

## **Adult Therapists (for patients 18+ or parents)**

**Local therapists can also be found at [PsychologyToday.com](https://www.psychologytoday.com)**

<b>Name</b>	<b>Address</b>	<b>Phone</b>	<b>Preferred Contact</b>	<b>Ages</b>	<b>Interventions/ Specialties</b>	<b>Payment Methods</b>
<b>Aaron Belson, LCSW</b> San Juan Somatic Therapy <a href="http://www.sanjuansomatictherapy.com">www.sanjuansomatictherapy.com</a>	801 Florida Rd Suite 11 Durango + Telehealth	970-317-9279	Durango, CO	21+	Trauma, Developmental Wounding, Post-Traumatic Growth Somatic Therapy, Mindfulness, Anxiety, Depression, Nature-Based, Postgraduate Supervision	Aetna, Anthem/BCBS, Cigna, Oxford, Oscar, and United
<b>Aaron Shippo, LPCC</b> <a href="mailto:aaron@riversagecounseling.com">aaron@riversagecounseling.com</a>	100 Jenkins Ranch Rd	970-422-3830		18+	Grief, anxiety, depression, trauma	<b>Medicaid</b> , BCBS, self-pay
<b>Abby Kubicek, LCSW, LAC</b> <a href="mailto:abby@durangorelationshipcounseling.com">abby@durangorelationshipcounseling.com</a>	270 E 8th Ave N-206 Durango Or Telehealth	970-403-5663	Email: or text 970-403-5 663	16+	Couples, Imago, Gottman, LGBTQ+, Sexual Health, Sex Therapy, Alternative Relationships, Addiction Issues	Self-pay
<b>Chari Perce, LMFT</b> Animas Valley Counseling	1911 Main Ave. Durango & Telehealth	970-403-5860		4+	EMDR, Brainspotting, DBT, TF-CBT, Domestic Violence, Complex Trauma	<b>Medicaid</b> , Self-pay, Sliding Scale
<b>Anja Davis, LCSW</b> Alpine Start Counseling <a href="mailto:anja@alpinestartcounseling.com">anja@alpinestartcounseling.com</a>	270 E 8th Ave A-206 Durango	970-239-3853	Phone call or email	18+	Attachment Developmental wounding, Depression, Identity Development, Self-esteem, Emotionally Focused Therapy	Self-pay, Optum (United, UMR, Oscar, etc.), Cigna, Aetna

<b>Anna Pierotti, LPC, LCMHC</b> <a href="http://www.MyAlpenglowTherapy.com">www.MyAlpenglowTherapy.com</a> Alpenglow Therapy	270 E College Drive, Unit #103, Durango Colorado 81301	970-345-3629	<a href="http://www.MyAlpenglowTherapy.com">www.MyAlpenglowTherapy.com</a> (self schedule)	11+	EMDR, CBT, ACT. Depression, Anxiety, Chronic pain/illness, Trauma, Autism, ADHD	Employee Assistance Programs (EAP): Triad and Lyra, The Second Wind Fund (free therapy for adolescents at risk of suicide), Private Pay, and Sliding Scale
<b>Anne Bartlett, LCSW</b> (she/her) anne@opencirclellc.com  <i>*limited space for new clients</i>	813 Main Ave #207	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	Self-pay (sliding scale option), <b>Medicaid</b>
<b>Anne Hosey, LPC</b> Juniper Tree Mental Health <a href="mailto:anne@junipertreementalhealth.com">anne@junipertreementalhealth.com</a>	2243 Main Avenue	970-422-3107	Email or text	20+	Early adulthood (20s and 30s), life transitions, anxiety, depression, attachment wounding. Modalities: EMDR, ACT	Peak/Elevate health insurance, self pay, credit card
<b>Authentic Solutions Consulting</b>	2800 Cornerstone Drive, Pagosa Springs CO	970-398-0964	phone	All ages	Multiple specialties offered through agency	Self-pay, <b>Medicaid</b> and most major insurances
<b>Becky Beaver, LPCC</b> <a href="https://studiob.life/">https://studiob.life/</a> bu@studiob.life	1305 Escalante Dr. #203 Durango 81303	970-422-1761	Phone/email	16+	Young adults, Geriatrics, Family, Relationships, Trauma, Anxiety, and Depression.	Pending Credentialing, Self-Pay
<b>Brian Arens, LPC</b> <a href="https://brianarencounseling.org">https://brianarencounseling.org</a>  <b>Telehealth only</b>	301 E 7th Ave Durango CO 81301	970-559-0215	phone	18+	Depression, anxiety, trauma, addiction [of any kind including sex addiction] , relationship issues, gender issues, Bipolar, personality issues	Self-pay, Cigna
<b>Brit Meiers, LCSW</b> 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, <b>Medicaid</b> , Self-pay, Sliding scale

<b>Brooke Lederer, LCSW</b> mountainbrookewellness@gmail.com	Durango, CO Telehealth	970-880-1620		18+	Anxiety, Depression, Life transitions, Identity work, Personal growth and self-esteem, Spirituality, CBT, Integrative, Mindfulness	Aetna Anthem Blue Cross and Blue Shield Colorado Cigna Oscar Oxford UnitedHealthcare
<b>Bruce Blanchard, LPC, PhD</b>	Durango & Bayfield	970-946-3486		10+	General mental health (anxiety, depression, life transitions, etc.)	CHP+, <b>Medicaid</b> , Tricare, Anthem/BCBS, United/UMR, Aetna and Profile EAPs
<b>Caitlin Morris, LCSW</b> <a href="mailto:trueselfdurango@gmail.com">trueselfdurango@gmail.com</a> 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
<b>Caleb Speas, LPCC</b> Dropping In Counseling	755 East 2nd Avenue Durango,	970-903-4231		8+	Grief, Trauma, Anxiety	Self-Pay, Sliding scale
<b>Cheri Minnier-Wells, LPC</b> www.cheriminnierwells.com	468 Pagosa St. Ste. H Pagosa Springs, CO 81147	928-707-0761	Email or Phone	18+	Anxiety, depression, grief work, young adult transition and LGBTQ+ issues. I also work with historical trauma in the context of Native American issues as well as challenges related to acculturation.	BC, Optum, Aetna, Cigna and others
<b>Colin Ferring, LPC Candidate</b> Somatic Counseling <a href="http://ColinFerring.com">ColinFerring.com</a> 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
<b>Darren Mckinnis, LCSW</b> Higher Ground Counseling hgounseling@yahoo.com	Telehealth	970-676-1029		18+	Marriage, Relationships, Gottman	Self-pay, EAPs

<b>Denise Schenk, MA, LPC, CAC III</b> The Rooted Heart Healing Center <a href="http://www.deniseschenktherapy.com">www.deniseschenktherapy.com</a>	telehealth + in-person 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
<b>Durango Family Therapy</b> Brent Dixon, LPC, Renee Dixon, LSW Sierra Williamsen, MA, LPC Chelsi Hower, LPC Paige MacKenzie, MA, NCC, LPCC Jenn Hight, LPC renee@durangofamilytherapy.com <a href="http://www.durangofamilytherapy.com">www.durangofamilytherapy.com</a>	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, LGBTQIA+	Self-pay, EAPs  Jenn Hight accepts - BCBS, Aetna, Cigna
<b>Eileen Andricovich, LMFT</b> 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
<b>Emily Prigmore, LSW</b> <a href="https://www.highdesertpsychotherapy.com/">https://www.highdesertpsychotherapy.com/</a>	Durango	970-764-7870		13+	Anxiety, Life Transitions, Anger Management, Behavioral Issues, Trauma, Abuse, Sexual Violence, CBT, DBT, Polyvagal	Self-pay
<b>Erica Kelly, LCSW</b> 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

<b>Felicia Libo, LPC</b> <a href="http://felicialibo.com">http://felicialibo.com</a>	Telehealth and telephone throughout Colorado	970-759-2678	Email, Website, Phone	17+	ADHD, Anxiety, Autism, Creativity/Expressive Arts, Depression, Grief, Health Issues, Highly Sensitive, Life Transitions, Neurodiversity, OCD, Relationships, Sensory Issues, Sleep, Stress, Substance Use, Trauma, Work/Vocation. Compassion-focused, neurodiversity-affirming, trauma-informed, LGBTQ+	Self-pay, sliding scale, Anthem/BCBS, Denver Health Elevate, United, Profile EAP, ComPsych EAP
<b>Fort Lewis College Counseling Center</b>	260 Noble Hall and Telehealth	970-247-7212		17+	Individual, Group and Couples, Psychiatry	No charge for 5 sessions for FLC students
<b>Haley Wiedenman, LPC</b> haley@serenitymountaintherapy.com <a href="http://www.serenitymountaintherapy.com">www.serenitymountaintherapy.com</a>	2243 Main Ave, Durango, Co, 81301	720-383-4886	Email, Call, or text	18+	Grief, Trauma, Domestic violence, and Intimate partner violence, Wilderness Therapy, Backcountry immersion trips	Self-pay - Anthem/BCBS, Aetna, Oscar, United, Oxford, Cigna
<b>Danielle Beamer, LSW</b> <b>Hidden Aspects Counseling</b> danielleb@hiddenaspectscounseling.com	Telehealth Colorado	970-403-5999		15+	Internal Family Systems, inter-personal neurobiology, trauma, somatic approaches	Self-pay, Sliding scale
<b>High Country Counseling, LLC</b> HighCountryCounseling@gmail.com  <b>Bridget Foster, LCSW, LAC</b> (Durango, Pagosa) <b>KD Bryant, LPC</b> (Durango, kids and adults) <b>Jamie DeNier, LCSW</b> (Durango, kids and adults) <b>Dana Connor, LSW</b> (Durango, adults and tele-video only) <b>Kim Domingo, LPCC</b> (Pagosa, kids only)	1065 Main Avenue, Suite 206, Durango, CO 81301	970-779-9072	Text/Email	Child - Adult		TriWest, <b>Medicaid</b> , CHP+, Rocky Mountain Health Plans, United Healthcare, Anthem, Humana, Medicare
<b>Holly Brooks, LSW</b> holly@riversagecounseling.com	Telehealth	970-422-3830		15+	DBT, adolescent issues, life changes, mood and anxiety issues, trauma, EMDR	Self-pay, <b>Medicaid</b> , BCBS, United

<b>Jacqueline Juliana, LPC</b> <a href="http://www.jilpcounselor.com">www.jilpcounselor.com</a>	Durango Telehealth	970-519-2690		14+	Parent coaching, Family transitions, Anxiety, Depression, ADHD, Identity	Anthem/BCBS, United Healthcare, Cigna, Oscar, Oxford, Aetna, Self pay
<b>Jane Dally, MA, LPC, RN</b> <a href="mailto:heronrisingtherapies@gmail.com">heronrisingtherapies@gmail.com</a>	P. O. Box 3602 Durango, CO 81302	928-899-2655	Email, phone - text or call	18+	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.	Numerous insurance companies via SonderMind ( <a href="https://www.sondermind.com">https://www.sondermind.com</a> ), <a href="https://www.sondermind.com/providers/jw09a3yy/jane-dally">https://www.sondermind.com/providers/jw09a3yy/jane-dally</a> ; Self-pay.
<b>Jeni Breezley, LPC, NCC</b> Clear Water Counseling <a href="http://www.clearwaterdurango.com">www.clearwaterdurango.com</a> 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
<b>Jenny Fiebig, LPC</b>	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
<b>Jenny Rogers, MS, ABP</b> jeni@durangoadventuretherapy.com <a href="http://www.durangoadventuretherapy.com">www.durangoadventuretherapy.com</a>	213 Oxford Place, Durango 81303	970-769-2563		11+	Adventure Therapy, Therapaddle (SUP), Talki'n and Tubi'n, Art Therapy	Self-Pay, Sliding scale

<b>Jessaca Cassady LCSW, LAC</b> <a href="http://www.claritycounseling.solutions">www.claritycounseling.solutions</a> <a href="mailto:jessaca.cassady@gmail.com">jessaca.cassady@gmail.com</a>	<b>Bayfield</b> 1328 Co Rd 501 <b>Ignacio</b> 405 Browning Ave.	970-903-3354	Phone or email	6+	Family/Marriage, Addictions, Anxiety/Depression, CBT, DBT, Mindfulness, Trauma, EMDR, Christian Counseling	<b>Medicaid</b> , Medicare, CHP+, Most Insurances, EAP's, Self Pay-Sliding Scale
<b>Jessica Reed, LCSW</b> <a href="http://www.mountainmentalhealthclinic.com">www.mountainmentalhealthclinic.com</a>	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
<b>Jim Kavanaugh, Ph.D.</b> Licensed Psychologist Sun & Rain  (Collaborative Relationships: Metis Center for Psychological Services, Grief Center of Southwest Colorado)	2243 N. Main Ave Suite 4F Durango, CO 821301	970-880-0013	phone	Families, couples, young and adult men	Family and couples therapy. Individual therapy for anxiety, depression, life challenges, executive functioning, men's issues and fatherhood	Accepting most insurances
<b>Joanna Laprade, Ph.D</b> joanna@aionpsychotherapy.com <a href="http://www.aionpsychotherapy.com">www.aionpsychotherapy.com</a>	1309 E 3rd Ave #8 Durango	970-769-0259		18+	Dream Analysis, Unconscious Dynamics, Jungian, Trauma, Grief, Transitions	Self-Pay
<b>John Floyd, LCSW</b> <a href="http://www.silenttreespsychotherapy.com">www.silenttreespsychotherapy.com</a> 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
<b>Joshua Coon, Ed.D, LPCC</b> Studio B <a href="https://studiob.life/">https://studiob.life/</a>	1305 Escalante Dr. #203 Durango CO	970-422-1761	phone/e mail	10+	Youth, Young Adults, Academic Intervention, Counseling, Academic Assessments	Self pay, sliding scale, UHC, Medicare, <b>Medicaid</b> , RMHP, Second Wind Fund

<b>Julie Hutson, LPC</b> <a href="mailto:julie@therapydurango.com">julie@therapydurango.com</a> <a href="http://www.TherapyDurango.com">www.TherapyDurango.com</a>	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.
<b>Julie Kostuch, MA, LPC</b>	128 W 14 <sup>th</sup> St, Suite 201B Durango	970-799-0807		2+	Young Adults, Anxiety, EMDR, EFT, Mindfulness, Polyvagal, Art Therapy	CHP+, <b>Medicaid</b> , RMHP, BCBS/Anthem, most insurance through Sondermind, Self-pay
<b>Julie Viscnich, LCSW, LAC</b> <a href="http://www.JulieVisnich.com">www.JulieVisnich.com</a>	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
<b>Kasey Hall, MA, LPCC</b> 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. Specializes in working with highly sensitive persons	Self-pay, Sliding scale
<b>Momentum Counseling and Consulting, LLC</b> <a href="http://www.momentumcac.com">www.momentumcac.com</a>  Katherine McLain, M.A., LPCC  Randle Brooks, M.A., LPCC	2855 Main Ave Unit 105 Durango, CO 81301	970-316-2617  970-648-4128		Pre teen, Teen and Adult	Anxiety and Depression, Difficult Life Transitions, Grief and Loss, Body image concerns, Attachment and Hereditary Trauma, Relationships, Somatic Therapy, CBT, DBT, ACT, EFIT, and mindfulness-based approaches	Accepting most insurances
<b>Kati Bachman, LPC,CGT</b> 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



<b>Kelly Pipkins-Burt, M.Ed, LPC</b> kellyburtlpc@gmail.com	2800 Cornerstone Pagosa Springs	970-507-0436	Text or email is preferred			Cigna, <b>Medicaid</b> , Fridays, UHC, Optimum.
<b>Kelsey Kolz, LPCC</b> <a href="mailto:kelseympalmer20@gmail.com">kelseympalmer20@gmail.com</a> Mancos Valley Center for Trauma and Attachment	2243 Main Ave Durango, CO 81301	970-516-5070	email/text	14-55	Interventions: CBT, DBT, Attachment based, multicultural, person-centered, Solution focused. Specialties: PTSD, trauma, sexual trauma, anxiety, depression, ADHD	Cash, Visa, <b>Medicaid</b> , United Healthcare, Aetna, Optum, Rocky Mountain Health Plan, and UMR
<b>Kendall Harvey, LPC</b> <a href="https://krescounseling.clientsecure.me/">https://krescounseling.clientsecure.me/</a> 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.
<b>KidStuff Counseling</b> Rachel Alber, MSW, CSWC Cailea Eisenberg, MSW, SWC Heidi Compagni, SWC Mandy Sproul, MAAT, LPC, ATR Telehealth providers available <a href="http://www.kidstuffcounseling.com">www.kidstuffcounseling.com</a>	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, <b>Medicaid</b> , Beacon Health, Anthem/BCBS, Cigna, United/UMR
<b>Kiira Moore, LPC, IMH-E</b> kiiramooreslpc@gmail.com	270 E 8th Ave, Suite 206, Durango	970-414-0803			Perinatal issues, postpartum, attachment, trauma, LGBTQ+, EMDR, parent/child work, depression/anxiety, self-esteem	Self-pay

<p><b>Kris Abrams, LPC</b>  <a href="mailto:kris@cedartreehealing.org">kris@cedartreehealing.org</a>  <a href="http://www.cedartreehealing.org">www.cedartreehealing.org</a></p>	<p>Mancos: in person, in nature, and/or by telephone</p>	<p>970-403-5018</p>	<p>Email: kris@cedartreehealing.org</p>	<p>20+</p>	<p>Individual &amp; 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</p>	<p>Self-pay, Sliding scale</p>
<p><b>La Plata Family Therapy</b>  <a href="http://www.laplatafamily.com">www.laplatafamily.com</a>  <a href="mailto:admin@laplatafamily.com">admin@laplatafamily.com</a></p> <p>Hillary Wolfe (all ages)  Colin Ferring (12+)  Matt Aspros (15+)  Jen Kline (3+)  Laura Olaniyi (15+ and parent coaching all ages)  Sierra Foster (ABA 1-12)  Dr. April Phillips (Psychiatry all ages)  Emily Epstein (Psychiatry 17+)  Sarah Coburn (15+)  Sarah Teshner intern (3+)  Willow Ruth (16+)  Lily Breckner (15+ and couples therapy)  Chris Dooley intern (12+)</p>	<p>135  Burnett Dr,  Unit 4  Durango</p>	<p>970-769-0131</p>		<p>18+</p>	<p>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</p>	<p>CHP+, Colorado Medicaid, all CO Medicaid RAE's, Rocky Mountain, New Mexico Medicaid, Kiser, TriWest, Aetna, Cigna, United, UMR, BCBS Colorado, BCBS New Mexico, Presbyterian, Elevate, Meritain, Medicare, EAP's, Optum, Cofinity, Mertain, IMatter, (We can bill any other insurance Out of Network) offer sliding scale and self-pay as well.</p>

<p><b>Lara Ristow LCSW</b> lara@lararistowlcsw.net</p>	<p>2855 Main Ave., A-104 Durango, CO 81301</p> <p>Telehealth avail</p>	<p>970-946-2669</p>	<p>Phone</p>	<p>Young Adult</p>	<p>Certified Synergetic Play Therapist, trained in EMDR, EMDR sand tray specialist through the AGATE institute. Anxiety, depression, trauma including PTSD, grief/loss, divorce and family stress, transitions, school challenges/stress, friendship issues, self esteem, parent coaching and family therapy.</p>	<p>Aetna, Anthem BC/BS, other BC/BS plans, Cigna, Friday, Colorado <b>Medicaid</b>, Optum, Triwest, Unitedhealthcare, CHP+, and self pay. I am also a provider for imatter Colorado which provides 6 free therapy sessions to Colorado youth.</p>
<p><b>Lars Olson, PhD Clinical Psychology Candidate</b> Studio B <a href="https://studiob.life/">https://studiob.life/</a> bu@studiob.life</p>	<p>1305 Escalante Dr. #203 Durango CO</p>	<p>970-422-1761</p>	<p>phone/e mail</p>	<p>10+</p>	<p>Life Counseling, ADHD, Depression, Anxiety, Autism, Adoption, Foster families, Adults, Teens, Young Adults, Family, Suicide, family and parent training, DBT, ACT, and Cognitive behavior therapy.</p>	<p>Self pay, sliding scale, UHC, Medicare, <b>Medicaid</b>, RMHP, Second Wind Fund</p>
<p><b>LeAnn R. Shaw MA LMFT</b> <b>Envision Therapy Solutions</b> <b>Alder Grove Health Services</b> lshaw@aldergrovegroup.com</p>	<p>231 S. Clover Suite 5 Bayfield, CO 81122</p>	<p>720-408-1505 DIRECT/TEXT Office Number</p>	<p>Call Sara at 303-975-6142 for scheduling</p>	<p>6 - Adult</p>	<p>ADHD, Anxiety, Developmental Disorders, Expertise, Asperger's Syndrome, Autism, Behavioral Issues Bipolar Disorder, Child, Child Developmental, Behavior Challenges, Codependency, Coping Skills, Depression, Divorce, Domestic Abuse, Dual Diagnosis, Education and Learning Disabilities, Emotional Disturbance, Family Conflict, Grief, Impulse Control Disorders, Infertility, Infidelity, Life Transitions, Marital and Premarital, Mood Disorders, Obsessive-Compulsive (OCD), Parenting, Psychosis, Relationship Issues, School Challenges, School Issues, Self Esteem, Self-Harming, Sleep or Insomnia, Spirituality, Stress, Suicidal Ideation, Thinking Disorders Trauma, PTSD and Veterans</p>	<p><b>Medicaid</b>, Optum, UnitedHealthcare, UHC, UBH</p>

<b>Linza Vargas, LCSW</b> <a href="http://www.holisticallyrootedcounseling.com">www.holisticallyrootedcounseling.com</a>	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
<b>Linzie Ridings, LPCC</b> linzie@riversagecounseling.com	100 Jenkins Ranch Road	970-422-3830		18+	Depression, anxiety, EMDR, young adult issues, eating issues	Self-pay, <b>medicaid</b> , BCBS
<b>Lisa Donelan, NLC</b>	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
<b>Lisa Firle, LPC, MA</b> <a href="mailto:lisafirletherapy@gmail.com">lisafirletherapy@gmail.com</a> Lisaafirle.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
<b>Liv Mackenzie, LPC</b> www.counselordurango.com livmackenzie1@gmail.com	1309 E 3rd Ave #107	970-259-4497	Phone	18+	Anxiety, Depression, Trauma, Grief, Life Adjustment, Postpartum, Adoption, EMDR, CBT, Insight, Mindfulness, Holistic	Self-pay, Venmo, Credit Card, Cash, Check

<b>Mancos Valley Center for Trauma and Attachment</b> Cole Awdish, LPC Danielle DiPiro, LPC Kelsey Kolz, LPCC Sarah Coburn, MSW, LSW Julie Hartline, LPCC (Intern) cole@mv-cta.com www.mv-cta.com	2243 Main Avenue Durango, CO 81301  104 S Main St Mancos, CO 81328	970-403-5488	<a href="https://www.therapyportal.com/p/mvcta/">https://www.therapyportal.com/p/mvcta/</a>  Schedule free consult through website or phone	8+	EMDR including EMDR intensives, DBT, Mindfulness-based CBT, Yoga - Based, Complex trauma (childhood abuse, relational trauma, etc.), Dissociation, Addiction, Ego state Parts Work	<b>Medicaid</b> , Medicare, Anthem, Aetna, Cigna, Elevate, UHC, UMR, RMHP, CHP+, Sliding-fee, Triwest (VA)
<b>Marianne Crom, LPC, NCC</b> <a href="http://www.animasfamilytherapy.com">www.animasfamilytherapy.com</a> 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
<b>Marisa Asplund, LPC</b> <a href="https://marisaasplund.com/">https://marisaasplund.com/</a>	2855 Main Ave Suite B 103 Durango	970-769-8856		18+	Disordered eating, Body image, Sports related issues	Self-pay, Sliding scale
<b>Mark Dickmann, LCSW</b> <a href="http://www.wintersuncounseling.com">www.wintersuncounseling.com</a> 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
<b>Mary Katherine, Ph.D, LAC, MAC</b>	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, <b>Medicaid</b> , CHP+, Triad EAP, Self-pay, Sliding scale, Other insurances possible as well.
<b>Matt Smith, LPCC</b> Collaborative Counseling <a href="mailto:winchestercounseling@gmail.com">winchestercounseling@gmail.com</a>	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
<b>Megan McCartney, LCSW</b>	Durango	847-445-2777		13+	Eating Disorders, Trauma, Anxiety, Depression	Self-pay

<b>Megan Oberholtzer, PhD Clinical Psychology Candidate</b> Studio B <a href="https://studiob.life/">https://studiob.life/</a> bu@studiob.life	1305 Escalante Dr. #203	970-422-1761	Phone or 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, <b>Medicaid</b> , RMHP, Optum, Second Wind Fund
<b>Meghan Doenges, LPCC</b> megan@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, <b>Medicaid</b> , BCBS
<b>Mind Body Connections Counseling</b> <b>Russ Patten, LPC</b> <a href="http://www.russpatten.com">www.russpatten.com</a>  <b>Renee Podunovich, LPC</b>	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, <b>Medicaid</b> , MultiPlan, Optum, RMHP, Second Wind Fund, TRIAD EAP, UMR
<b>Miranda Day, LPC</b> Studio B <a href="https://studiob.life/">https://studiob.life/</a> bu@studiob.life	1305 Escalante Dr. #203	970-422-1761	Phone or Email	14+	Chronic illness, trauma, Women's issues, anxiety/depression, relationships, life transitions, grief and loss, personal growth, and spirituality and existential concerns, and clinical consultation.	Anthem, BCBS, Pinnacol, Self-pay, Sliding scale, Cigna, Second Wind Fund
<b>Misty Mountain Therapy</b> Jennifer Diethrich, LPC <a href="mailto:mistymountaintherapy@gmail.com">mistymountaintherapy@gmail.com</a> <b>Equine Assisted Psychotherapy</b>	100 Jenkins Ranch Road	970-946-7002	Phone, email	10+	EMDR, CBT, anxiety, depression, trauma, life transitions, school and career issues, relationships, self esteem, personal growth	Self-Pay <b>Medicaid</b> CHP+
<b>Morgan Seymour, LCSW</b> <a href="mailto:Morganl.seymour@gmail.com">Morganl.seymour@gmail.com</a>	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

<b>Nancy Raffaele, LPC</b> 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
<b>Nicole Fuller MA, CAS, DVAP, DUI Provider</b> <b>Aldergrove Counseling</b> <a href="mailto:nicolevan123@msn.com">nicolevan123@msn.com</a> <a href="http://aldergrovegroup.com/our-team">aldergrovegroup.com/our-team</a> <a href="http://psychologytoday.com">psychologytoday.com</a>	231 South Clover Drive Ste; 5 Bayfield CO 81122	970-769-2435	Phone or Email	15+	See website for expertise <a href="https://www.aldergrovegroup.com/our-team/therapists/nicole-fuller/">https://www.aldergrovegroup.com/our-team/therapists/nicole-fuller/</a>	Self-pay, Sliding scale
<b>Nikki Gillespie</b> <a href="http://www.nikkig-origins.com">www.nikkig-origins.com</a>	18483 Hwy 145 Dolores	970-882-8850		18+	Trauma Coach, Hakomi Practitioner, Rolfer, Doula, Childbirth Educator and Somatic Sex Educator	Self-Pay
<b>Paige MacKenzie, LPCC</b> 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
<b>Panveda Counseling</b> Ryan Sullivan, LPC <a href="http://www.panvedacounseling.com">www.panvedacounseling.com</a> <a href="mailto:ryan@panvedacounseling.com">ryan@panvedacounseling.com</a>	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
<b>Paragon Behavioral Health Connections</b> <a href="https://www.paragonbhc.org/">https://www.paragonbhc.org/</a> Haley Chatwin, MSW, SWC Mashi Salomon, Care Manager	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	<b>Medicaid</b> , RMHP, CHP+, Self-pay

<b>Rachel Alber, LCSW</b> <b>Creative Heart Psychotherapy</b> <b>Telehealth Only</b> <a href="mailto:creativeheartpsych@protonmail.com">creativeheartpsych@protonmail.com</a>	Pagosa Springs, CO.	970-426-9185	Email	18+	Childhood trauma, trauma, anxiety, EMDR therapy, CBT, Mindfulness	Insurance, <b>Medicaid</b> , self pay
<b>Randy Stueve, LPC</b> 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
<b>Rebecca Ledford, LSW</b> <a href="mailto:becca.ets@gmail.com">becca.ets@gmail.com</a> Envision Therapy Solutions	231 S. Clover Suite 5, Bayfield, CO, 81122	(970) 232-2148 Fax: (970) 300-9538	Email	0-30	Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Parent Child Interactive Therapy (PCIT), Self Compassion, Motivational Interviewing (MI). Specialties in anxiety, depression, trauma, and SI.	<b>Medicaid and cash</b>
<b>Regan Thaw, LCSW</b>	Durango 117 CR 250	970-749-6764	phone	13+	individual therapy. cognitive behavioral therapy for depression and anxiety. Personal and spiritual growth.	self-pay
<b>Rhiannon Stone-Miller, LPCC</b> Rhiannon Stone-Miller Art Therapy <a href="http://www.rhiannonstonemiller.com">www.rhiannonstonemiller.com</a>	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
<b>Riese Rose, LPCC</b> <a href="http://www.rieserose.com">www.rieserose.com</a> 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, <b>Medicaid</b> , Self-Pay
<b>Riversage Family Counseling</b>		970-422-3830		All ages	General phone for inquiries	
<b>Rohan Roy, LPCC</b> rohan@riversagecounseling.com	100 Jenkins Ranch Road	970-422-3830		11+	Depression, anxiety, life issues, family issues, trauma, DBT, EMDR	Self-pay, <b>Medicaid</b> , BCBS, United



<b>Rowan Blaisdell, LCSW</b> <a href="http://www.durangopsychotherapy.com">www.durangopsychotherapy.com</a> <a href="mailto:rowan@durangopsychotherapy.com">rowan@durangopsychotherapy.com</a>	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
<b>Russ Pool, LPC</b> <a href="http://www.russpool.com">www.russpool.com</a>	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
<b>Sarah "Sam" Conti, MA, LPC, CAS, LLC</b>	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
<b>Sarah St. John LPCC</b> Sarah St. John Counseling, Coaching, and Healing <a href="https://sarahstjohncounseling.com">https://sarahstjohncounseling.com</a>	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
<b>Sean Hein, LCSW</b>	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	<b>Medicaid</b> , Self-pay
<b>Selina Markiewicz, LPCC, NCC</b> <a href="mailto:smarkiewicz@hertimethrapy.com">smarkiewicz@hertimethrapy.com</a> www.hertimethrapy.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	<b>Medicaid</b> Aetna Self-Pay \$125

<p><b>Shari Fitzgerald, LPCC</b>  Studio B  <a href="https://studiob.life/">https://studiob.life/</a>  bu@studiob.life</p>	1305 Escalante Dr. #203 Durango CO	970-422-1761	phone/e mail	16+	Trauma, Sexual Assault, Grief, Relationships	Self-pay, Sliding scale, BCBS, Medicare, <b>Medicaid</b> , RMHP, UHC, Cigna, Pinnacol, Second Wind Fund
<p><b>Shayla Walker, LCSW</b>  Worthy Hearts, LLC and  Aldergrove Wellness group</p>	555 Camino Del Rio 2B or 231 S Clover Suite 5 Bayfield	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, <b>Medicaid</b> , <b>most insurances</b>
<p><b>Silas Wright, LPC</b>  silas@rhizomecounseling.com</p>	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
<p><b>Southern Ute Health Center -  Behavioral Health Division</b> – Variety of  therapists available for all age groups  Website: <a href="https://www.southernute-nsn.gov/tribal-health/behavioral-health">Behavioral Health – Southern  Ute Indian Tribe (southernute-nsn.gov)</a>  <a href="https://www.southernute-nsn.gov/tribal-health/behavioral-health">https://www.southernute-nsn.gov/tribal-h  ealth/behavioral-health</a></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, <b>Medicaid</b> , Medicare. If no third party insurance, services are free for all Native Americans who enroll as patients of the Southern Ute Health Center.

<b>Stacy Reuille-Dupont, PhD, LAC</b> Studio B <a href="https://studiob.life/">https://studiob.life/</a> bu@studiob.life	1305 Escalante Dr. #203 Durango CO	970-422-1761	phone/e mail	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, Personal Growth, Nutrition and Movement for Mental Health. Certified personal trainer and nutrition coach.	BCBS, Aetna, Self-pay, Sliding Scale, UHC, Cigna, Medicare, <b>Medicaid</b> , RMHP, Pinnacol, Coventry, Tricare, workers comp, Second Wind Fund
<b>Stephanie Mueller, BS, CAC III</b> preferredcounselingservices@gmail.com	1315 Main Avenue, Suite 212 Durango	970-259-3952		18+	Addiction, Substance Use, Trauma, Anxiety	Self-pay, Sliding scale
<b>Stephanie Pace, LCSW</b> <a href="http://www.Pace-Wellness.com">www.Pace-Wellness.com</a> <a href="mailto:Stephanie@Pace-Wellness.com">Stephanie@Pace-Wellness.com</a>	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 +
<b>Stephanie Smith, LCSW, LAC</b> A Wild Hope Counseling <a href="http://www.awildhope.com">www.awildhope.com</a> stephanie@awildhope.com	1911 Main Avenue Suite 248 Durango, Telehealth	970-426-5354	Phone or Email or Text	11+	Anxiety, Depression, Loss and grief, Low self-esteem, Phase of life issues, Family and relationship challenges, and Substance use	Self-pay, Sliding Scale, insurance through Sondermind
<b>Studio B</b> <a href="https://studiob.life/">https://studiob.life/</a> bu@studiob.life	1305 Escalante Dr. #203 Durango CO	970-422-1761	phone/em ail	All Ages	Individuals, Groups, Integrated Health	Self-pay, Most Insurances / Workers Comp
<b>Tara Jackson, LPC, RPT</b> <a href="http://www.tarajacksoncounseling.com">www.tarajacksoncounseling.com</a> <b>Interns available as well</b>	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, <b>Medicaid</b> , RMHP, Tricare, Self-pay

<p><b>Telehealth Options</b></p> <ul style="list-style-type: none"> <li>- Sondermind (local therapists)</li> <li>- Live Health</li> <li>- Better Help</li> <li>- Talk Space</li> <li>- Good Therapy</li> <li>- Very Well Mind</li> </ul>	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><b>The Grief Center of SW Colorado</b></p> <p>Judy Austin, LPC Julie Madden, MA Melinda Jameson, LPC Caleb Speas, LPC Julie Hutson, LPC Mary Frey, LPCC Aaron Shipps, LPCC Anne Bartlett, LSW</p> <p><a href="http://www.griefcenterswco.org">www.griefcenterswco.org</a> griefcenterswco@gmail.com</p>	<p>2243 N Main Ave Suite 4F Durango</p> <p>Telehealth options available</p>	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
<p><b>Thriving: Therapy &amp; Yoga</b></p> <p>Shelley Nielsen, LCSW</p> <p><a href="http://www.thrivingtherapyyoga.com">www.thrivingtherapyyoga.com</a></p>	<p>Mailing address: 2293 CR 203, Dgo, CO 81301</p>	970-946-1383	<p>Phone/text or email <a href="mailto:shelleylnielson@gmail.com">shelleylnielson@gmail.com</a></p>	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
<p><b>Western Skies Counseling</b></p> <p><a href="http://www.westernskiescounseling.com">www.westernskiescounseling.com</a></p> <p><b>Joseph Prekup, LPC</b> joseph@westernskies.care</p> <p><b>Nancy Raffaele- Ilic, LPCC</b></p>	<p>2855 Main Ave #A103</p> <p>1911 Main Avenue, Suite 246</p>	<p>970-281-5550</p> <p>970-799-2202</p>		<p>16+</p> <p>13+</p>	<p>Cognitive Behavioral Therapy, Solution-focused, Narrative Therapy, Christian, Mood Disorders, Personality Disorders, Families</p> <p>Trauma, SI, Grief, Addictions, Self-harm, Depression, Anxiety, Psychosis, DID, Hallucinations, CBT, DBT, ACT, Client-centered</p>	Self-pay, Sliding scale

## **\*\*Qualification Acronyms\*\***

Fully licensed providers who have completed all supervised clinical hours: LPC (Licensed Professional Counselor), LCSW (Licensed Clinical Social Worker), LMFT (Licensed Marriage and Family Therapist), PhD (Licensed psychologist)

Providers who are required to practice under clinical supervision and hold a provisional license: LSW (Licensed Social Worker), SWC (Clinical Social Work Candidate), LPCC (Licensed Professional Counselor Candidate)

Additional acronyms: RPT (Registered Play Therapist), MSW (Master of Social Work), LAC (Licensed Addiction Counselor)