

MEET YOUR REFERRAL

Annie Harton *Kassell*

MA, LMFT · Founder, You Are More, LLC

Father, Deacon, or fellow parish staff member,

You are often the first person someone tells. A young couple a few months into marriage who can't seem to stop fighting. A mother who looks fine on the outside and is quietly coming undone. A man preparing for his wedding who isn't sure he's ready. The conversation lands in your office because you are trusted, and because the door was already open.

You know when something is bigger than what one conversation can hold. What you may not always have is a name to give them — a therapist you can trust to honor their faith, hold the clinical work to a high standard, and stay in their lane.

This page exists to be that name. The next page outlines what cases I'm well-suited to receive, my full credentials, and the simplest ways to make a referral. If our practice can serve someone in your care, I want to make the introduction as straightforward as possible.

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MA, LMFT · FOUNDER, YOU ARE MORE, LLC

BASED IN

Indianapolis, IN

LICENSED

Seven States

TELEHEALTH

Available

A trusted referral, when therapy is the *right next step.*

WHEN A REFERRAL HELPS

Cases this practice is well-suited to receive.

- **Marriages in distress.** Couples navigating disconnection, repeated conflict, or rebuilding after betrayal.
- **Engaged couples.** Beyond Pre-Cana — for couples who want to start with clarity around communication and expectations.
- **Wives and mothers.** Married women navigating identity loss, exhaustion, and the long work of becoming themselves again inside their vocation.
- **Singles in transition.** Adults wrestling with singleness, heartbreak, or the long wait — including readers of *Single Truth*.
- **Anxiety and life transitions.** Individuals processing grief, vocational change, or low-grade weight that lacks a clean name.
- **Faith-aware clients.** Catholic and Christian clients who want a therapist who won't ask them to leave their faith at the door.

CREDENTIALS & FORMATION

Training in both clinical and theological work.

- **M.A. Marriage & Family Therapy** — Indiana Wesleyan University
- **M.A. Theology** — University of Notre Dame, Echo Program
- **B.A.** — Saint Mary's College
- Licensed Marriage & Family Therapist (LMFT)
- Active in IN, OH, FL, NJ, SC, IA, CA
- Trained in Gottman Method, EFT, and CBT
- Member, Catholic Psychotherapy Association
- Listed in the Archdiocese of Indianapolis directory

WHAT THERAPY IS

Clinical care for the mind, the heart, and relational patterns.

Licensed and bound by clinical ethics. Diagnoses and treats mental health conditions. Works with relational systems — couples, families. Confidential under HIPAA. Faith integration is offered upon request, never imposed.

WHAT THERAPY ISN'T

Not a replacement for the sacraments, parish, or spiritual director.

Not confession, and not absolution. Not formation in prayer or discernment of God's will. Not catechesis. Not a substitute for spiritual direction or parish life. Not a place where faith is required — or excluded.

MAKE A REFERRAL

Three simple ways to *pass along a name.*

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