

Adult Therapists (for patients 18+ or parents)

Name	Address	Phone	Ages	Interventions/ Specialties	Payment Methods
Kris Abrams, LPC www.cedartreehealing.org	Mancos, CO In person in nature, and/or by telephone	970-403-5018	20+	Individual, Couples, Trauma, Internalized oppression, Life transitions, Nature-based, CBT, EMDR, EFT, Internal Family Systems, Emotion Focused	Self-pay, Sliding scale
Eileen Andricovich, LMFT admin@spiralsofeternity.com	Durango, CO Telehealth only	970-444-9185	16+	Relationship Issues, ADHD, Family Conflict	United, Anthem/BCBS, Aetna, Cigna, Self-pay
Animas Valley Counseling Chari Perce, LMFT	1911 Main Ave. Durango, CO & Telehealth	970-400-1038	4+	EMDR, Brainspotting, DBT, TF-CBT, Domestic Violence, Complex Trauma	Medicaid , Self-pay, Sliding Scale
Brian Arens, LPC https://brianarencounseling.org	2243 Main Avenue #8, Durango, CO	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, CO	970-769-8856	18+	Disordered eating, Body image, Sports related issues	Self-pay, Sliding scale
Cole Awdish, LPC www.coleawdish.com	954 E. 2nd Ave Suite 106 Durango, CO	970-403-5488	16+	EMDR including EMDR intensives, DBT, Mindfulness-based CBT, Complex trauma (childhood abuse, relational trauma, etc.), Emotion dysregulation, Anxiety	Self-pay
Kati Bachman, LPC openheartgriefcounseling@gmail.com	Durango, CO	970-759-9981	18+	Grief related to death	Self-pay
Gabriel Bernier, LPCC Fox & the Crow Counseling www.foxandcrowcounseling.com gabriel@foxandcrowcounseling.com	2243 Main Ave #4H Durango, CO Fridays +telehealth	970-426-5859	16+	Life transitions, Anxiety, Depression, Perfectionism, Existential issues, Men's issues	Self-pay, Sliding scale
Rowan Blaisdell, LCSW www.durangopsychotherapy.com	Durango, CO	970-903-3893	18+	Men's Issues, LGBTQ+, Grief, Anxiety, Depression, Couples	Self-pay, Sliding scale
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
Amie Bryant, LCSW, CAS http://fourcornerscounseling.com amie@fourcornerscounseling.com	1800 E. 3rd Ave, Suite 106 Durango, CO & Telehealth	970-946-8004	18+	EMDR, CBT, ACT, Depression, Anxiety, Anger, Addiction, Self-esteem, Stress, Relational conflict, Life transition/identity work/personal growth, Trauma, Support for helping professionals	Self-pay
Jeni Breezley, LPC, NCC Clear Water Counseling www.clearwaterdurango.com jeni@clearwaterdurango.com	2243 Main Ave, Ste 4H Durango, CO	303-579-4104	17+	Anxiety, Depression, Relationship issues, Sexual identity, Life transitions, Women's issues, Eating disorders, Existential issues, ACT, Mindfulness, Dreamwork, Sand tray, Jungian, Narrative	Self-pay, Sliding scale
Jessaca Cassady LCSW, LAC www.claritycounseling.solutions	Bayfield 1328 Co Rd 501 Ignacio 405 Browning Ave	970-903-3354	6+	Family/Marriage, Addictions, Anxiety/ Depression, CBT, DBT, Trauma- Prolonged Exposure/ EMDR, Christian Counseling,	Medicaid , Medicare, CHP+, Most Insurances, EAP's, Self Pay-Sliding Scale
Sarah "Sam" G Conti, LPC, CAS	2800 Cornerstone Build #B #208 Pagosa Springs, CO	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	2243 Main Ave #5 Durango, CO	970-749-1927	25+	DBT, EMDR, Couples, Addiction	Self-pay, Sliding scale
Anja Davis, LSW Alpine Start Counseling	270 E 8th Ave A- 206 Durango CO	970-239-3853	16+	Attachment, Anxiety, Depression, Relationship issues, Identity Development, Self-esteem, Trauma, Emotion Focused Therapy, Somatic Experiencing	Self-pay, Sliding scale
Mark Dickmann, LCSW www.wintersuncounseling.com markdickmanncounseling@gmail.com	2855 Main Avenue, Suite #107A Durango, CO	970-769-1569	18+	EMDR, Couples Work, Trauma, Depression, Anxiety, Grief, Life transition	BCBS/Anthem and EAP, Bright Health, Self-pay
Lisa Donelan, NLC	15 Mills St. #106 Bayfield, CO	970-946-7933	18+	Trauma, Intimate Partner Violence, PTSD, Anxiety, EMDR, PTG Somatic therapy, Alternative Horizons Therapist	Self-pay

Durango Family Therapy Brent Dixon, LPC, Renee Dixon, LSW Sierra Williams, LPC Chelsi Hower, LPC www.durangofamilytherapy.com	2243 Main Ave, Suite #16, 18, and 20 Durango, CO	970-422-7334	12+	Couples, Family, EMDR, Anxiety, Depression, Trauma, Grief, Transitions, Parenting support	Self-pay, EAPs
Tracy Farmer, LCSW www.durangofamilycounseling.com	Durango, CO	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
Bridget Foster, LCSW, LAC High Country Counseling highcountrycounseling@gmail.com	Durango, CO	970-779-9072	5+	DBT, EMDR, Anxiety, Depression, Adjustment, Substance Use, Teenagers, Family Therapy, Parent Coaching	Rocky Mountain Health Plans (Medicaid , CHP+, commercial), Self-pay, Anthem/BCBS
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
Nicole Fuller MA, DVAP, CAC III www.nicolefuller.com	Durango & Bayfield 1911 Main Ave #234	970-769-2435	10+	Anxiety, Depression, Substance Abuse, Parenting	Self-pay, Sliding scale
Mimi Gates, LPC, CHT www.mimigates.com mimihgates@gmail.com	1199 Main Ave Ste. 220, Durango, CO	970-799-7777	18+	Addictions, Eating Disorders, Depression, Stress, Anxiety, Mood disorders, Trauma, Relationships, Life transitions, Couples, Women's Group	Self-pay
The Grief Center of SW Colorado Judy Austin, LPC Julie Madden, MA 7 contracted bereavement therapists <i>Spanish speaking provider available</i> www.griefcenterswco.org griefcenterswco@gmail.com	2243 N Main Ave Suite 4F Durango, CO Telehealth for Bayfield, Cortez, & Pagosa Springs	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 accepted
Nikki Gillespie www.nikkig-origins.com	18483 Hwy 145 Dolores, Colorado	970-882-8850	13+	Trauma coach, Somatic Bodyworker, Rolfer, Doula and Childbirth Educator	Self-Pay

Tara Jackson, LPC, RPT www.tarajacksoncounseling.com	101 E 31st St Unit B, Durango, CO	970-799-0765	All ages	Parenting support, Life transitions, Developmental and academic concerns, EMDR, Play therapy	Aetna, BCBS, Cigna, Meritain, RMHP (including CHP+), Tricare, Self-pay
Jacqueline Juliana, LPC www.jjlp counselor.com	Durango, CO Telehealth	970-519-2690	14+	Parent coaching, Family transitions, Anxiety, Depression, ADHD, Identity	Self-pay
Kasey Hall, registered psychotherapist Durango Walk and Talk Therapy kaseyjo.hall@naropa.edu	Durango, CO Telehealth options	909-939-3550	18+	Walk and Talk Therapy, Mindfulness, Positive Psychology, 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, Sonder Mind, Self-pay, Sliding scale, other insurances (call to ask)
KidStuff Counseling Rachel Alber, CSWC Telehealth providers available www.kidstuffcounseling.com	555 S. Camino Del Rio, Suite C1-B Durango, CO	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
Abby Kubicek, LCSW Durango Relationship Counseling abby@durangorelationshipcounseling.com	270 E 8th Ave A-206 Durango CO	970-403-5663	13+	Addictions, Couples CBT, DBT, Gottman, LGBTQ+, Sexual Health, Sex Therapy, Alternative Relationships	Self-pay
Dr. Joanna Laprade joanna@aionpsychotherapy.com www.aionpsychotherapy.com	1309 E 3rd Ave #8 Durango, CO	970-769-0259	18+	Dream Analysis, Unconscious Dynamics, Jungian, Trauma, Grief, Transitions	Self-Pay
La Plata Family Therapy www.laplatafamily.com admin@laplatafamily.com	135 Burnett Dr, Durango, CO	970-769-0131	All ages	Anxiety, Depression, Addiction, Life transitions, EMDR, PTSD, Trauma, Abuse, Divorce, Coparenting, Grief, Sexual abuse	Most insurance (complete online form or call to ask)
Sean Evans, LPC			12+	Anxiety, Depression, Grief & Loss, Mindfulness, Trauma	All above insurances, Medicaid
Felicia Libo, LPC http://felicialibo.com	Durango, CO	970-759-2678	18+	Life transitions, Women's Issues, High Sensitivity, Focus/Attention/ADHD, Anxiety,	Self-pay, Bright Health, Anthem/BCBS, Profile EAP,

				Aspergers/ASD, Depression, Relationships, Parenting, Divorce	ComPsych EAP, United/UMR
Megan McCartney, LCSW	Durango, CO	847-445-2777	13+	Eating disorders, Trauma, and Anxiety	Self-pay
Brit Meiers, LCSW brit@britneymeierslcsw.com	202 W. 22nd St. Durango, CO	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, CO 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
Caitlin Morris, LCSW trueselfdurango@gmail.com Trueselfdurango.com	679 E. 2nd Ave, Suite E-1, Office 6, Durango, CO	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, CO	970-259-3952	18+	Addiction, Substance Use, Trauma, Anxiety	Self-pay, Sliding scale
Karen Nakayama, PsyD knpsychology7@gmail.com	755 E. 2nd Ave Durango, CO	knpsychology 7@gmail.com	17+	LGBTQ+, Transgender, Life transitions	Self-pay, Sliding scale
Pura Vida Shelley Nielsen, LCSW www.thrivingtherapyoga.com https://puravidahealthcare.com	160 East 12th St, Suite 1 Durango, Colorado	970-946-1383 970-426-1684	13+	Body-centered, IFS, Trauma-informed yoga, Yoga nidra, Healing Through Yoga Series for Adults, SASO Healing Trauma group facilitator	Self-pay, Sliding scale
Stephanie Pace, LCSW	48 CR 250, Ste 8 Durango, CO	970-769- 7522	12+	Mindfulness-based, Life transitions, Depression, Anxiety, Grief, Strengths-based, Body-centered, Biofeedback	Self-pay, Sliding scale
Nancy Raffaele-Ilic, LPCC nancy@sunlitpathcounseling.com	1911 Main Avenue, Ste 246, Durango, CO	970-799-2202	13+	Trauma, SI, Grief, Addictions, Self-harm, Depression, Anxiety, Psychosis, DID, Hallucinations, CBT, DBT, ACT, Client-centered	Self-pay, Sliding scale

Russ Pool, LPC www.russpool.com	1911 Main Ave #258, Durango, CO	970-375-7777	17+	Couples/Relationships, Trauma, Family therapy, Anxiety, Depression, using psycho-education, DBT, EMDR, IFS and Sensorimotor therapies	Self-pay
Katy Pytte, LPC www.Katypyttte.com kpytte00@gmail.com	2243 Main Ave #4C Durango, CO	970-903-4769	18-22	Mood Disorders, Divorce, Parenting issues, Trauma, Sex abuse, EMDR, CBT, Therapy Dog	Medicaid , Tricare, BCBS, Assurant, CHP+, RMHP, Cofinity, Humana, Life Sync, Aetna, United/UMR, Bright Health, Friday Health
Jessica Reed, LCSW www.mountainmentalhealthclinic.com	Creekside Offices 2257 Main Ave Durango, CO	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, RMHP, Anthem, Cofinity, Cigna
Riversage Family Counseling		970-422-3830	All ages	General phone for inquiries	BCBC/Anthem, Cigna, Medicaid , Self-pay
Anne Bartlett, RSMT, LSW (she/her) anne@riversagecounseling.com	1309 East 3rd Ave #10 Durango, CO 81301	970-799-3522	20+	DBT, Somatic, EMDR, Mindfulness, Grief, Loss, Trauma, Anxiety, Depression, Transitions, Adjustment	Self-pay, Sliding scale
Jennifer Diethrich, LPC Misty Mountain Therapy	100 Jenkins Ranch Road	970-946-7002	10+	Solution Focused, CBT, Animal & Equine Assisted Psychotherapy, Anxiety, Depression, Relationships, Women's empowerment, and Personal growth	Self-Pay
Mia Carrasco-Songer, MSW intern	100 Jenkins Ranch Road	970-422-3830	12+	Anxiety, Depression, Social Skills, Relationships, School Issues, Trauma, Suicidal Ideation/Self Harm, CBT, DBT, Somatic therapy, Mindfulness, Attachment, LGB2TQIA+	Self-pay at \$40/session
Ellie Garrison, LPC intern	100 Jenkins Ranch Road	970-422-3830	18+	Couples, Gottman, Motivational Interviewing, CBT	Self-pay at \$40/session
Jenny Rogers, MS, ABP jenny@durangoadventuretherapy.com www.durangoadventuretherapy.com	213 Oxford Place, Durango Co 81303	970-769-2563	11+	Adventure Therapy, Therapaddle (SUP), Talki'n and Tubi'n, Art Therapy	Self-Pay, Sliding scale

Denise Schenk, LPC The Rooted Heart www.deniseschenktherapy.com	102 East 8th St. #209 Durango, CO 81301	970-749-4049	13+	Body-centered, somatic, Hakomi, Mindfulness, Trauma, EMDR, Addictions, Dual diagnosis, Mood disorders, Relationships, Life transitions, self-mastery. Couples and individuals	Self-pay
Rachel Shockley, SWC www.rachelshockley.com	Telehealth Bayfield, CO	970-323-2543	11+	Anxiety, Depression, Emotional overwhelm, Life transitions	Self-pay, Sliding scale via Open Path
Caleb Speas, LPCC Dropping In Counseling	755 East 2nd Avenue Durango, CO 81301	970-903-4231	8+	Grief, Trauma, Anxiety	Self-Pay, Sliding scale
Sarah St. John Sarah St. John Counseling, Coaching, and Healing https://sarahstjohncounseling.com	Durango, CO	970-946-8456	11+	Depression, Anxiety, Self-esteem, Grief/loss, Parenting, Navigating support in public schools (504 or IEP), Spirituality, LGBTQ, Relationship conflicts, and Anger management	Self-Pay, Sliding scale
Studio B https://studiob.life/	1305 Escalante Dr. #203 Durango, Co 81303	970-422-1761	18+	Individuals, Groups, Integrated Health	Self-pay, Sliding scale, Medicare, Medicaid, UHC, Pinnacle, BCBS/Anthem, Cigna, Friday, Bright Health
Miranda Day, LPC			15+	Chronic Illness, Grief/loss, Trauma, Anxiety, Depression, Substance Use, Spirituality	Friday Health, Pinnacol, Self Pay, Sliding scale, Cigna
Aaron Belson, LCSW			15+	CBT, Nature, Anxiety, Depression, Life transitions	BCBS, Aetna, Self Pay, Sliding Scale, UHC, Medicaid, Medicare, RMHP, Pinnacol, Bright Health, Friday Health, Coventry
Aaron Thomas, registered psychotherapist			18+	Hakomi, Meditation Coaching, Couples, Groups, Somatic	Self-pay
Haley Wiedenman, LPCC			13+	Grief, Trauma, Domestic violence, and Intimate partner violence, Wilderness Therapy, Backcountry immersion trips, Couples, Families	Self-pay, Sliding scale, BCPS, Medicaid, Medicare, RMHP, UHC

Megan Oberholtzer, PsyD Intern			13+	Individual counseling	Self pay, sliding scale, BCBS, Aetna, UHC, Medicare, medicaid, RMHP, Friday, Bright Health, Optum
Thrive Wellness Elizabeth Davis, LCSW Mesa Owen, SWC	1555 Summit St., Norwood, CO 81423 Telehealth	970-759-0533	10+	Trauma informed, EMDR, IFS informed, DBT, ACT, Solution-Focused Brief Therapy, Mindfulness, Skills-based treatment.	Most insurance plans - Medicaid, Medicare, Anthem BCBS, RMHP, Cigna, Aetna, UMR/UBH/Optum, Triad EAP, Humana
Linza Vargas, LCSW www.holisticallyrootedcounseling.com	2243 Main Ave, suite 3B Durango, CO	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	1053 Main Ave #109a Durango, CO	970-710-3894	15+	Life transitions, anxiety, self-esteem, families, trauma, Mood, interpersonal communication, hypnosis, emotional freedom technique	Self-pay
Ruby Jo Walker, LCSW www.rubyjowalker.com	2855 Main Avenue, Suite 107A Durango, CO	970-259-5711	18+	Trauma, Mndfulness-based/somatic, Neurobiology/polyvagal, Post-traumatic growth, Grief/loss, Anxiety, Depression, Adoption, Somatic Experiencing, Hakomi, Organic Intelligence	Self-pay (limited spaces)
Haley Wiedenman, LPCC haley@serenitymountaintherapy.com www.serenitymountaintherapy.com	Durango, CO	720-383-4886	13+	Grief, Trauma, Domestic violence, and Intimate partner violence, Wilderness Therapy, Backcountry immersion trips, Couples, Families	Self-pay
Authentic Solutions Consulting Stacey Foss, LAC Erik Foss, LPC, LAC Lacy Brown, LPCC Stacey Lewis, MS Brittiany Newsome, FNP-C	2800 Cornerstone Drive Building B, Suite 201 Pagosa Springs, CO 81147	970-570-5238	All Ages	Substance Use Disorders, Co-Occurring Disorders, General behavioral health issues, Trauma, EMDR, DBT, Families, Couples, Licensed DUI treatment provider, Medication management for Behavioral Health and Substance Use, Medication Assisted Therapies, Approved Domestic Violence Treatment.	Most insurance accepted, Medicaid , BCBS/Anthem, Bright, Aetna, EAPs, United/UMR, Optum

<p>Western Skies Counseling Joseph Prekup, LPC www.westernskiescounseling.com</p>	<p>900 Main Avenue Durango, CO 81301</p>	<p>970-281-5550</p>	<p>13+</p>	<p>Anxiety, Depression, Personality Disorders, EMDR, Solution-focused, Narrative Therapy, Christian</p>	<p>Medicaid, Self-pay</p>
<p>Axis Health System Community Mental Health Services CRISIS LINE 970-247-5245 <i>Spanish speaking provider available</i></p>	<p>Durango 691 E. Empire Cortez 475 Lewis St Pagosa Springs 52 Village Dr Dove Creek 495 W 4th St</p>	<p>Durango: 970-259-2162 Cortez: 970-565-7946 Pagosa Springs: 970-264-2104 Dove Creek: 970-677-2291</p>	<p>All ages</p>	<p>Individual and Group therapy Case management Vocational rehabilitation Medication management <i>Spanish Speaking clinicians</i></p>	<p>Medicaid, Most insurances, Self-pay, Sliding scale</p>
<p>Telehealth Options - Sondermind (local therapists) - Live Health - Better Help - Talk Space - Good Therapy - Very Well Mind</p>	<p>Telehealth</p>	<p>Online through the various websites or your insurance</p>	<p>16+</p>	<p>Depression, Anxiety, Social Anxiety, Relationship challenges</p>	<p>Typically available for most insurance and EAPs</p>