

Adult Therapists (for patients 18+ or parents)

Name	Address	Phone	Ages	Interventions/ Specialties	Payment Methods
Kris Abrams, LPC www.cedartreehealing.org	Mancos; 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 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	970-400-1038	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	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
Cole Awdish, LPC www.coleawdish.com	954 E. 2nd Ave Suite 106 Durango	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	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	970-426-5859	16+	Relationship issues, Life transitions, Anxiety, Depression, Existential issues, Men's issues, LGBTQ+, Couples	Self-pay, Sliding scale
Rowan Blaisdell, LCSW www.durangopsychotherapy.com	Durango	970-903-3893	18+	Men's Issues, LGBTQ+, Grief, Anxiety, Depression, Couples	Self-pay, Sliding scale
Shayla Walker, LCSW Worthy Hearts, LLC and Aldergrove Wellness group	555 Camino Del Rio 2B or	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

	231 S Clover Suite 5 Bayfield, CO				
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
Jeni Breezley, LPC, NCC Clear Water Counseling www.clearwaterdurango.com jeni@clearwaterdurango.com	2243 Main Ave, Ste 4H Durango	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	Aetna, United Health Care, Self-pay
Jessaca Cassady LCSW, LAC www.claritycounseling.solutions jessaca.cassady@gmail.com	Bayfield 1328 Co Rd 501 Ignacio 405 Browning Ave	970-903-3354	6+	Family/Marriage, Addictions, Anxiety/Depression, CBT, DBT, Trauma, 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	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	25+	DBT, EMDR, Couples, Addiction	Self-pay, Sliding scale, EAP
Anja Davis, LCSW Alpine Start Counseling	270 E 8th Ave A- 206 Durango	970-239-3853	18+	Attachment, Anxiety, Depression, Relationship issues, Identity Development, Self-esteem, Trauma, Emotionally Focused Therapy, Somatic Experiencing	Self-pay, Sliding scale, most insurances
Mark Dickmann, LCSW www.wintersuncounseling.com markdickmanncounseling@gmail.com	2855 Main Avenue, Suite #107A Durango	970-769-1569	18+	EMDR, Couples Work, Trauma, Depression, Anxiety, Grief, Life transition	BCBS/Anthem and EAP, Self-pay

Lisa Donelan, NLC	15 Mills St. #106 Bayfield	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	970-422-7334	12+	Couples, Family, EMDR, Anxiety, Depression, Trauma, Grief, Transitions, Parenting support	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
High Country Counseling Dana Conner, LSW highcountrycounseling@gmail.com	Telehealth only	970-779-9072	13+	Anxiety, Depression, Adjustment, Transitions	Medicaid
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	1911 Main Ave #234, Durango	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	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 Melinda Jameson, LPC Caleb Speas, LPC Julie Hutson, LPCC Paige MacKenzie, 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, Rolfing, Doula, Childbirth Educator and Somatic Sex Educator	Self-Pay
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 Durango	anne@juniper treementalhealth.com	20+	Early adulthood, Life transitions, Relationships, Anxiety, Depression, Trauma, Attachment, ACT, EMDR	BCBS/Anthem, Aetna, Cigna, Friday, United/UMR (most private insurances through Sondermind), Self-pay
Julie Hutson, LPCC julie@therapydurango.com www.TherapyDurango.com	2646 County Road 228 Durango	970-880-4676	5+	Grief, Trauma, Life transitions, Anxiety, Depression, Suicide loss survivors, Attachment difficulties, Developmental delays, Art, Play, Parent education regarding child grief.	Self-pay, sliding scale
Tara Jackson, LPC, RPT www.tarajacksoncounseling.com	Durango, Cortez, Telehealth	970-799-0765	All ages	Parenting support, Life transitions, Anxiety, Depression, adults with ASD, Depression, Trauma, Grief and Loss	Aetna, BCBS, Cigna, Meritain, RMHP, Tricare, Self-pay
Jacqueline Juliana, LPC www.jjlp counselor.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, registered psychotherapist Durango Walk and Talk Therapy kaseyjo.hall@naropa.edu	Durango 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, MSW, CSWC Cailea Eisenberg, MSW, SWC Heidi Compagni, SWC Mandy Sproul, MAAT, LPC, ATR	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

Telehealth providers available www.kidstuffcounseling.com					
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	970-676-2571	12+	CBT, DBT, Mindfulness, Solution focused, and Motivational Interviewing, Anxiety, Parenting, Life transitions	Medicare, most insurance through Sondermind, Self-pay
Abby Kubicek, LCSW Durango Relationship Counseling abby@durangorelationshipcounseling. com	270 E 8th Ave A- 206 Durango	970-403-5663	13+	Addictions, Couples CBT, DBT, Gottman, LGBTQ+, Sexual Health, Sex Therapy, Alternative Relationships	Self-pay
Joanna Laprade, Ph.D joanna@aionpsychotherapy.com www.aionpsychotherapy.com	1309 E 3rd Ave #8 Durango	970-769-0259	18+	Dream Analysis, Unconscious Dynamics, Jungian, Trauma, Grief, Transitions	Self-Pay
La Plata Family Therapy www.laplatafamily.com admin@laplatafamily.com Katie Lundvall, LPC Kelly DiGiacomo, LPC Erica Kelly, LSW Alyssa Walsh, SWC Matt Aspros, SWC Laura Olaniyi, SWC	135 Burnett Dr, Durango	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) Medicaid (CO and NM), Aetna Friday Health Plans
Felicia Libo, LPC http://felicialibo.com	Durango Telehealth only	970-759-2678	17+	Life transitions, Women's Issues, Sensory Issues/High Sensitivity, Attention/Focus, ADHD, Anxiety, Autism, Relationships, LGBTQ+	Self-pay, Anthem/BCBS, EAP
Gaylene Ludwig, LPC lifeupdatedcounseling@gmail.com	100 Jenkins Ranch Rd, Unit E-1, Durango	970-216-5524	16+	Trauma, Childhood Abuse, Depression, Women's Issues, EMDR, Couples, Families	Medicaid , United, Aetna, RMHP, BCBS
Megan McCartney, LCSW	Durango	847-445-2777	13+	Eating Disorders, Trauma, Anxiety, Depression	Self-pay

Darren Mckinnis, LCSW, Higher Ground Counseling hgcounseling@yahoo.com	Telehealth	970-676-1029	18+	Marriage, Relationships, Gottman	Self-pay
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@britneymeierslcsww.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® kiiramoorespc@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	Most private insurances, 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
Karen Nakayama, PsyD knpsychology7@gmail.com	755 E. 2nd Ave Durango	knpsychology 7@gmail.com	17+	LGBTQ+, Transgender, Life transitions	Self-pay, Sliding scale
Amanda Nooter amanda@anooter.com	1309 E 3rd Ave Suite B-5 Durango CO 81301	970-715-1792	19+	Young Adulthood, Life transitions, Anxiety, Relationship issues	United, Aetna, Anthem, Friday, Bright, Cigna, Optum, Oscar, Medicaid

Kaitlyn O'Sullivan, LSC, LPCC kaitlynO@protonmail.com	Durango	918-720-5758	7+	Self-esteem, Social/peer issues, Family struggles, Adjusting to big life changes, LGBTQ+	Medicaid , Self-pay
Pura Vida Shelley Nielsen, LCSW www.thrivingtherapyyoga.com https://puravidahealthcare.com	160 East 12th St, Suite 1 Durango	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 www.Pace-Wellness.com Stephanie@Pace-Wellness.com	48 CR 250, Ste 8 Durango	970-769-7522	12+	Mindfulness-based, Life transitions, Depression, Anxiety, Grief, Strengths-based, Body-centered, EFT, Biofeedback	Aetna, Anthem BCBS, Cigna, Optum/United, TriWest, United
Nancy Raffaele, MA, LPCC, NCC nancy@westernskies.care	2855 Main Avenue, Ste A103, Durango	970-799-2202	16+	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	970-375-7777	17+	Couples/Relationships, Trauma, Family therapy, Anxiety, Depression, using psycho-education, DBT, EMDR, IFS and Sensorimotor therapies	Self-pay
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
Riversage Family Counseling		970-422-3830	All ages	General phone for inquiries	
Anne Bartlett, RSMT, LSW (she/her) anne@riversagecounseling.com	1309 East 3rd Ave #10 Durango	970-799-3522	20+	Comprehensive DBT/DBT skills groups, Somatic therapy, EMDR, Mindfulness, Grief, Loss, Trauma, Anxiety, Depression, BPD/emotion dysregulation	Self-pay, Sliding scale
Lillian Ramey, LCSW	100 Jenkins Ranch	970-749-4491	14+	EMDR, trauma, grief, anxiety, body image, depression, complex issues	BCBS, Medicaid , Medicare, Aetna, TriCare, United

Randy Stueve, LPC randy@riversagecounseling.com	100 Jenkins Ranch Road	970-422-3830 x4	14+	ACT, Neurofeedback, EMDR, Performance Improvement. Anxiety, Depression, Anger, Trauma, Life Transitions.	Self-pay, Sliding scale, EAPs
Laurie Boyer, LSW laurie@riversagecounseling.com	100 Jenkins Ranch	970-749-6067	16+	EMDR, Body image, Relationships to food, Chronic pain, Health diagnosis, Depression, Trauma, Grief, Life transitions, Relationship change, Pregnancy, Divorce, or Retirement	Self-pay, Sliding scale
Meghan Doenges, LPCC meghan@riversagecounseling.com	100 Jenkins Ranch Road	630-962-1305	18+	EMDR, anxiety, depression, existential concerns, life transitions, relationship difficulties, ACT, Jungian dream analysis, mindfulness	Self-pay, Medicaid , BCBS
Jennifer Diethrich, LPC mistymountaintherapy@gmail.com & Rio my therapy dog	100 Jenkins Ranch Road	970-946-7002	10+	Solution Focused, CBT, anxiety, depression, trauma, life transitions, school issues, relationships, self-esteem, personal growth Equine Assisted Psychotherapy	Self-Pay, Medicaid , CHP+
Doug Hunderman, M.Div.	100 Jenkins Ranch Road	970-764-0083	15+	Christianity, Pastoral Counseling, Couples, Family Conflict, Grief and Loss, Anxiety, Personal Growth	Self-pay
Phoenix Rising, LSW www.theartofselfhealing.org phoenix@theartofselfhealing.org	48 CR 250, Suite 8 or telehealth	720-312-3278	10-24	ADHD, Autism, Highly Sensitive People, LGBTQ+, BIPOC, Neurodivergent-identifying, Solution focused, Nervous system recovery, coping skill building, Lifestyle changes (ex: diet, exercise, and sleep)	Self-pay, IMatter (6 free sessions)
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	Self-Pay, Sliding scale
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 www.deniseschenktherapy.com	telehealth + in-person options 102 East 8th St. #209 Durango 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
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 winchestercounseling@gmail.com	2243 Main Ave, Durango	405-664-7519	13+	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	Telehealth	970-426-5354	13+	Anxiety, Depression, Loss and grief, Low self-esteem, Phase of life issues, Family and relationship challenges, and Substance use	Self-pay
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
Studio B https://studiob.life/	1305 Escalante Dr. #203 Durango 81303	970-422-1761	All Ages	Individuals, Groups, Integrated Health	Self-pay, Most Insurances / Workers Comp
Miranda Day, LPC			14+	Chronic illness, trauma, anxiety/depression, relationships, personal growth, and spirituality	Friday Health, Pinnacol, Self-pay, Sliding scale, Cigna, Second Wind Fund
Lars Olson, PhD Clinical Psychology Candidate			10+	Life Counseling, ADHD, Depression, Anxiety, Autism, Adoption, Foster families, Adults, Teens, Young Adults, Family, Suicide	Self-pay, Sliding scale, UHC, Medicare, Medicaid , RMHP, Second Wind Fund

Aaron Thomas, registered psychotherapist			18+	Somatic Therapy, Hakomi, Body-centered Therapy, Meditation Teacher	Self-pay, Second Wind Fund
Haley Wiedenman, LPCC			16+	Wilderness Therapy, Women, Abuse, Trauma, Grief, Depression, Anxiety, Domestic Violence, Couples, Family	Self-pay, Sliding scale, BCPS, RMHP, UHC, Cigna, Second Wind Fund
Megan Oberholtzer, PhD Intern			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, Friday, Optum, Second Wind Fund
Lisa Turcott-Gutt, LPCC			4+	Play Therapy, Child, Adolescent, Young Adult, Family, Trauma, Grief & Loss, Anxiety, Depression, Transition & Adjustment, Attachment Issues, LGBTQ+ supports, Body-centered Holistic Approach.	Self-pay, Sliding scale, BCBS, Medicare, Medicaid , RMHP, UHC, Cigna, Pinnacol, Friday Health, Second Wind Fund
Shari Fitzgerald, LPCC			15+	Trauma, Sexual Assault, Grief, Relationships	Self-pay, Sliding scale, BCBS, Medicare, Medicaid , RMHP, UHC, Cigna, Pinnacol, Second Wind Fund
Southern Ute Health Center - Behavioral Health Division – Variety of therapists available for all age groups www.southernute-nsn.gov/tribal-health/behavioral-health	4101 County Road 222, Durango, CO 81303	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 insurance, services are free for all Native Americans who enroll as patients of the Southern Ute Health Center
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
Thrive Wellness Elizabeth Davis, LCSW Mesa Owen, SWC	1555 Summit St., Norwood Telehealth available	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	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	970-710-3894	15+	Life transitions, anxiety, self-esteem, families, trauma, Mood, interpersonal communication, hypnosis, emotional freedom technique	Self-pay
Haley Wiedenman, LPCC haley@serenitymountaintherapy.com www.serenitymountaintherapy.com	Durango	720-383-4886	16+	Grief, Trauma, Domestic violence, and Intimate partner violence, Wilderness Therapy, Backcountry immersion trips	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/Telehealth	970-398-0964	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, Aetna, EAPs, United/UMR, Optum
Western Skies Counseling www.westernskiescounseling.com Joseph Prekup, LPC joseph@westernskies.care Nancy Raffaele- Ilic, LPCC	2855 Main Ave #A103 1911 Main Avenue, Suite 246	970-281-5550 970-799-2202	16+ 13+	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	Self-pay, Sliding scale
Silas Wright, LPC silas@rhizomecounseling.com	2257 Main Avenue Durango, CO	720-441-4552	14+	Trauma, Pain management, Chronic Illness, Severe and Persistent Mental Illness, LGBTQ+, Mindfulness, DBT, Gestalt, IFS, EMDR, Young Adults, Veterans	Aetna, Optum, TriWest, UMR/United, Self-pay
Axis Health System Community Mental Health Services CRISIS LINE 970-247-5245 <i>Spanish speaking provider available</i>	Durango 691 E. Empire Cortez 475 Lewis St Pagosa Springs 52 Village Dr Dove Creek 495 W 4 th St	Durango: 970-259-2162 Cortez: 970-565-7946 Pagosa Springs: 970-264-2104 Dove Creek: 970-677-2291	All ages	Individual and Group therapy Case management Vocational rehabilitation Medication management <i>Spanish Speaking clinicians</i>	Medicaid , Most insurances, Self-pay, Sliding scale

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
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