may emerge. Perhaps closeness has often come with criticism. Perhaps dependence once felt dangerous. Perhaps the person learned to stay composed because having needs led to embarrassment or rejection.

The goal is not to blame the past for everything. The goal is to understand the present clearly enough to have more choices.

## **The therapy room as a different kind of mirror**

Most of us learn who we are through other people’s responses. A child who is praised only for achievement may learn that being impressive is the safest way to be loved. A person who grows up in a community where certain

questions are forbidden may learn to distrust their own curiosity. Someone who has been repeatedly dismissed may stop bringing their full feelings into conversation.

Individual Therapy provides a different kind of mirror. A skilled therapist listens not only to the content of what is said, but to timing, contradictions, omissions, protective humor, and the emotional weight carried by certain words. This is not interrogation. It is attention.

A client might spend ten minutes describing a painful event in a completely flat voice, then apologize for "rambling." Another might laugh each time they mention something humiliating. A third might say, "It wasn't a big deal," while their hands are clenched tightly in their lap. These moments can become meaningful, not because the therapist is trying to catch the person doing something wrong, but because the body and language often reveal what the conscious mind has learned to manage.

A Mental health clinic or independent practice may offer several kinds of care, including Individual Therapy, Couples Therapy, Group Therapy, EMDR Therapy, Sex Therapy, Premarital Counseling, or other specialized services. Individual work is distinct because the focus stays primarily on one person's inner life, history, symptoms, relationships, values, and choices. That private focus can be especially useful when someone is trying to hear their own voice again.

## **Naming patterns without reducing a person to a diagnosis**

A diagnosis can sometimes be useful. It may help a client understand a cluster of symptoms, guide treatment planning, or communicate with other professionals. But self-understanding is larger than a label.

Someone experiencing Anxiety may benefit from learning how worry, avoidance, physical tension, and catastrophic thinking interact. A person living with Depression may need language for low motivation, numbness, guilt, sleep disruption, or the sense that ordinary tasks have become strangely heavy. Someone struggling with Eating Disorders may need support exploring food, control, body image, secrecy, shame, and distress. A person facing Burnout may need to understand not only their exhaustion, but the system of expectations that taught them to ignore limits.

Therapy can hold both realities at once. Symptoms matter, and the person is more than the symptoms.

This distinction is especially important for people who have been overidentified with a role. Many clients are used to being "the strong one," "the responsible one," "the successful one," "the spiritual one," "the easy child," or "the person who has it together." These roles can be adaptive. They can also become cages.

Therapy asks, gently but persistently, what the role has cost.

## **The quiet power of being asked better questions**

Good therapy often changes the quality of the questions a person asks themselves. Before therapy, the questions may sound harsh: "What is wrong with me?" "Why can't I just get over it?" "Why am I so dramatic?" "Why do I always ruin things?"

Over time, the questions can become more useful: "What am I feeling right now?" "What did I need in that moment?" "What did I assume would happen if I told the truth?" "Where did I learn that rest has to be earned?" "Is this reaction about the present, the past, or both?"

That shift matters because self-attack rarely produces deep self-knowledge. It produces compliance, hiding, or collapse. Curiosity creates more room.

A therapist might ask a client to describe the first few seconds after receiving a critical email from a supervisor. Not the whole story, not the polished version, just the first few seconds. The client may notice a drop in the stomach, heat in the face, a rush of thoughts, and an immediate urge to draft a perfect response. That one small sequence can reveal a great deal about Perfectionism, fear, professional identity, and the nervous system's learned strategies.

For someone in Therapy for Female Executives, this kind of work can be particularly complex. The client may be navigating leadership pressure, visibility, gendered expectations, power dynamics, and private emotional fatigue. Self-understanding does not mean becoming less ambitious. It may mean learning which ambitions are rooted in genuine desire and which are driven by fear of being exposed, dismissed, or found inadequate.

## When insight is not enough

Many people are insightful before they begin therapy. They can explain their family dynamics, describe their attachment patterns, and identify their coping mechanisms with impressive clarity. Still, they may feel stuck.

That is because insight alone does not always change a person's automatic responses. You can know that conflict is not inherently dangerous and still freeze when a partner says, "Can we talk?" You can understand that your worth is not based on productivity and still feel panicked on a quiet Sunday. You can recognize that a belief came from Religious Trauma and still feel fear when you question it.

Individual Therapy supports self-understanding by moving between insight and experience. A client may learn to notice what happens in the body, practice different language, tolerate emotions in real time, or revisit distressing memories with appropriate clinical support. EMDR Therapy, for instance, is a therapeutic intervention for trauma-related concerns and **Counselor Destination Therapy** distressing experiences, and it should be administered by an EMDR-trained clinician. For some clients, this kind of work may help address memories or experiences that remain emotionally active, even when the person intellectually understands that the danger has passed.

Not every client needs EMDR Therapy. Not every therapist offers it. The larger point is that therapy is not simply a weekly conversation about problems. When practiced well, it becomes a structured mental health service that helps a person relate differently to thoughts, emotions, memories, behaviors, and relationships.

## How therapy helps people hear their own feelings

A surprising number of people begin therapy with limited access to their own preferences. They know what others expect. They know what will keep the peace. They know what makes them look competent, kind, desirable, faithful, or mature. But when asked, "What do you want?" they go blank.

This is not weakness. It is often a learned adaptation.

If a person's early environment punished honesty, they may have become skilled at scanning others instead of checking in with themselves. If emotional needs were mocked or ignored, they may have stopped registering those needs clearly. If survival required being agreeable, achievement-oriented, spiritually obedient, or sexually compliant, self-abandonment may have once been protective.

Therapy gives those exiled parts of the self a place to speak.

In Sex Therapy, for example, clients may explore desire, shame, pain, communication, identity, consent, or relational patterns connected to sexuality. Certified sex therapists complete specific graduate-level sex therapy training, and the field is connected to professional standards for sexual health, therapy, counseling, and education. When sexuality has been shaped by fear, silence, trauma, cultural pressure, or religious messaging,

self-understanding can be deeply healing. The work is not about forcing a person toward any particular sexual script. It is about helping them understand their own experience with honesty and care.

Likewise, LGBTQ-Affirming Therapy can help clients examine mental health concerns without treating identity as the problem. BIPOC Therapy can create space to consider the emotional impact of culture, race, family expectations, discrimination, belonging, and resilience when those themes are relevant to the client's life. The "affirming" part is not a slogan. It affects what questions get asked, what assumptions are avoided, and whether the client feels safe enough to tell the truth.

## A closer look at common themes

While every person's therapy is different, certain themes often appear when people seek deeper self-understanding. These themes are not boxes to squeeze yourself into. They are starting points for reflection.

1. **Anxiety often asks for certainty where life can only offer risk.** Therapy can help a person notice how reassurance-seeking, overplanning, avoidance, and mental rehearsal temporarily reduce fear while keeping the larger pattern alive.
2. **Depression can hide anger, grief, exhaustion, or loneliness.** Some clients first describe "feeling nothing," then slowly discover emotions that had been pushed out of awareness because they felt too dangerous or inconvenient.
3. **Burnout is rarely only about time management.** It often involves values, identity, workplace culture, caretaking roles, perfectionism, and the belief that stopping will have unacceptable consequences.
4. **Eating Disorders can carry meanings beyond food.** Control, safety, shame, self-punishment, belonging, and distress may all be part of the picture, which is why careful professional support matters.
5. **Religious Trauma can complicate trust in the self.** A person may need time to sort fear from faith, conscience from conditioning, and personal values from coercive messages.

These themes can overlap. A client may be anxious and burned out. Another may experience depression alongside perfectionism. Someone else may seek Couples Therapy and realize that individual work would also help them understand why certain relational patterns feel so intense. Therapy is rarely a straight line, because people are not straight lines.

## The relationship itself becomes part of the work

One of the most powerful aspects of psychotherapy is that the therapeutic relationship is not just a container for the work. It can become part of the work.



A client who expects criticism may interpret a therapist's neutral question as disapproval. A client who fears being too much may edit themselves carefully, even while paying for a space where they are allowed to speak freely. A client who is used to caretaking may ask the therapist how they are doing and avoid their own pain. These moments are not mistakes. They are live examples of patterns that may appear elsewhere.

A thoughtful therapist may gently name what is happening: "I noticed you apologized right after you became tearful," or "You seemed to move quickly away from that feeling," or "I wonder what you imagined I was thinking when I asked that." Done well, this kind of reflection can help a client observe themselves without humiliation.

That is a subtle but significant experience. Many people know what it feels like to be corrected. Fewer know what it feels like to be understood while they are still figuring themselves out.

## **Individual Therapy and relationships with others**

Although Individual Therapy focuses on one person, it often changes relationships. Not always quickly, and not always comfortably.

A person who understands their boundaries may stop saying yes automatically. Someone who recognizes a pattern of emotional withdrawal may begin naming their need for space rather than disappearing. A client who has confused conflict with abandonment may learn to stay present during difficult conversations. Another may realize a relationship has required too much self-erasure.

Sometimes individual work leads a person to consider Couples Therapy, especially when relationship patterns need to be addressed between partners in the room. Couples therapy focuses on problems within and between partners that affect the relationship, and it is commonly conducted with both partners together, though it may begin with individual sessions. Individual Therapy and Couples Therapy can complement each other, but they are not interchangeable. One helps a person understand their internal world. The other works with the relationship as a shared system.

Premarital Counseling can also support self-understanding, though in a different way. Before marriage or long-term commitment, couples may explore expectations, communication, conflict, [Psychotherapist](#) family patterns, intimacy, money, values, and future decisions. Individual therapy may deepen that process when one partner notices that certain topics bring up fear, defensiveness, shame, or old wounds.

Group Therapy offers still another path. In a group, people often learn about themselves through interaction with multiple others. They may see how they take up space, defer, compare, rescue, withdraw, or long to be seen. For some clients, group work becomes a powerful complement to individual sessions. For others, individual work feels like the necessary first step before entering a shared therapeutic space.

## What a first phase of therapy may feel like

The beginning of Individual Therapy is often more ordinary than people expect. There may be paperwork, discussion of confidentiality, questions about symptoms, relationships, history, safety, goals, and previous experiences with mental health services. A Psychotherapist or Counselor may ask what brings the person in now, not only what has happened across their life. Timing matters. People often seek therapy when a familiar coping strategy stops working.

The first sessions may feel relieving, awkward, emotional, or strangely tiring. Some people cry and then feel embarrassed. Some talk quickly. Some leave wondering whether they said too much or not enough. A good therapist does not expect a perfect narrative. They help build one gradually.

It can take time to feel safe. Trust is not automatic just because someone has a license or works in a Mental health clinic. Professional training matters, but so does fit. A client may need a therapist who understands trauma, sexuality, cultural identity, executive stress, religious harm, anxiety, depression, or relationship dynamics. The right fit does not mean the therapist never challenges the client. It means challenge happens within enough respect and attunement that the client can [Psychotherapist](#) use it.

## Practical signs therapy is deepening self-understanding

Self-understanding does not always announce itself dramatically. More often, it appears in small shifts that accumulate.

A person pauses before automatically apologizing. They notice that their chest tightens when they feel judged. They recognize that their "laziness" is actually exhaustion. They admit they are angry before the anger turns into resentment. They can say, "Part of me wants this, and part of me is scared," without needing to collapse the complexity into one clean answer.

Here are a few signs the work may be taking root:

1. **You become more specific.** Instead of "I feel bad," you can name sadness, dread, shame, disappointment, grief, or anger.
2. **You notice patterns sooner.** The same cycle may still happen, but you catch it earlier and recover with more intention.
3. **You feel less fused with old stories.** Thoughts like "I am a failure" or "I am too much" may still appear, but they feel more like learned beliefs than absolute truth.
4. **You communicate with more honesty.** You begin saying what is true without using harshness as protection.
5. **You make choices with more internal consent.** Decisions are still difficult, but they are less driven by panic, guilt, or performance.

These changes may sound modest, but they can alter the texture of daily life. A **Anxiety therapy Destination Therapy** person who understands themselves better often spends less energy fighting invisible battles. They may still struggle, but they are less alone inside the struggle.

## The discomfort of seeing yourself clearly

Self-understanding can be comforting, but it can also be painful. Therapy may reveal grief about what was missing, anger that was never allowed, loneliness inside relationships that looked fine from the outside, or the cost of years spent surviving.

There can also be a period of disorientation. If you have always been the reliable one, what happens when you admit you are tired? If perfectionism built your career, who are you without relentless self-monitoring? If a religious community gave you belonging and harm, how do you honor both realities without lying about either? If you built a relationship around avoiding conflict, what happens when you begin telling the truth?

These are not signs that therapy is failing. They may be signs that the work has moved beyond surface coping and into identity, memory, attachment, and values.

Still, discomfort should not mean feeling chronically unsafe with a therapist. There is a difference between being compassionately challenged and feeling shamed, dismissed, or pressured. Clients are allowed to ask questions about the process. They are allowed to say a topic feels too fast. They are allowed to seek a different provider if the fit is not right.

## Self-understanding is not self-improvement

One of the quiet traps in therapy is turning self-understanding into another performance project. Some clients try to become “good at therapy.” They prepare insights, report progress, apologize for repeating patterns, or worry they are disappointing the therapist. This is especially common among people with perfectionism, high responsibility, or histories of conditional approval.

But therapy is not a test.



The point is not to become a perfectly regulated, endlessly self-aware person who never reacts, never avoids, never needs reassurance, and never gets confused. That person does not exist. The point is to develop a more truthful and compassionate relationship with yourself, so that when you do react, avoid, need reassurance, or feel confused, you can respond with curiosity rather than contempt.

Self-understanding makes room for accountability too. Compassion does not erase responsibility. If you recognize that you shut down during conflict, you can learn to communicate more clearly. If you see that anxiety leads you to control others, you can practice tolerating uncertainty without making it someone else's job to remove. If you understand that trauma shaped your reactions, you can honor what happened while still working toward choices that fit your present life.



That balance is one of the hardest and most mature parts of therapy: “This makes sense” and “I want to change” can both be true.

## **Choosing a therapist with self-understanding in mind**

Because psychotherapy can be provided by different licensed mental health professionals, including psychologists, counselors, clinical social workers, psychiatrists, psychiatric nurses, and others with appropriate training, it helps to ask what kind of support you are seeking. Some people need help with anxiety symptoms. Others want trauma-focused work, identity-affirming care, support around sexuality, or space to examine relationship patterns. Some want a therapist who can assess and diagnose. Others are less focused on diagnosis and more focused on insight, grief, or life transitions.

A psychologist is professionally trained in psychology, the scientific study of the mind and behavior, and psychologists commonly provide assessment, counseling, and other mental health services. Other licensed professionals may also provide psychotherapy within their scope of practice. Titles and credentials can vary by location, so it is reasonable to ask about training, licensure, areas of focus, and approach.

Fit is not only about credentials. It is also about whether you feel the therapist can understand the questions you are bringing. A client seeking LGBTQ-Affirming Therapy may listen for whether the therapist treats identity with respect and fluency. A client seeking BIPOC Therapy may want space where cultural context is not minimized. Someone seeking Sex Therapy may need a clinician with specific training in sexual concerns. A person interested in EMDR Therapy should look for an EMDR-trained clinician. Someone dealing with burnout in leadership may need a therapist familiar with the pressures that can come with executive roles.

The clearer you are about what you hope to understand, the easier it becomes to notice whether a therapist may be a good match.

## When therapy changes the way you live with yourself

Over time, Individual Therapy can help a person build an inner language that is both honest and kind. That language may not sound dramatic. It may sound like, "I am overwhelmed and need to slow down." "I am reacting to an old fear." "I can be disappointed without blaming myself." "I want closeness, but I am scared." "I do not have to earn care by being useful."

These sentences can change a life.

Not because they erase pain, but because they interrupt the old automatic story. They create a small space between feeling and action, between memory and present reality, between shame and choice. In that space, a person can begin to live less from reflex and more from self-knowledge.

The work is rarely neat. There may be weeks when therapy feels illuminating and weeks when it feels repetitive. There may be sessions full of tears and sessions focused on a single email, a family dinner, a dream, a conflict, or the dread that appears every Monday morning. None of that is wasted if it helps reveal the patterns that shape a person's life.

Self-understanding is not the final destination of therapy, but it is often the ground from which healing grows. When people understand themselves more clearly, they can seek support more directly, make decisions with more integrity, and meet their own pain with less fear. They can stop asking only, "How do I get rid of this feeling?" and begin asking, "What is this feeling trying to show me?"

That question, asked with patience, can open a door that has been closed for a long 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.