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

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| **Name** | **Address** | **Phone** | **Ages** | **Interventions/ Specialties** | **Payment Methods** |
| **Kris Abrams, LPC** [www.cedartreehealing.org](http://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 | DurangoTelehealth only | 970-426 9865 | 16+ | Relationship Issues, Loss & ADHD, Family Conflict/trauma/holistic approachindividuals/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://brianarenscounseling.org](https://brianarenscounseling.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](http://www.coleawdish.com/)  | 954 E. 2nd AveSuite 106Durango | 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 |
| **Peggy Bayless, LCSW** | Telehealth out of Durango | 970-292-7168 | 18+ | Anxiety, Depression, Divorce, Grief, Life Coaching, Relationship Issues, Self Esteem, Spirituality, Trauma and PTSD, CBT, DBT, EMDR | Sondermind (Aetna, Anthem/BCBS, Apostrophe, Cigna, Friday, Optum, TriWest) |
| **Gabriel Bernier, LPCC**Fox & the Crow Counseling[www.foxandcrowcounseling.com](http://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](http://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 231 S Clover Suite 5 Bayfield, CO | 970-759-8040 OR 303-975-6142 | 18-30 | Women's issues, Postpartum support, Anxiety, Depression, Trauma, Tele therapy, relationship issues  | Self-pay, Sliding scale, **Medicaid,** most insurances |
| **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](http://www.clearwaterdurango.com/)jeni@clearwaterdurango.com | 2243 Main Ave, Ste 4HDurango | 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](http://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 CornerstoneBuild #B #208Pagosa 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](http://www.animasfamilytherapy.com)**Animas Family Therapy LLC** | 2243 Main Ave #5Durango | 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](http://www.wintersuncounseling.com/)markdickmanncounseling@gmail.com | 2855 Main Avenue,Suite #107ADurango | 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. #106Bayfield | 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](http://www.durangofamilytherapy.com/) | 2243 Main Ave, Suite #16, 18, and 20Durango | 970-422-7334 | 12+ | Couples, Family, EMDR, Anxiety, Depression, Trauma, Grief, Transitions, Parenting support | Self-pay, EAPs  |
| **Tracy Farmer, LCSW**[www.durangofamilycounseling.com](http://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](http://www.nicolefuller.com/) | Durango & Bayfield1911 Main Ave #234 | 970-769-2435 | 10+ | Anxiety, Depression, Substance Abuse, Parenting | Self-pay, Sliding scale |
| **Mimi Gates, LPC, CHT**[www.mimigates.com](http://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](http://www.griefcenterswco.org/)griefcenterswco@gmail.com | 2243 N Main Ave Suite 4FDurangoTelehealth 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 Practioner, Rolfer, Doula, Childbirth Educator and Somatic Sex Educatior | 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 AvenueDurango | anne@junipertreementalhealth.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](http://www.therapydurango.com)  | 2646 County Road 228Durango | 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](http://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.jjlpcounselor.com | DurangoTelehealth | 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 Therapykaseyjo.hall@naropa.edu | DurangoTelehealth 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 206Durango, 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, ATRTelehealth providers available[www.kidstuffcounseling.com](http://www.kidstuffcounseling.com/) | 555 S. Camino Del Rio, Suite C1-BDurango | 970-775-7061 | All ages | Music, Art, CBT, Family Therapy, Group Therapy, EMDR, DBT, Gottman, Parent Coaching*Spanish Speaking available via telehealth* | Self-pay, CHP+, RMHP, **Medicaid,** Beacon Health,Anthem/BCBS, Cigna, United/UMR |
| **Julie Kostuch, MA, LPC** | 128 W 14th 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 Listeningmindful@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 Counselingabby@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](http://www.aionpsychotherapy.com/) | 1309 E 3rd Ave #8Durango | 970-769-0259 | 18+ | Dream Analysis, Unconscious Dynamics, Jungian, Trauma, Grief, Transitions | Self-Pay |
| **La Plata Family Therapy** [www.laplatafamily.com](http://www.laplatafamily.com/)  admin@laplatafamily.comKatie Lundvall, LPCKelly DiGiacomo, LPCErica Kelly, LSWAlyssa Walsh, SWCMatt Aspros, SWCLaura 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](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@britneymeierslcsw.com | 202 W. 22nd St.Durango  | 970-903-8018 | 13+ | Anxiety, Depression, Trauma, Life transitions, Women's issues, LGBTQ+, Relationship issues, EMDR, SE, DBT, ACT | United, BSBC, **Medicaid**, Self-pay, Sliding scale |
| **Mind Body Connections Counseling** Russ Patten, LPC\_\_[www.russpatten.com](http://www.russpatten.com/)\_\_\_\_\_\_\_\_\_\_  Renee Podunovich, LPC | 321 E. North StCortez 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®**kiiramoorelpc@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.comTrueselfdurango.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 212Durango | 970-259-3952 | 18+ | Addiction, Substance Use, Trauma, Anxiety | Self-pay, Sliding scale |
| **Karen Nakayama, PsyD**knpsychology7@gmail.com | 755 E. 2nd AveDurango  | knpsychology7@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](http://www.thrivingtherapyyoga.com/)  [https://puravidahealthcare.com](https://puravidahealthcare.com/) | 160 East 12th St,Suite 1Durango | 970-946-1383970-426-1684 | 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](http://www.pace-wellness.com) Stephanie@Pace-Wellness.com  | 48 CR 250, Ste 8Durango | 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](http://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](http://www.katypytte.com/)kpytte00@gmail.com | 2243 Main Ave #4CDurango | 970-903-4769 | 8-22 | Anxiety, Depression, Life Transitions, Self-Esteem, Divorce, Parenting issues, Trauma, Sex abuse, Play Therapy, EMDR, CBT, Therapy Dog | **Medicaid**, Tricare, BCBS, Assurant, CHP+, CIGNA, RMHP, Cofinity, Humana, Life Sync, Aetna, United/UMR, Friday Health |
| **Jessica Reed, LCSW**[www.mountainmentalhealthclinic.com](http://www.mountainmentalhealthclinic.com/)  | Creekside Offices2257 Main AveDurango | 970-426-9221 | All ages | Depression, Anxiety, High Functioning Autism Spectrum, ADHD, Defiance and behavior issues, Trauma, Transgender, EFT, Hakomi, Play therapy, EMDR, Neurofeedback, Internal Family Systems | Self-pay, Anthem, Cofinity, Cigna |
| **Riversage Family Counseling** |   | 970-422-3830 | All ages | General phone for inquiries |  |
| Anne Bartlett, RSMT, LSW (she/her)anne@riversagecounseling.com | 1309 East 3rd Ave #10Durango | 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, LPCrandy@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, LSWlaurie@riversagecounseling.com | 100 Jenkins Ranch | 970-749-6067 | 16+ | EMDR, body image, relationships to food, chronic pain, health diagnosis, depression, trauma, grief, and loss as well as major life transitions i.e. 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, LPCmistymountaintherapy@gmail.com& Rio my therapy dog | 100 Jenkins Ranch RoadLocated at Riversage Counseling | 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](http://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](http://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](http://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](http://www.deniseschenktherapy.com/) | telehealth + in-person options102 East 8th St. #209Durango 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 AvenueDurango, 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](http://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.co](https://sarahstjohncounseling.com/)m | 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](http://www.rhiannonstonemiller.com) | Telehealth throughout the state, based out ofDurango | 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 |
| **Panveda Counseling**Ryan Sullivan, LPC[www.panvedacounseling.com](http://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, LCSWMesa Owen, SWC | 1555 Summit St., NorwoodTelehealth 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](http://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 #109aDurango  | 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](http://www.rubyjowalker.com/)  | 2855 Main Avenue, Suite 107ADurango | 970-259-5711  | 18+ | Trauma, Mindfulness-based/somatic, Neurobiology/polyvagal, Post-traumatic growth, Grief/loss, Anxiety, Depression, Adoption, Somatic Experiencing, Hakomi, Organic Intelligence | Self-pay  |
| **Haley Wiedenman, LPCC**haley@serenitymountaintherapy.com[www.serenitymountaintherapy.com](http://www.serenitymountaintherapy.com/) | Durango |  | 16+ | Grief, Trauma, Domestic violence, and Intimate partner violence, Wilderness Therapy, Backcountry immersion trips | Self-pay |
| **Authentic Solutions Consulting**Stacey Foss, LACErik Foss, LPC, LACLacy Brown, LPCCStacey Lewis, MSBrittiany Newsome, FNP-C  | 2800 Cornerstone DriveBuilding B, Suite 201Pagosa 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](http://www.westernskiescounseling.com/)Joseph Prekup, LPC joseph@westernskies.care  Nancy Raffaele- Ilic, LPCC | 2855 Main Ave #A1031911 Main Avenue, Suite 246 | 970-281-5550970-799-2202 | 16+13+ | Cognitive Behavioral Therapy, Solution-focused, Narrative Therapy, Christian, Mood Disorders, Personality Disorders, FamiliesTrauma, 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 AvenueDurango, 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** *Spanish speaking provider available* | **Durango**691 E. Empire**Cortez**475 Lewis St **Pagosa Springs**52 Village Dr**Dove Creek**495 W 4th St | **Durango:**970-259-2162**Cortez:**970-565-7946**Pagosa Springs:**970-264-2104**Dove Creek:** 970-677-2291 | All ages | Individual and Group therapyCase managementVocational rehabilitationMedication management*Spanish Speaking clinicians* | **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 |