

Adult Therapists (for patients 18+ or parents)

Name	Address	Phone	Preferred Contact	Age s	Interventions/ Specialties	Payment Methods
Kris Abrams, LPC kris@cedartreehealing.org www.cedartreehealing.org 1/4/24: Currently accepting clients onto short waiting list	Mancos: in person, in nature, and/or by telephone	970-403-5018	Email: kris@cedartreehealing.org	20+	Individual & Couples. Self-Confidence, Self-Worth, Effective Communication, Internalized Oppression, World/Ecological Grief, Effective Change-making/activism, Purpose/Meaning, Life transitions, Boundaries, Trauma. Nature-based, CBT, EMDR, Internal Family Systems, Emotion Focused, Somatic, Cultural/Systemic Lens	Self-pay, Sliding scale
Eileen Andricovich, LMFT admin@spiralsofeternity.com	Durango Telehealth only	970-426 9865		16+	Relationship Issues, Loss & ADHD, Family Conflict/trauma/holistic approach individuals/couples	United, Anthem/BCBS, Aetna, Cigna, Self-pay
Animas Valley Counseling Chari Perce, LMFT	1911 Main Ave. Durango & Telehealth	970-403-5860		4+	EMDR, Brainspotting, DBT, TF-CBT, Domestic Violence, Complex Trauma	Medicaid , Self-pay, Sliding Scale
Hidden Aspects Counseling Danielle Beamer, LSW danielleb@hiddenaspectscounseling.com	Telehealth Colorado	970-403-5999		15+	Internal Family Systems, inter-personal neurobiology, trauma, somatic approaches	Self-pay, Sliding scale
Joel Berdie, LSW Bilingual (English/Español) https://joelberdie.wixsite.com/sol-community-salud joel.berdie@gmail.com	In-home, Community, Walk-and-talk , Telehealth or Office at 150 E 9th St., Suite #205, Durango	970-444-5117	Text or call	16+	Trauma/Somatic focus: Immigration, Cross-cultural issues, Substance misuse, Domestic violence, Trauma processing including sexual abuse, Somatic Experiencing, Narrative Therapy, undocumented/uninsured individuals	Medicaid , Self-pay, Sliding Scale
Aaron Belson, LCSW San Juan Somatic Therapy www.sanjuansomatictherapy.com	801 Florida Rd Suite 11	970-317-9279		21+	Trauma, Developmental Wounding, Post-Traumatic Growth Somatic Therapy, Mindfulness, Anxiety, Depression, Nature-Based, Postgraduate Supervision	

	Durango, CO & Telehealth					
Brian Arens, LPC https://brianarencounseling.org	2243 Main Avenue #8, Durango	970-749-9597		18+	Depression, Anxiety, Trauma, PTSD, Relationships, Addiction	Cigna, Self-pay, Sliding scale
Marisa Asplund, LPC https://marisaasplund.com/	2855 Main Ave Suite B 103 Durango	970-769-8856		18+	Disordered eating, Body image, Sports related issues	Self-pay, Sliding scale
Julie Hutson, LPC julie@therapydurango.com www.TherapyDurango.com	2646 County Road 228 Durango	970-880-4676	Email or Phone	All Ages	Grief, Trauma, Wilderness Trauma, Complex Trauma, Life transitions, Self-esteem, Neurobiological approach, EMDR, EMDR Intensives, Mindfulness, IFS, Attachment theory.	Self-pay or several local EAP's. Discounts for Veterans and Emergency personnel.
Mancos Valley Center for Trauma and Attachment Cole Awdish, LPC cole@mv-cta.com www.mv-cta.com	2243 Main Avenue 3A, Durango 104 S Main St Suite 3 Mancos, CO	970-403-5488	Schedule free consult through website	16+	EMDR including EMDR intensives, DBT, Mindfulness-based CBT, Complex trauma (childhood abuse, relational trauma, etc.), Dissociation, Ego state Parts work	Medicaid, BCBS, Cigna, United, Aetna, Self-pay, Sliding Scale, VA Referral (Triwest)
Kati Bachman, LPC,CGT openheartgriefcounseling@gmail.com	Durango	970-759-9981	phone or email	18+	Grief related to death, CPTSD, developmental trauma, parts work, somatic based strategies, mindful based inquiry, humanistic client centered	Self-pay
Anne Bartlett, LSW (she/her) anne@opencirclellc.com <i>*limited space for new clients; wait list for DBT</i>	1309 East 3rd Ave #10 Durango	970-799-3522	Email, phone or text	20+	Comprehensive DBT/DBT skills groups, Somatic therapy, EMDR, Mindfulness, Grief, Loss, Trauma, Anxiety, Depression, BPD/emotion dysregulation, couples/relationship	Self-pay (sliding scale option), Medicaid (DBT only)

Rowan Blaisdell, LCSW www.durangopsychotherapy.com	318 Main Ave, suite 309, in-person, Remote, Walk and Talk	970-903-3893	Text, email, phone call	18+	Anxiety, Depression, Couples / relationships, Men's Issues, LGBTQ+	Self-pay
Bruce Blanchard, LPC, PhD	Durango & Bayfield	970-946-3486		10+	General mental health (anxiety, depression, life transitions, etc.)	CHP+, Medicaid , Tricare, Anthem/BCBS, United/UMR, Aetna and Profile EAPs
Selina Markiewicz, LPCC, NCC smarkiewicz@hertimetherapy.com www.hertimetherapy.com	Bayfield (Telehealth Only)	970-716-0728	Email or Text	14+	Chronic Health Issues, Trauma, PTSD, Anxiety, Depression, Women's issues, Life Transitions, Career, Grief	Medicaid Aetna Self-Pay \$125
Jeni Breezley, LPC, NCC Clear Water Counseling www.clearwaterdurango.com jeni@clearwaterdurango.com	2243 Main Ave, Ste 4E Durango	303-579-4104	Email or Call	19+	Anxiety, Depression, Relationship issues, Women's issues, Life transitions, Sexual identity, Disordered Eating, Existential issues Modalities: Mindfulness, Dreamwork, Sand tray, Jungian, Narrative	Self-Pay Aetna
Sarah "Sam" Conti, MA, LPC, CAS, LLC	543 Park Ave. Pagosa Springs, CO & Telehealth	970-731-2114		12+	Cognitive Behavioral Therapy, Mindfulness Based Cognitive Therapy, Mediation, Intimate Partner Abuse, Divorce Counseling, Parent Education, Parent/Child Reunification Therapy, Child/Family Investigator, Parental Responsibility Evaluator, Supervised Therapeutic Visitation	Aetna, BCBS/Anthem, Cigna, United/UMR, Self-pay
Marianne Crom, LPC, NCC www.animasfamilytherapy.com Animas Family Therapy LLC	2243 Main Ave #5 Durango	970-749-1927	email or text crommar@gmail.com	25+	DBT, EMDR, Couples, Addiction	Self-pay, Sliding scale, EAP

Anja Davis, LCSW Alpine Start Counseling anja@alpinestartcounseling.com	270 E 8th Ave A-206 Durango	970-239-3853	Phone call or email	18+	Couples/relationship work, Attachment Developmental wounding, Depression, Relationship issues, Identity Development, Self-esteem, Emotionally Focused Therapy	Self-pay, Optum (United, UMR, Oscar, etc.), Cigna, Aetna
Mark Dickmann, LCSW www.wintersuncounseling.com markdickmanncounseling@gmail.com	2855 Main Avenue, Suite #107A Durango	970-769-1569	Phone or email	18+	Individuals and Couples, Depression, Anxiety, Grief, Relationship issues, Life transition, Trauma, EMDR	Self-pay, EAPs
Lisa Donelan, NLC	15 Mill St. #106 Bayfield and 2855 Main Ave Suite #A107 Durango	970-946-7933	phone	18+	Trauma, Intimate Partner Violence, PTSD, Anxiety, EMDR, PTG Somatic therapy	Self-pay
Durango Family Therapy Brent Dixon, LPC, Renee Dixon, LSW Sierra Williamsen, MA, LPC Chelsi Hower, LPC Paige MacKenzie, MA, NCC, LPCC renee@durangofamilytherapy.com www.durangofamilytherapy.com	2243 Main Ave, Suite #2, 16, 18, and 20 Durango	970-422-7334	Phone or email	12+	Individuals, Couples, Family, EMDR, Anxiety, Depression, Trauma, Grief, Transitions, Parenting support, Relationship issues, Stress, Outdoor accidents and recovery	Self-pay, EAPs
Tracy Farmer, LCSW www.durangofamilycounseling.com	Durango	970-739-9438		10+	Adjustment, Divorce, Co-parenting, Step-parenting, Family therapy, Mediation, Parent coordination, Supervised visitation, Parental Responsibilities Evaluator (PRE)	Self-pay, Sliding scale
Colin Ferring, LPC Candidate Somatic Counseling ColinFerring.com Colin@ColinFerring.com	135 Burnett Dr, Durango, CO 81301	563-568-9855		14+	Anxiety, Depression, ADHD, Relationship issues, Trauma, Grief, Family work	Self-pay, Sliding scale starting at \$60

Lauren Glass, LPC, NCC www.laurenglassconsulting.com laurenglassconsluting@gmail.com	2243 Main Ave Suite 4H Durango	970-335-8161	Email or phone	14+	Life transitions, LGBTQIA+ folks, Depression, Trauma, Perfectionism, Outdoor accidents and recovery, Nervous system & polyvagal focus, Internal Family Systems, Attachment	Anthem/BCBS, Aetna, Oscar, United, Oxford, Cigna, Tri County BH Fund, Self-pay
Fort Lewis College Counseling Center	260 Noble Hall and Telehealth	970-247-7212		17+	Individual, Group and Couples, Psychiatry	No charge for 5 sessions for FLC students
Jenny Fiebig, LPC	227 E 14th St, Suite 202, Durango, CO	406-290-0210		18+	Trauma (Specialize in Outdoor Trauma), Couples, Cultural and Legacy/Systemic Issues, LGBTQ+, Life transitions, primary modality is Internal Family Systems (IFS)	Anthem/BCBS, Self Pay
John Floyd, LCSW www.silenttreespsychotherapy.com john@silenttreespsychotherapy.com	Telehealth	970-335-8090	Email	18+	Anxiety/Depression, grief, life transitions, trauma, self-esteem. CBT/DBT/EMDR/ACT/MI	Most insurances, self-pay
Nicole Fuller MA, CAS, DUI Provider, DVAP nicolevan123@msn.com	Durango & Bayfield 1911 Main Ave #234	970-769-2435		10+	Anxiety, Depression, Substance Abuse, Parenting, trauma, addiction, LGBTQIA+	Self-pay, Sliding scale
The Grief Center of SW Colorado Judy Austin, LPC Julie Madden, MA Melinda Jameson, LPC Caleb Speas, LPC Mary Frey, LPCC Aaron Shipps, LPCC Anne Bartlett, LSW www.griefcenterswco.org griefcenterswco@gmail.com	2243 N Main Ave Suite 4F Durango Telehealth options available	970-764-7142		All ages	Grief, Individual and Family Grief Therapy, Survivors of Suicide, Pre-Neo Natal Grief Support, GRASP group, children's grief camps, parenting grieving children support, pet loss	Sliding scale, some insurances and EAP plans accepted
Nikki Gillespie www.nikkig-origins.com	18483 Hwy 145 Dolores	970-882-8850		18+	Trauma Coach, Hakomi Practitioner, Rolfer, Doula, Childbirth Educator and Somatic Sex Educator	Self-Pay

Lisa Firle, LPC, MA lisafirletherapy@gmail.com hi Lisafirle.com	128 W 14th Street Telehealth option also	432-638-1468		16+	Individuals, Couples, EMDR, Postpartum anxiety and depression as well as birth trauma, Trauma for both complex and single incident, Neurobiology, IFS	Self-pay, Sliding Scale Can help clients utilize out of network benefits
Sean Hein, LCSW	2243 Main Ave #4B	970-446-1160		15+	Anxiety, Addiction, Bipolar Disorder, Depression, Family Conflict, Peer Relationships, Substance Use, Trauma, CBT, DBT, Structural Family Therapy	Medicaid , Self-pay
Anne Hosey, LPC Juniper Tree Mental Health	2243 Main Avenue	970-422-3107	Email anne@junipertreementalhealth.com , text	19+	Anxiety, Depression, Life Transitions, Attachment Wounding, Shame and Self-Worth	Self-pay
Tara Jackson, LPC, RPT www.tarajacksoncounseling.com Interns available as well	Durango, Telehealth	970-799-0765		All ages	Parenting support, Life transitions, Anxiety, Depression, adults with ASD, ADHD, Depression, Trauma, Family Systems, EMDR, Mindfulness, Somatic therapy, DBT/CBT, Polyvagal, EFT	Aetna, Cigna, Meritain, Medicaid , RMHP, Tricare, Self-pay
Jacqueline Juliana, LPC www.ijlpcounselor.com	Durango Telehealth	970-519-2690		14+	Parent coaching, Family transitions, Anxiety, Depression, ADHD, Identity	Anthem/BCBS, United Healthcare, Cigna, Oscar, Oxford, Aetna, Self pay
Kasey Hall, MA, LPCC durangowalkandtalktherapy.com kaseyjo.hall@naropa.edu	Durango Telehealth options	909-522-2945		18+	Walk and Talk Therapy and/or Telehealth. Mindfulness, Somatic. Anxiety, Depression, Relationship issues, Self-worth and Personal Growth	Self-pay, Sliding scale
Mary Katherine, Ph.D, LAC, MAC	1911 Main Ave. Room 206 Durango, Co.	970-769-6907		12+	Motivational therapy, DBT, CBT, Trauma, Anxiety, Depression, PTSD, Addiction (substance use, gambling, etc.), Accudetox (acupuncture for mental health)	RMHP Medicare, Medicaid , CHP+, Triad EAP, Self-pay, Sliding scale, Other insurances possible as well. See Above.

KidStuff Counseling Rachel Alber, MSW, CSWC Cailea Eisenberg, MSW, SWC Heidi Compagni, SWC Mandy Sproul, MAAT, LPC, ATR Telehealth providers available www.kidstuffcounseling.com	555 S. Camino Del Rio, Suite C1-B Durango	970-775-7061		All ages	Music, Art, CBT, Family Therapy, Group Therapy, EMDR, DBT, Gottman, Parent Coaching <i>Spanish Speaking available via telehealth</i>	Self-pay, CHP+, RMHP, Medicaid , Beacon Health, Anthem/BCBS, Cigna, United/UMR
Julie Kostuch, MA, LPC	128 W 14 th St, Suite 201B Durango	970-799-0807		2+	Young Adults, Anxiety, EMDR, EFT, Mindfulness, Polyvagal, Art Therapy	CHP+, Medicaid , RMHP, BCBS/Anthem, most insurance through Sondermind, Self-pay
Erica Kelly, LCSW Mindful Listening mindful@ericakelly.org	Telehealth	970-317-0220		16+	CBT, DBT, Mindfulness, Solution focused, and Motivational Interviewing, Anxiety, Depression, Parenting, Life transitions, Grief, Divorce	Medicare, most insurance through Sondermind, Triad EAP, Self-pay
Abby Kubicek, LCSW, LAC abby@durangorelationshipcounseling.com	270 E 8th Ave N-206 Durango Or Telehealth	970-403-5663	Email: abby@durangorelationshipcounseling.com or text 970-403-5663	16+	Couples, Imago, Gottman, LGBTQ+, Sexual Health, Sex Therapy, Alternative Relationships, Addiction Issues	Self-pay
Joanna Laprade, Ph.D joanna@aionpsychotherapy.com www.aionpsychotherapy.com	1309 E 3rd Ave #8 Durango	970-769-0259 it		18+	Dream Analysis, Unconscious Dynamics, Jungian, Trauma, Grief, Transitions	Self-Pay
La Plata Family Therapy www.laplatafamily.com admin@laplatafamily.com Kelly DiGiacomo, LPC Matthew C Aspros, MSW, CSWC Katie Lundvall, LPC Sarah Colburn, MSW, SWC Jen Kline, Intern MSW Sierra Foster, ABA Emily Epstein, Psychiatry	135 Burnett Dr, Unit 4 Durango	970-769-0131		18+	Anxiety, Depression, Addiction, Life transitions, EMDR, PTSD, CBT, DBT, Trauma, Abuse, Divorce, Coparenting, Grief, Sexual abuse, Couples Counseling, Personal growth, Play Therapy, Parent Coaching, Filial Therapy, Relationships, ADHD, Eating Disorders, SBBT, ABA	Most insurance (complete online form or call to ask) Medicaid (CO and NM), BCBS, Cigna, Aetna, Friday Health Plans

April Dobroth, Psychiatry Colin Ferring, Intern						
Brooke Lederer, LCSW mountainbrookewellness@gmail.com	Durango, CO Telehealth	970-880-1620		18+	Anxiety, Depression, Life transitions, Identity work, Personal growth and self-esteem, Spirituality, CBT, Psychodynamic, Integrative	United, Aetna, Cigna, and Meritain, Self-pay
Felicia Libo, LPC http://felicialibo.com	Durango Telehealth only	970-759-2678	Email/website/phone	17+	Life transitions, Women's Issues, Sensory Issues/High Sensitivity, Attention/Focus, ADHD, Anxiety, Autism, Relationships, LGBTQ+	Self-pay, Anthem/BCBS, Denver Health, United, EAP
Megan McCartney, LCSW	Durango	847-445-2777		13+	Eating Disorders, Trauma, Anxiety, Depression	Self-pay
Darren Mckinnis, LCSW, Higher Ground Counseling hgscounseling@yahoo.com	Telehealth	970-676-1029		18+	Marriage, Relationships, Gottman	Self-pay, EAPs
Paige MacKenzie, LPCC Storycreek Counseling paige@coloradocounselor.net	Durango	415-450-0329		12+	Grief, Trauma, CPTSD, Anxiety, Depression, Family and relationship issues, Humanistic Psychology, Person Centered Therapy, IFS, CBT, Motivational Interviewing	Self-pay, Sliding Scale
Liv Mackenzie, LPC www.counselordurango.com livmackenzie1@gmail.com	1309 E. 3rd. Smiley Building	970-259-4497		18+	Anxiety, Depression, Trauma, Grief, Life Adjustment, Postpartum, Adoption, EMDR, CBT, Insight, Mindfulness, Holistic	Self-pay
Brit Meiers, LCSW brit@britneymeierslcsw.com	202 W. 22nd St. Durango	970-903-8018		13+	Anxiety, Depression, Trauma, Life transitions, Women's issues, LGBTQ+, Relationship issues, EMDR, SE, DBT, ACT	United, BSBC, Medicaid , Self-pay, Sliding scale

Mind Body Connections Counseling Russ Patten, LPC www.russpatten.com Renee Podunovich, LPC	321 E. North St Cortez Licensed in CO and UT	385-743-0251 385-232-3671		12+ — — 13+	Anxiety, Depression, Trauma, DBT, CBT, EMDR, Motivational Interviewing, Solutions Focused, Veterans, Couples Women, Trauma, Grief and loss, Anxiety, Mood disorders, Life transitions, Mindful Self-Compassion Therapy, Somatic therapies, EMDR, Athletes and professionals performance.	BCBS/Anthem, Behavioral Health Systems, Chip+ Plan, ERS EAP, Medicaid , MultiPlan, Optum, RMHP, Second Wind Fund, TRIAD EAP, UMR
Kiira Moore, LPC, IMH-E@ kiiramooorelpc@gmail.com	270 E 8th Ave, Suite 206, Durango	970-414-0803		Infant+	Perinatal issues, postpartum, attachment, trauma, LGBTQ+, EMDR, parent/child work, depression/anxiety, self-esteem	Self-pay
Caitlin Morris, LCSW trueselfdurango@gmail.com Trueselfdurango.com	679 E. 2nd Ave, Suite E-1, Office 6, Durango	970-508-6159		7+	Women's issues, Relational issues, Anxiety, Grief, Integrated Health, Trauma-informed yoga, EMDR	Self-pay
Stephanie Mueller, BS, CAC III preferredcounselingservices@gmail.com	1315 Main Avenue, Suite 212 Durango	970-259-3952		18+	Addiction, Substance Use, Trauma, Anxiety	Self-pay, Sliding scale
Amanda Rennaker amanda@anooter.com	270 E 8th Ave Suite-206 Durango CO 81301	970-715-1792	email at: amanda@anooter.com	19+	Young Adulthood, Life transitions, Anxiety, Relationship issues, DBT, EMDR	United, Aetna, Anthem, Friday, Bright, Cigna, Optum, Oscar, Medicaid
Thriving: Therapy & Yoga Shelley Nielsen, LCSW www.thrivingtherapyyoga.com	Mailing address: 2293 CR 203, Dgo, CO 81301	970-946-1383	Phone/text or email shelleylnielsen@gmail.com	13+	Body-centered, IFS, Trauma-informed Yoga, Yoga nidra, Healing Through Yoga Series for Adults (fall and spring), SASO Healing Trauma group facilitator, Alternative Horizons group Facilitator	Self-pay, Sliding scale
Stephanie Pace, LCSW www.Pace-Wellness.com Stephanie@Pace-Wellness.com	48 CR 250, Ste 8 Durango	970-769-7522		13+	Mindfulness-based self mastery, Life transitions, Depression, Anxiety, Strengths-based, Body-centered, EFT, Biofeedback	Aetna, Anthem BCBS, Cigna, Optum/United, TriWest, United +

Anna Pierotti, LPC www.MyAlpenglowTherapy.com	104 South Main Street Suite 3 Mancos	970- 601-7978		12+	Autism, ADHD, Chronic illness/pain, anxiety, depression, and chronic stress; Group therapy options	Self-pay, Sliding scale, EAP (Triad and Lyra)
Nancy Raffaele, LPC nanraff11@gmail.com	11th @ Main Avenue, Durango, CO	970-799-2202		18+	Trauma, SI, Grief, Addictions, Self-harm, Depression, Anxiety, Psychosis, DID, Hallucinations, CBT, DBT, ACT, Client-centered, EMDR and Somatic therapies	Self-pay, Sliding scale
Russ Pool, LPC www.russpool.com	1911 Main Ave #258, Durango	970-375-7777	Text	21+	Transpersonal Psychology, Trauma Treatment and Psychedelic Harm Reduction and integration for adults. Using Psycho-education, EMDR, Sensorimotor and IFS (Parts) therapies	Self-pay only. \$150/hour for individuals
Emily Prigmore, LSW https://www.highdesertpsychotherapy.com/	Durango	970-764-7870		13+	Anxiety, Life Transitions, Anger Management, Behavioral Issues, Trauma, Abuse, Sexual Violence, CBT, DBT, Polyvagal	Self-pay
Katy Pytte, LPC www.Katypytte.com kpytte00@gmail.com	2243 Main Ave #4C Durango	970-903-4769		8-22	Anxiety, Depression, Life Transitions, Self-Esteem, Divorce, Parenting issues, Trauma, Sex abuse, Play Therapy, EMDR, CBT, Therapy Dog	Medicaid , Tricare, BCBS, Assurant, CHP+, CIGNA, RMHP, Cofinity, Humana, Life Sync, Aetna, United/UMR, Friday Health
Jessica Reed, LCSW www.mountainmentalhealthclinic.com	Creekside Offices 2257 Main Ave Durango	970-426-9221		All ages	Depression, Anxiety, High Functioning Autism Spectrum, ADHD, Defiance and behavior issues, Trauma, Transgender, EFT, Hakomi, Play therapy, EMDR, Neurofeedback, Internal Family Systems	Self-pay, Anthem, Cofinity, Cigna
Riversage Family Counseling		970-422-3830		All ages	General phone for inquiries	
Aaron Shipps, LPCC aaron@riversagecounseling.com	100 Jenkins Ranch Rd	970-422-3830		18+	Grief, anxiety, depression, trauma	Medicaid, BCBS, self-pay

Randy Stueve, LPC randy@riversagecounseling.com	100 Jenkins Ranch Road	970-422-3830 x2		14+	ACT, Neurofeedback, EMDR, Performance Improvement. Anxiety, Depression, Anger, Trauma, Life Transitions.	Self-pay, Sliding scale, EAPs
Linzie Ridings, LPCC linzie@riversagecounseling.com	100 Jenkins Ranch Road	970-422-3830		18+	Depression, anxiety, EMDR, young adult issues, eating issues	Self-pay, medicaid, BCBS
Rohan Roy, LPCC rohan@riversagecounseling.com	100 Jenkins Ranch Road	970-422-3830		11+	Depression, anxiety, life issues, family issues, trauma, DBT, EMDR	Self-pay, Medicaid, BCBS, United
Holly Brooks, LSW holly@riversagecounseling.com	Telehealth	970-422-3830		15+	DBT, adolescent issues, life changes, mood and anxiety issues, trauma, EMDR	Self-pay, Medicaid, BCBS, United
Meghan Doenges, LPCC meghan@riversagecounseling.com	100 Jenkins Ranch Road	970-422-3830		18+	EMDR, anxiety, depression, existential concerns, life transitions, relationship difficulties, ACT, Jungian dream analysis, mindfulness	Self-pay, Medicaid , BCBS
Kelly Pipkins-Burt, M.Ed, LPC	2800 Cornerstone Pagosa Springs 81147	970-507-0436	Text or email is preferred. kellyburtlpc@gmail.com			Cigna, Medicaid, Fridays, UHC, Optimum.
Jessaca Cassady LCSW, LAC www.claritycounseling.solutions jessaca.cassady@gmail.com	Bayfield 1328 Co Rd 501 Ignacio 405 Browning Ave.	970-903-3354	Phone or email	6+	Family/Marriage, Addictions, Anxiety/Depression, CBT, DBT, Mindfulness, Trauma, EMDR, Christian Counseling	Medicaid , Medicare, CHP+, Most Insurances, EAP's, Self Pay-Sliding Scale
Misty Mountain Therapy Jennifer Diethrich, LPC mistymountaintherapy@gmail.com & Rio my therapy dog	100 Jenkins Ranch Road Located at Riversage Counseling	970-946-7002	Phone, email	10+	EMDR, CBT, anxiety, depression, trauma, life transitions, school and career issues, relationships, self esteem, personal growth Equine Assisted Psychotherapy	Self-Pay Medicaid CHP+

Jenny Rogers, MS, ABP jenny@durangoadventuretherapy.com www.durangoadventuretherapy.com	213 Oxford Place, Durango 81303	970-769-2563		11+	Adventure Therapy, Therapaddle (SUP), Talki'n and Tubi'n, Art Therapy	Self-Pay, Sliding scale
Riese Rose, LPCC www.rieserose.com riese@rieserose.com	Telehealth and nature-based out of Durango	720-310-5082		18+	Trauma/PTSD, Grief, Couples, Transitions, Attachment, Self-worth, Anxiety, Depression, LGBTQ2IA+, Internal Family Systems, Mindfulness, Ecotherapy, internalized oppression	Aetna, United, Oxford, Optum, Oscar, Medicaid, Self-Pay
Morgan Seymour, LCSW Morganl.seymour@gmail.com	Telehealth out of Durango	970-844-4838		12+	Families, Couples, Tech addiction, Autism, Postpartum support, Depression, Anxiety, ADHD	Aetna, BCBS, Cigna, Friday, Optum, TriWest, UMR/United, Self-pay
Denise Schenk, MA, LPC, CAC III The Rooted Heart Healing Center www.deniseschenktherapy.com	telehealth + in-person options 102 East 8th St. #209 Durango 81301	970-749-4049	Phone or email.	15+	Body centered, somatic, Hakomi, Mindfulness, Trauma, EMDR, Addictions, Dual diagnosis, Mood disorders, Relationships, Life transitions, self-mastery, Couples	Self-pay
Caleb Speas, LPCC Dropping In Counseling	755 East 2nd Avenue Durango, 81301	970-903-4231		8+	Grief, Trauma, Anxiety	Self-Pay, Sliding scale
Matt Smith, LPCC Collaborative Counseling winchestercounseling@gmail.com	2243 Main Ave, Durango	405-664-7519		10+	Trauma, Anxiety, Depression, ADHD, Autism Spectrum Disorder, Parent-child Conflict, Substance Use, ACT, Narrative	Self-Pay, Sliding scale
Stephanie Smith, LCSW, LAC A Wild Hope Counseling www.awildhope.com stephanie@awildhope.com	1911 Main Avenue, Suite 248, Telehealth	970-426-5354	phone/email/text	13+	Anxiety, Depression, Loss and grief, Low self-esteem, Phase of life issues, Family and relationship challenges, Parent Coaching, and Substance use	Self-pay, sliding scale
Sarah St. John LPCC Sarah St. John Counseling, Coaching, and Healing https://sarahstjohncounseling.com	Durango	970-946-8456		11+	Depression, Anxiety, Self-esteem, Women's Issues, Parenting, Navigating support in public schools (504 or IEP), Spirituality, LGBTQ, Relationship conflicts	Self-Pay

Rhiannon Stone-Miller, LPCC Rhiannon Stone-Miller Art Therapy www.rhiannonstonemiller.com	Telehealth throughout the state, based out of Durango	720-281-9657		18+	Art Therapy, Social justice oriented, Somatic, Mindfulness, Anxiety, Depression, PTSD, Life transitions, and Relationship issues, LGBTQ + neurodiversity affirming	Self-Pay, Sliding scale
Regan Thaw, LCSW	Durango 117 CR 250	970-749-6764	phone	13+	individual therapy. cognitive behavioral therapy for depression and anxiety. Personal and spiritual growth.	self-pay
Studio B https://studiob.life/ bu@studiob.life	1305 Escalante Dr. #203 Durango 81303	970-422-1761	phone/email	All Ages	Individuals, Groups, Integrated Health	Self-pay, Most Insurances / Workers Comp
Miranda Day, LPC		970-422-1761	phone/email	14+	Chronic illness, trauma, anxiety/depression, relationships, personal growth, and spirituality	Anthem, BCBS, Pinnacol, Self-pay, Sliding scale, Cigna, Second Wind Fund
Lars Olson, PhD Clinical Psychology Candidate		970-422-1761	phone/email	10+	Life Counseling, ADHD, Depression, Anxiety, Autism, Adoption, Foster families, Family, Suicide, family and parent training, DBT, ACT, and Cognitive behavior therapy.	Self pay, sliding scale, UHC, Medicare, Medicaid , RMHP, Second Wind Fund
Megan Oberholtzer, PhD Clinical Psychology Candidate		970-422-1761	phone/email	13+	Cognitive behavioral Therapy, anxiety, depression, PTSD, ADHD, Mind/body health, Trauma, Mood Disorders, Life Transition, Adjustment Issues, Conduct Disorders, EMDR.	Self-pay, sliding scale, BCBS, Aetna, Cofinity, UHC, Cigna, Medicare, Medicaid , RMHP, Optum, Second Wind Fund
Stacy Reuille-Dupont, PhD, LAC		970-422-1761	phone/email	16+	PTSD & Trauma, Somatic Psychology, ADHD, Addiction, Disordered Eating Behavior, Dealing with Autoimmune Disorders, Depression/Anxiety, Hakomi/EMDR, Life balance, Weight Loss/Gain, Leadership Development,	BCBS, Aetna, Self-pay, Sliding Scale, UHC, Cigna, Medicare, Medicaid , RMHP, Pinnacol, Coventry,

					Personal Growth, Nutrition and Movement for Mental Health. Certified personal trainer and nutrition coach.	Tricare, workers comp, Second Wind Fund
Shari Fitzgerald, LPCC		970-422-1761	phone/email	15+	Trauma, Sexual Assault, Grief, Relationships	Self-pay, Sliding scale, BCBS, Medicare, Medicaid , RMHP, UHC, Cigna, Pinnacle, Second Wind Fund
Joshua Coon, Ed.D, LPCC		970-422-1761	phone/email	10+	Youth, Young Adults, Academic Intervention, Counseling, Academic Assessments	Self pay, sliding scale, UHC, Medicare, Medicaid , RMHP, Second Wind Fund
Panveda Counseling Ryan Sullivan, LPC www.panvedacounseling.com ryan@panvedacounseling.com	2257 Main Ave. Durango, CO 81301	207-451-8540		17+	Nature Based counseling. Humanistic, Existential, Gestalt, Mindfulness. Offering guided wilderness interventions	Cigna, Anthem BC+BS, Aetna, Oxford, United, Oscar, self-pay, sliding scale
Shayla Walker, LCSW Worthy Hearts, LLC and Aldergrove Wellness group	555 Camino Del Rio 2B or 231 S Clover Suite 5 Bayfield, Co	970-759-8040 OR 303-975-6142		18-30	Women's issues, Postpartum support, Anxiety, Depression, Trauma, Tele therapy, relationship issues	Self-pay, Sliding scale, Medicaid, most insurances
Linza Vargas, LCSW www.holisticallyrootedcounseling.com	2243 Main Ave, suite 3B Durango	610-563-9758		All ages	Somatic Experiencing, Polyvagal, Art Therapy, Anxiety, Depression, Trauma, Family Therapy, Play Therapy, Attachment Issues, Reparenting and Inner Child work	Self-Pay, Sliding scale
Julie Viscnich, LCSW, LAC www.JulieVisnich.com	48 CR 250, #8 Durango CO 81301	970-404-1891		21+	Life transitions, anxiety, self-esteem, couples, trauma, mood, interpersonal communication, hypnosis, emotional freedom technique, using life troubles for growth and expansion	Self-pay

<p>Jane Dally, MA, LPC, RN heronrisingtherapies@gmail.com</p>	<p>P. O. Box 3602 Durango, CO 81302</p>	<p>928-899-2655</p>	<p>Email, phone - text or call</p>	<p>18+</p>	<p>Teletherapy - mood disorders (e.g., anxiety, depression, bipolar), trauma, attachment and relationship issues, grief, ADHD/ASD. Modalities - EMDR, Polyvagal Theory, somatic therapy, DBT, CBT, Mindfulness-Based Therapy, Internal Family Systems, Wellness Counseling, Solution-Focused Therapy.</p>	<p>Numerous insurance companies via SonderMind (https://www.sondermind.com), https://www.sondermind.com/providers/jw09a3yy/jane-dally; Self-pay.</p>
<p>Haley Wiedenman, LPC haley@serenitymountaintherapy.com www.serenitymountaintherapy.com</p>	<p>2243 Main Ave, Durango, Co, 81301</p>	<p>720-383-4886</p>	<p>Email, Call, or text</p>	<p>18+</p>	<p>Grief, Trauma, Domestic violence, and Intimate partner violence, Wilderness Therapy, Backcountry immersion trips</p>	<p>Self-pay - Anthem/BCBS, Aetna, Oscar, United, Oxford, Cigna</p>
<p>Western Skies Counseling www.westernskiescounseling.com Joseph Prekup, LPC joseph@westernskies.care Nancy Raffaele- Ilic, LPCC</p>	<p>2855 Main Ave #A103 1911 Main Avenue, Suite 246</p>	<p>970-281-5550 970-799-2202</p>		<p>16+ 13+</p>	<p>Cognitive Behavioral Therapy, Solution-focused, Narrative Therapy, Christian, Mood Disorders, Personality Disorders, Families Trauma, SI, Grief, Addictions, Self-harm, Depression, Anxiety, Psychosis, DID, Hallucinations, CBT, DBT, ACT, Client-centered</p>	<p>Self-pay, Sliding scale</p>
<p>Silas Wright, LPC silas@rhizomecounseling.com</p>	<p>2257 Main Avenue Durango, CO</p>	<p>720-441-4552</p>		<p>14+</p>	<p>Trauma, Pain management, Chronic Illness, Severe and Persistent Mental Illness, LGBTQ+, Mindfulness, DBT, Gestalt, IFS, EMDR, Young Adults, Veterans</p>	<p>Aetna, Optum, TriWest, UMR/United, Self-pay</p>

<p>Southern Ute Health Center - Behavioral Health Division – Variety of therapists available for all age groups Website: Behavioral Health – Southern Ute Indian Tribe (southernute-nsn.gov) https://www.southernute-nsn.gov/tribal-health/behavioral-health</p>	Physical Address: 4101 County Road 222, Durango, CO 81303 Mailing: PO Box 737, #97 – Ignacio, CO 81137	970-563-5700		All ages	Intervention / Specialties: Serving Native Americans from any Federally Recognized Tribe; Substance Use Services; Mental Health therapy and Psychiatry services; In-person and Telehealth; Individual, couples and groups; Trauma; MAT / MOUD	Most insurance accepted, Medicaid , Medicare. If no third party insurance, services are free for all Native Americans who enroll as patients of the Southern Ute Health Center.
Telehealth Options - Sondermind (local therapists) - Live Health - Better Help - Talk Space - Good Therapy - Very Well Mind	Telehealth	Online through the various websites or your insurance		16+	Depression, Anxiety, Social Anxiety, Relationship challenges	Typically available for most private insurance and EAPs
<p>Paragon Behavioral Health Connections https://www.paragonbhc.org/ Haley Chatwin, MSW, SWC Mashi Salomon, Care Manager</p>	In family home Community Telehealth	303-243-0270		All Ages	Supports youth and families in their home or community to increase skills for healthy communication and improve regulatory skills of each individual family member. Reduce symptoms associated with emotional/mental health concerns, substance use, and trauma responses. Increase access to basic needs such as benefits, food, employment, safe housing, and quality childcare	Medicaid , RMHP, CHP+, Self-pay

Kendall Harvey, LPC https://krescounseling.clientsecure.me/ krescounseling@gmail.com	Tele-health Durango, CO	303-817-6122	Email and/or phone	18+	Women's mental health across the lifespan, Reproductive mental health, Perinatal/prenatal trauma/loss, Life adjustment, Anxiety, Depression. Somatic (body-based) approach, brainspotting, positive psychology, nervous system regulation, holistic & integrative health.	Self-pay. Out of network reimbursement possible.
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