

Durango Therapists

Name	Address	Phone	Ages	Interventions/Specialties	Payment Methods
Eileen Andricovich, LMFT admin@spiralsofeternity.com	Telehealth out of Durango, CO	970-444-9185	16+	Relationship Issues, ADHD, Family Conflict	United, Anthem/BCBS, Aetna, Cigna, Self-pay
Cole Awdish, LPC www.coleawdish.com	954 E. 2nd Ave Suite 106	970-403-5488	16+	EMDR including EMDR intensives, DBT, Mindfulness-based CBT, Complex trauma (childhood abuse, relational trauma, etc.), Emotion dysregulation, Anxiety	Self-pay
Axis Health System Community Mental Health Services CRISIS LINE: 970-247-5245 <i>Spanish speaking provider available</i>	281 Sawyer Dr	970-259-2162	All ages	Individual and Group therapy, Case Management, Vocational Rehabilitation	Medicaid , Sliding scale, most insurance
Gabriel Bernier, LPCC Fox & the Crow Counseling www.foxandcrowcounseling.com gabriel@foxandcrowcounseling.com	2243 Main Ave #4H Telehealth available	970-426-5859	16+	Life transitions, Anxiety, Depression, Perfectionism, Existential issues, Men's issues	Self-pay, Sliding Scale
Bruce Blanchard, LPC, PhD	Durango & Bayfield	970-946-3486	10+	General mental health, Experience with at-risk youth	CHP+, Medicaid , Tricare, Anthem/BCBS, United/UMR, Aetna and Profile EAPs
David Blau, MeD	102 E. 8 th Street #218	970-769-1040	11-22	CBT, Reality Theory, Rational Emotive Behavior Therapy (REBT), Humanistic, Autism Spectrum	Self-pay
Jo Ellen Bourg, LPC, OTC Optimum Counseling	1911 Main Ave Suite 234	970-903-4078	6+	Reality, CBT, Parenting, Certified Clinical Trauma Professional, Anxiety, Depression	Self-pay, Sliding scale
Jeni Breezley, LPC, NCC Clear Water Counseling www.clearwaterdurango.com jeni@clearwaterdurango.com	2243 Main Ave, Suite 4H	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
Tanya Furry, LPC My Joyful Expressions www.durangochildtherapy.com	484 Turner Dr., Building F, Suite 104	970-749-6971	Under 18	Play Therapy, Theraplay, Parent coaching for challenging behaviors	Medicaid , CHP+, RMHP, BCBS/Anthem, Profile EAP, and Mines and Associates EAP

Anja Davis, LSW Alpine Start Counseling	270 E 8th Ave A-206	970-239-3853	16+	Attachment, Anxiety, Depression, Relationship issues, Identity Development, Self-esteem, Trauma, Emotion Focused Therapy, Somatic Experiencing	Self-pay, Sliding scale
Durango Family Therapy Brent Dixon, LPC, Renee Dixon, LSW Sierra Williams, LPC Chelsi Hower, LPC www.durangofamilytherapy.com	2243 Main Ave, Suites #16, 18, and 20	970-422-7334	12+	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, PRE	Self-pay, Sliding scale
Nicole Fuller MA, DVAP, CAC III www.nicolefuller.com	1911 Main Ave #234	970-769-2435	10+	Anxiety, Depression, Substance Abuse, Parenting	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	Medicaid , CHP+, RMHP, Self-pay, Anthem/BCBS
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, <i>Spanish speaking provider available</i>	Sliding scale, Some insurances accepted (email or call to ask)
Amy Hackmeier, LCSW Family Dynamics, LLC	2243 West 22nd Suite #17	970-261-2633	All ages	Parent Coaching, ADHD, Autism, PTSD, Attachment, Relationships, Divorce	Self-pay, Sliding scale
Tara Jackson, LPC, RPT www.tarajacksoncounseling.com	101 E 31st St Unit B	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

Melinda Jameson, LPC	128 W. 14 th St. #205	970-247-1444	2+	Grief, Loss	Medicaid , BCBS/Anthem, RMHP, CHP+, United/UMR
Jacqueline Juliana, LPC www.jjlpcounselor.com	Telehealth out of Durango, CO	970-519-2690	14+	Parent coaching, Family transitions, Anxiety, Depression, ADHD, Identity	Self-pay
Mary Katherine, Ph.D, LAC, MAC	1911 Main Ave. Room 206	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 (call to ask)
KidStuff Counseling Rachel Alber, CSWC Telehealth providers available www.kidstuffcounseling.com	555 S. Camino Del Rio, Suite C1-B	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, CO	970-799-0807	2+	Children, Adolescents and Young Adults; Play therapy, Anxiety, EMDR, EFT, Mindfulness, Polyvagal, Art Therapy	CHP+, Medicaid, RMHP, BCBS/Anthem, most insurance through Sondermind, Self-pay
Abby Kubicek, LCSW Durango Relationship Counseling abby@durangorelationshipcounseling.com	270 E 8th Ave A-206	970-403-5663	13+	Addictions, Couples CBT, DBT, Gottman, LGBTQ+, Sexual Health, Sex Therapy, Alternative Relationships	Self-pay
Felicia Libo, LPC http://felicialibo.com	Durango, CO	970-759-2678	17+	Life transitions, Women's Issues, Sensory Issues/High Sensitivity, Attention/Focus, ADHD, Anxiety, Autism, Relationships	Self-pay, Anthem/BCBS, Bright Health, Profile EAP, ComPsych EAP
Megan McCartney, LCSW	Durango, CO	847-445-2777	13+	Disordered Eating, Trauma, and Anxiety	Self-pay
Brit Meiers, LCSW brit@britneymeierslcsw.com	202 W. 22nd St.	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
Kiira Moore, LPC	270 E 8th Ave A-206	970-414-0803	0-18	Attachment, Parenting skills, Child Parent Psychotherapy, Synergetic Play Therapy, EMDR	Self-pay

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 Pace, LCSW	48 CR 250, Suite 8	970-769-7522	12+	Mindfulness-based, Life transitions, Depression, Anxiety, Grief, Strengths-based, Body-centered, Biofeedback	Self-pay, Sliding scale
Animas Valley Counseling Chari Perce, LMFT	1911 Main Ave. & Telehealth	970-400-1038	4+	Attachment, Play Therapy, Parenting, Domestic Violence, Trauma, Anxiety, Depression, Family, EMDR, Brainspotting	Medicaid , Self-pay
Kelly Pipkins-Burt, LPC (Telehealth)	Telehealth out of Pagosa Springs, CO	970-507-0436	12+	DV, Depression, LGBTQ, Anxiety, Family, Trauma, DBT, Divorce, Parenting.	Self pay, Medicaid, UHC, Friday, Cigna
Russ Pool, LPC www.russpool.com	1911 Main Ave #258	970-375-7777	15+	Relationships, Trauma, Family therapy, Anxiety, Depression, Transitions, EMDR, Motivated teens	Self-pay
Pura Vida Shelley Nielsen, LCSW www.thrivingtherapyoga.com https://puravidahealthcare.com	160 East 12th St, Suite 1	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
Katy Pytte, LPC www.Katypytte.com kpytte00@gmail.com	2243 Main Ave #4C	970-903-4769	5-22	Play Therapy, 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
Nancy Raffaele-Ilic, LPCC nancy@sunlitpathcounseling.com	1911 Main Avenue, Suite 246	970-799-2202	13+	Trauma, SI, Grief, Addictions, Self-harm, Depression, Anxiety, Psychosis, DID, Hallucinations, CBT, DBT, ACT, Client-centered	Self-pay, Sliding scale
Lara Ristow LCSW	2855 Main Ave, A-104	970-946-2669	2+	Anxiety, Depression, Grief, Loss, Trauma, Medical Trauma, EMDR, Synergetic Play Therapy	Medicaid , RMHP, CHP+, United, BCBS, Aetna, Friday, Cigna, Bright, Optum

La Plata Family Therapy www.laplatafamily.com admin@laplatafamily.com	135 Burnett Dr	970-769-0131	All ages	Anxiety, Depression, Addiction, Life transitions, EMDR, PTSD, Trauma, Abuse, Divorce, Coparenting, Grief, Sexual abuse, Defiance and behavior issues	Most insurances
Sean Evans, LPC			12+	Anxiety, Depression, Grief & Loss, Mindfulness, Trauma	All above insurances, Medicaid
Kelly DiGiacomo, LPC			12+	Adolescents, Depression, Anxiety, Emotion Regulation, Addiction, Mindfulness, Grief	All above insurances, Medicaid
Riversage Family Counseling	100 Jenkins Ranch Road	970-422-3830	All ages	General phone for referrals and inquiries	Most insurances
Jennifer Diethrich, LPC, NCC Misty Mountain Therapy	100 Jenkins Ranch Road	970-946-7002	10+	Anxiety, Depression, Social Skills, Relationships, School Issues, Trauma, Suicidal Ideation/Self Harm, Equine Assisted Psychotherapy, Therapy Dog, CBT, Solution Focused, 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, LGBTQIA+	Self-pay at \$40/session
Jenny Rogers, MS, ABP jenny@durangoadventuretherapy.com www.durangoadventuretherapy.com	213 Oxford Place	970-769-2563	11+	Adventure Therapy, Therapaddle (SUP), Talki'n and Tubi'n, Art Therapy	Self-Pay, Sliding scale
Denise Schenk, LPC www.deniseschenktherapy.com	102 East 8th Suite #209	970-749-4049	13+	Hakomi, Mindfulness, Trauma, Dual diagnosis, Mood disorders	Self-pay
Caleb Speas, LPCC Dropping In Counseling	755 East 2nd Avenue	970-903-4231	8+	Grief, Trauma, Anxiety	Self-Pay, Sliding scale
Lindsay Stonecash-Bauer, LCSW	2243 Main Ave,	970-946-8002	All ages	LGBTQ+, Depression, Anxiety, Trauma, Grief, Family therapy, Parent support, EMDR, Mindfulness, DBT, Eating disorders	Self-pay, RMHP (Medicaid , CHP+), Anthem/BCBS

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	970-422-1761	2+	Individuals, Couples, Groups, Integrated health	Self-pay, Sliding scale, Most insurances, Medicaid
Lisa Turcott-Gutt, LPCC			4+	Play Therapy	Self-pay, Sliding scale, BCBS, Medicaid , Medicare, RMHP, UHC, Pinnacol
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
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
Linza Vargas, LCSW www.holisticallyrootedcounseling.com	2243 Main Ave, Suite 3B	610-563-9758	13+	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	970-710-3894	15+	Life transitions, anxiety, self-esteem, families, trauma, Mood, interpersonal communication, hypnosis, emotional freedom technique	Self-pay
Western Skies Counseling www.westernskiescounseling.com Kathleen Korndorfer, LPC kathleen@westernskies.care	900 Main Avenue	970-403-5821	4+	EMDR, Neurofeedback, Trauma-Informed CBT, Play therapy, Expressive arts, Complex developmental trauma, Grief, Anxiety & mood disorders, Gender identity	Cigna, Self-pay
Joseph Prekup, LPC joseph@westernskies.care	900 Main Avenue	970-281-5550	13+	Solution-focused, Narrative Therapy, Christian, Mood Disorders, Personality Disorders, Families	Medicaid , Self-pay

Bayfield & Ignacio Therapists

Name	Address	Phone	Ages	Interventions/ Specialties	Payment Methods
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
Nicole Fuller MA, DVAP, CAC III www.nicolefuller.com	Bayfield Office 1327 Bayfield Parkway, Bayfield, CO	970-769-2435	10+	Anxiety, Depression, Substance Abuse, Parenting, Domestic Violence, Court Ordered, Grief, Transitions, Anger Management	Self-pay, Sliding Scale
Rachel Shockley, SWC www.rachelshockley.com	Telehealth Bayfield, CO	970-323-2543	13+	Anxiety, Depression, Emotional overwhelm, Life transitions	Self-pay, Sliding scale via Open Path

Pagosa Springs Therapists

Name	Address	Phone	Ages	Interventions/ Specialties	Payment Methods
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
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, Approved Domestic Violence Treatment.	Most insurance accepted, Medicaid , BCBS/Anthem, Bright, Aetna, EAPs, United/UMR, Optum
Kelly Pipkins-Burt, LPC	2800 Cornerstone Dr Pagosa Springs, Co	970-507-0436	12+	Anxiety, Depression, Integrated care, LGBTQ+	Medicaid , United Healthcare/UMR, Cigna, Friday
Archuleta Integrated Healthcare	52 Village Drive Pagosa Springs, CO 81147	970-264-2104	All ages	Anxiety, Depression, Children, Adolescents	Medicaid , Sliding scale, most insurance

Cortez & Norwood Therapists

Name	Address	Phone	Ages	Interventions/Specialties	Payment Methods
AXIS Health System	Cortez, CO (two days a week)	970-565-7946	All ages	Individual, Family, and Group therapy; Case Management	Medicaid , Most other insurance (call to ask)
Mind Body Connections Counseling Licensed in CO and UT Russ Patten, LPC www.russpatten.com	321 E. North St Cortez, Co	385-743-0251	12+	Anxiety, Depression, Trauma, DBT, CBT, EMDR, Motivational Interviewing, Solutions Focused, Veterans	BCBS/Anthem , Behavioral Health Systems, Chip+ Plan ERS EAP, Medicaid , MultiPlan, Optum, RMHP, Second Wind Fund, TRIAD EAP, UMR
Renee Podunovich, LPC www.reneepodunovich.com	321 E. North St Cortez, Co	385-232-3671	13+	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
Nikki Gillespie www.fourcornersrolfing.com	18483 Hwy 145 Dolores, Colorado 81323	970-882-8850	13+	Body centered psychotherapy, Trauma coach, Somatic Bodyworker, Rolfer, Doula and Childbirth Educator	Self-Pay
Thrive Wellness www.livethrivenow.com Elizabeth Davis, LCSW Mesa Owen, SWC	1555 Summit St. Norwood, CO 81423 Telehealth Available	970-759-0533	All ages	Trauma informed, Mindfulness, DBT, EMDR, ACT, IFS Informed. Skills-based treatment.	Most Insurances - Medicaid , Medicare, RMHP, Aetna, Anthem BCBS, UMR/UBH/Optum, Humana, Triad EAP

Psychiatry (Medication)

Name	Address	Phone	Ages	Specialties	Payment Methods
Perins Psychiatric Health Jamie Knight APN	270 E 8 th Ave #203 Durango, CO 81301	970-247-0640	18+	Psychiatric Evaluations, Medication Management	Self-pay
Riversage Counseling Sarah Alsgaard, DNP, APRN, PMHNP-BC	765 E. College Dr. Unit 2 Durango, CO 81301	970-764-0093	14+	Psychiatric Evaluations, Medication Management	Self-pay
La Plata Family Counseling Christopher Will, MSN, PMHNP-BC	135 Burnett Dr, Durango, CO 81301	970-769-0131	All ages	Psychiatric Evaluations and Medication Management, Trauma, Depression, Suicide Ideation, ADHD, Schizophrenia, Bipolar disorder	Self-pay
Authentic Solutions Consulting Brittiany Newsome, FNP-C	2800 Cornerstone Drive Building B, Suite 201 Pagosa Springs, CO 81147	970-570-5238	All Ages	Medication management for Behavioral Health and Substance Use, Medication Assisted Therapies.	Most insurance accepted, Medicaid , BCBS/Anthem, Bright, Aetna, EAPs, United/UMR, Optum
AXIS Health System Christy De la Garza-Gilbert, PMHNP Must be seeing a therapist for all ages	Durango, Pagosa, Cortez	Durango: 970-259-2162 Cortez: 970-565-7946	All ages	Psychiatric Evaluations, Medication Management	Medicaid , Must be seeing a therapist (does not have to be through Axis)

Psychological Services (Testing)

Name	Address	Phone	Ages	Interventions/Specialties	Payment Methods
Paula Coats, MS.Ed pmcoatshjj@icloud.com	Durango, CO Bayfield, CO Ignacio, CO	573-999-4477	All Ages	IQ testing, Education evaluations, Developmental evaluations, Behavioral evaluations, In-classroom assessments, IEP support, Screening and evaluations for learning disorders	Self-pay (\$30/session)
Dr Doug Miller, PsyD www.summitpsychology.net	1099 Main Ave # 319 Durango, CO	970-382-2680	2+	Parent counseling, Neurofeedback for children for anxiety, ADHD, Learning	Self-pay, Some Sliding Scale
JW Ragsdale, PsyD	Durango, CO	970-247-2451	16+	Educational testing, Neuro-psych testing, ADHD, Closed head injuries	Medicare, Medicaid , Most insurance
Liberty School www.thelibertyschool.org	Durango, CO	970-385-4834	All ages	Dyslexia	Self-pay
Metis Center www.metiscenter.net	Telehealth only	720-387-8458	All ages	Learning, Cognitive, and Personality Assessments, Neurofeedback, Therapy	Aetna, BCBS, Kaiser, Cigna, Medicaid , United, EAPs
Psychological Solutions www.psychologicalsolutions.org	Telehealth only	801-528-5140	All ages	Educational testing, Personality Assessments, Holistic Approach	Self-pay
Valerie Chris Gage, MS. Ed, LED Gagehouse@att.net	Durango, CO	972-849-2020	All ages	Licensed Educational Diagnostician, Evaluation and Compliance Specialist, Advocacy Services	Self-pay
Sharpened Perceptions Rachel Barnes, LCSW Anna Layden, MS	2517 Delwood Ave. Durango, CO	970-769-3006	All ages	Comprehensive educational testing, ADHD, assistance in creating 504 and IEP plans	Self-pay
Studio B Shane Nelson, PsyD	1305 Escalante Dr. #203 Durango, CO	970-422-1761	All ages	Behavioral and academic testing	Self-pay, Sliding scale