

Mark Spurlock, LMFT

A counseling referral guide for pastors and professionals

For pastors, physicians, nurse practitioners, attorneys, mediators and fellow therapists who need somewhere to send an adult in California.

Who I see

Adults, 18 and older, anywhere in California.

Couples: married and premarital.

Individuals: ADHD, Anger, Anxiety, Depression, Trauma, Childhood Trauma, Addiction and Men's Issues.

Christian Counseling is available for individuals and couples. There is much wisdom in Scripture. My teaching and counseling are solid, and they never contradict it.

Who I do not see

Children and teenagers.

In-person sessions. I do not have an office.

Anyone in crisis or needing emergency or inpatient care. If someone is in danger, call or text 988, or call 911.

How sessions work

By secure video, anywhere in California. Sessions run 53 to 60 minutes. Counseling since 1998.

Insurance and fees

Many major insurance plans are accepted. The person picks their plan on the Insurance and Fees page and books from there, and their coverage is checked before the first session.

Private pay is 150 dollars per individual session and 200 dollars per couples session.

Premarital: four to six reduced fee sessions are available.

A sliding fee scale is available. Nobody should stay away over money without asking first.

How to refer

1. Give the person this website: marriageandfamily.com
2. They check their plan and book their own first session.
3. Please do not send me a person's details by email. Email is not private, and I do not take client information from a third party.

If you want to talk first

Write to mark@marriageandfamily.com, or call (619) 813-0315. Please leave out client details. I am glad to tell you whether someone sounds like a fit before you send them.

After the referral

With the person's written authorization, I can confirm they started and send a short update when it helps their care. Without it, I cannot confirm that anyone contacted me at all.

If someone is not a fit, I give three referrals, as I do throughout my practice.

Two sentences for your referral list

If your church or clinic keeps a list of outside counselors, you are welcome to copy this:

Mark Spurlock, LMFT (California license 45318) offers marriage counseling, premarital counseling and individual therapy by secure video anywhere in California. Counseling since 1998. Christian Counseling is available, and the teaching and counseling never contradict Scripture. Many major insurance plans accepted, with a sliding fee scale for private pay. marriageandfamily.com

Credentials

California Licensed Marriage and Family Therapist, license 45318. Counseling since 1998.

Certified domestic violence group facilitator for court-ordered treatment programs, 1998 to 2008. Executive Board member and founding chair of the Substance Abuse Committee, San Diego Domestic Violence Council.

Adjunct Professor, Southern California Seminary, 2004 to 2008, teaching a Marriage and Family Therapy graduate course.

Named one of the four best marriage counselors serving San Diego by GuideDoc. List updated September 2026.

Seen on the Dr. Gina show.

Spurlock Medical Corporation. NPI 1063687481.

Where to find each page

Marriage counseling —

marriageandfamily.com/marriage-counseling/

Christian marriage counseling —

marriageandfamily.com/christian-marriage-counseling/

Premarital counseling —

marriageandfamily.com/premarital-counseling/

Individual counseling —

marriageandfamily.com/individual-counseling/

Insurance and fees — marriageandfamily.com/find-your-plan/

For pastors — marriageandfamily.com/for-pastors/

For professionals —

marriageandfamily.com/for-professionals/