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Martha Kenney, LCSW
Counseling

*"If you are viewing this site I assume that you are looking for a therapist or counselor. By reading my FAQ page you will find answers to questions I'm most often asked by people seeking therapy with me. I hope you find it helpful, but I know you have your own questions too. Don't hesitate to call me or email. I hope to hear from you soon." **Martha***

Frequently Asked Questions

Why did you choose to go into the field of psychotherapy?

It became my direction because of early experiences where I found clarity of heart because someone listened to me. It solidified when I later experienced the exhilaration of being with others who, while in their talking and my active listening, found their clarity too. There is some alchemy in the act of listening and really being heard that enables a person to discern their own vision for how they want and can live their life. That leads to change whether that be in situation or perspective. Grief may happen first, but there is change.

What type of therapy do you practice?

My academic and post-graduate studies include social work, family therapy, pastoral care, and psychiatric rehabilitation. While systems theory undergirds my theoretical understanding, I may use techniques from cognitive behavioral therapy, motivational interviewing, energetic work and meditation, if I think it will help. In that way I am eclectic in my approach. However, my practice wisdom brings me back to the significance of the relationship between client and therapist in the healing process. Over-and-over again I learn that the therapeutic relationship is central, whatever the technique used.

What issues are you comfortable working with?

Though not an exhaustive list, I value working with people who are dealing with depression; grief; anxiety; repetitive thoughts and/or ritualistic behaviors; those who are voice hearers and/or live with disruptive mood swings, and their family members; those who have been affected by sexual abuse; those in the process of coming-out to themselves, their friends and family members; those working through gender identity issues; those deciphering their call into ministry; as well as with those adjusting to the life changes of older adulthood.

Do you do couples counseling?

I prefer to work individually with people, referring to other trusted therapists, as needed, for couples' work.

Do you work with children?

I do not work with young children but do work with adolescents. I enjoy working with young people as they begin the long process of becoming comfortable in their own skin amid peer pressure, gender identity and sexual orientation questions, and the challenges of belonging and separating from the family of childhood.

Do you work with members of the LGBTQIA+ community?

Yes. In many ways the core issues we deal with as people are the same no matter our sexual orientation or gender identity. At the same time one's orientation and gender identity present unique challenges of coming-out to oneself, one's friends and family; or even in forming healthy relationships when part of us remains hidden. I value working with LGBTQIA+ persons and their families through this process, as well as with persons transitioning with integrity to live the gender they know themselves to be.

Do you prescribe medication?

I don't. Only a doctor or ARNP can do that. However, if after a thorough assessment I think medication might be necessary to say "jump-start" your journey from depression, I will refer you to a psychiatrist, or your own doctor, to evaluate and provide that treatment.

What are your credentials for practice?

As a licensed clinical social worker (LCSW), I have a Master of Science degree in Social Work from the University of Louisville. I also have a Master of Divinity degree. Regarding my post-graduate work, I have extensive training and experience in working with members of sexually abusive families, with adults who were molested as children, and with people having severe and persistent mental illness.

What is your fee and do you accept insurance?

My fee range for a 50-minute session is \$105-\$115, with a discount for payment by check or cash. While I do not work with insurance, I do accept HSA cards and credit cards.

Do you have evening hours available?

Yes, I am available until 6:30 Mondays through Thursdays.

Where are you located?

My office is located at 1748 Frankfort Avenue in Louisville, Kentucky 40206, near the intersection of Pope Street and Frankfort. Parking is available on Frankfort Avenue as well as on Pope and William streets.