

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

Name	Address	Phone	Ages	Interventions/ Specialties	Payment Methods
<b>Kris Abrams, LPC</b> <a href="http://www.cedartreehealing.org">www.cedartreehealing.org</a>	Mancos, CO In person in nature, and/or by telephone	970-403-5018	20+	Individual, Couples, Trauma, Internalized oppression, Life transitions, Nature-based, CBT, EMDR, EFT, Internal Family Systems, Emotion Focused	Self-pay, Sliding scale
<b>Eileen Andricovich, LMFT</b> admin@spiralsofeternity.com	Durango, CO 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>Animas Valley Counseling</b> Chari Perce, LMFT	1911 Main Ave. Durango, CO & Telehealth	970-400-1038	4+	EMDR, Brainspotting, DBT, TF-CBT, Domestic Violence, Complex Trauma	<b>Medicaid</b> , Self-pay, Sliding Scale
<b>Brian Arens, LPC</b> <a href="https://brianarencounseling.org">https://brianarencounseling.org</a>	2243 Main Avenue #8, Durango, CO	970-749-9597	18+	Depression, Anxiety, Trauma, PTSD, Relationships, Addiction	Cigna, Self-pay, Sliding scale
<b>Marisa Asplund, LPC</b> <a href="https://marisaasplund.com/">https://marisaasplund.com/</a>	2855 Main Ave Suite B 103 Durango, CO	970-769-8856	18+	Disordered eating, Body image, Sports related issues	Self-pay, Sliding scale
<b>Cole Awdish, LPC</b> <a href="http://www.coleawdish.com">www.coleawdish.com</a>	954 E. 2nd Ave Suite 106 Durango, CO	970-403-5488	16+	EMDR including EMDR intensives, DBT, Mindfulness-based CBT, Complex trauma (childhood abuse, relational trauma, etc.), Emotion dysregulation, Anxiety	Self-pay
<b>Kati Bachman, LPC</b> openheartgriefcounseling@gmail.com	Durango, CO	970-759-9981	18+	Grief related to death	Self-pay
<b>Peggy Bayless, LCSW</b>	Telehealth out of Durango, CO	970-292-7168	18+	Anxiety, Depression, Divorce, Grief, Life Coaching, Relationship Issues, Self Esteem, Spirituality, Trauma and PTSD, CBT, DBT, EMDR	Sondermind (most insurances- Aetna, Anthem/BCBS, Apostrophe, Bright, Cigna, Friday, Optum, TriWest)
<b>Gabriel Bernier, LPCC</b> Fox & the Crow Counseling <a href="http://www.foxandcrowcounseling.com">www.foxandcrowcounseling.com</a>	2243 Main Ave #4H Durango, CO	970-426-5859	16+	Relationship issues, Life transitions, Anxiety, Depression, Existential issues, Men's issues, LGBTQ+, Couples	Self-pay, Sliding scale

gabriel@foxandcrowcounseling.com	Fridays +telehealth				
<b>Rowan Blaisdell, LCSW</b> <a href="http://www.durangopsychotherapy.com">www.durangopsychotherapy.com</a>	Durango, CO	970-903-3893	18+	Men's Issues, LGBTQ+, Grief, Anxiety, Depression, Couples	Self-pay, Sliding scale
<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>Amie Bryant, LCSW, CAS</b> <a href="http://fourcornerscounseling.com">http://fourcornerscounseling.com</a> amie@fourcornerscounseling.com	1800 E. 3rd Ave, Suite 106 Durango, CO & Telehealth	970-946-8004	18+	EMDR, CBT, ACT, Depression, Anxiety, Anger, Addiction, Self-esteem, Stress, Relational conflict, Life transition/identity work/personal growth, Trauma, Support for helping professionals, Clinical supervision	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 4H Durango, CO	303-579-4104	17+	Anxiety, Depression, Relationship issues, Sexual identity, Life transitions, Women's issues, Eating disorders, Existential issues, ACT, Mindfulness, Dreamwork, Sand tray, Jungian, Narrative	Aetna, United Health Care, Self-pay
<b>Jessaca Cassady LCSW, LAC</b> <a href="http://www.claritycounseling.solutions">www.claritycounseling.solutions</a>	<b>Bayfield</b> 1328 Co Rd 501 <b>Ignacio</b> 405 Browning Ave.	970-903-3354	6+	Family/Marriage, Addictions, Anxiety/ Depression, CBT, DBT, Trauma- Prolonged Exposure/ EMDR, Christian Counseling,	<b>Medicaid</b> , Medicare, CHP+, Most Insurances, EAP's, Self Pay-Sliding Scale
<b>Sarah "Sam" G Conti, LPC, CAS</b>	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
<b>Marianne Crom, LPC, NCC</b>	2243 Main Ave #5 Durango, CO	970-749-1927	25+	DBT, EMDR, Couples, Addiction	Self-pay, Sliding scale

<b>Anja Davis, LSW</b> Alpine Start Counseling	270 E 8th Ave A- 206 Durango CO	970-239-3853	16+	Attachment, Anxiety, Depression, Relationship issues, Identity Development, Self-esteem, Trauma, Emotionally Focused Therapy, Somatic Experiencing	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, CO	970-769-1569	18+	EMDR, Couples Work, Trauma, Depression, Anxiety, Grief, Life transition	BCBS/Anthem and EAP, Bright Health, Self-pay
<b>Lisa Donelan, NLC</b>	15 Mills St. #106 Bayfield, CO	970-946-7933	18+	Trauma, Intimate Partner Violence, PTSD, Anxiety, EMDR, PTG Somatic therapy, Alternative Horizons Therapist	Self-pay
<b>Durango Family Therapy</b> Brent Dixon, LPC, Renee Dixon, LSW Sierra Williams, LPC Chelsi Hower, LPC <a href="http://www.durangofamilytherapy.com">www.durangofamilytherapy.com</a>	2243 Main Ave, Suite #16, 18, and 20 Durango, CO	970-422-7334	12+	Couples, Family, EMDR, Anxiety, Depression, Trauma, Grief, Transitions, Parenting support	Self-pay, EAPs
<b>Tracy Farmer, LCSW</b> <a href="http://www.durangofamilycounseling.com">www.durangofamilycounseling.com</a>	Durango, CO	970-739-9438	10+	Adjustment, Divorce, Co-parenting, Step-parenting, Family therapy, Mediation, Parent coordination, Supervised visitation, Parental Responsibilities Evaluator (PRE)	Self-pay, Sliding scale
<b>Bridget Foster, LCSW, LAC</b> High Country Counseling highcountrycounseling@gmail.com	Durango, CO	970-779-9072	5+	DBT, EMDR, Anxiety, Depression, Adjustment, Substance Use, Teenagers, Family Therapy, Parent Coaching	Rocky Mountain Health Plans ( <b>Medicaid</b> , CHP+, commercial), Self-pay, Anthem/BCBS, TriWest (VA), Humana, Cigna and United
<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>Nicole Fuller MA, DVAP, CAC III</b> <a href="http://www.nicolefuller.com">www.nicolefuller.com</a>	Durango & Bayfield 1911 Main Ave #234	970-769-2435	10+	Anxiety, Depression, Substance Abuse, Parenting	Self-pay, Sliding scale

<b>Mimi Gates, LPC, CHT</b> <a href="http://www.mimigates.com">www.mimigates.com</a> mimihgates@gmail.com	1199 Main Ave Ste. 220, Durango, CO	970-799-7777	18+	Addictions, Eating Disorders, Depression, Stress, Anxiety, Mood disorders, Trauma, Relationships, Life transitions, Couples, Women's Group	Self-pay
<b>The Grief Center of SW Colorado</b> Judy Austin, LPC Julie Madden, MA 7 contracted bereavement therapists <i>Spanish speaking provider available</i> <a href="http://www.griefcenterswco.org">www.griefcenterswco.org</a> griefcenterswco@gmail.com	2243 N Main Ave Suite 4F Durango, CO  Telehealth for Bayfield, Cortez, & Pagosa Springs	970-764-7142	All ages	Grief, Individual and Family Grief Therapy, Survivors of Suicide, Pre-Neo Natal Grief Support, GRASP group, children's grief camps, parenting grieving children support, pet loss	Sliding scale, some insurances accepted
<b>Nikki Gillespie</b> <a href="http://www.nikkig-origins.com">www.nikkig-origins.com</a>	18483 Hwy 145 Dolores, Colorado	970-882-8850	13+	Trauma coach, Somatic Bodyworker, Rolfer, Doula and Childbirth Educator	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> , Bright, Self-pay
<b>Anne Hosey, LPC</b> Juniper Tree Mental Health	2243 Main Avenue Durango, CO 81301	anne@juniper treementalhea lth.com	20+	Life transitions, Career development, Relationships, Anxiety, Depression, Trauma, ACT, EMDR	<b>Medicaid</b> , BCBS/Anthem, Aetna, Bright, Cigna, Friday, United/UMR, Self-pay, Sliding scale
<b>Tara Jackson, LPC, RPT</b> <a href="http://www.tarajacksoncounseling.com">www.tarajacksoncounseling.com</a>	101 E 31st St Unit B, Durango, CO	970-799-0765	All ages	Parenting support, Life transitions, Developmental and academic concerns, EMDR, Play therapy	Aetna, BCBS, Cigna, Meritain, RMHP (including CHP+), Tricare, Self-pay
<b>Jacqueline Juliana, LPC</b> www.jjlpcounselor.com	Durango, CO Telehealth	970-519-2690	14+	Parent coaching, Family transitions, Anxiety, Depression, ADHD, Identity	Anthem Blue Cross & Blue Shield, United Healthcare, Cigna, Oscar, Oxford, Aetna, Self -pay.
<b>Kasey Hall, registered psychotherapist</b> Durango Walk and Talk Therapy kaseyjo.hall@naropa.edu	Durango, CO Telehealth options	909-939-3550	18+	Walk and Talk Therapy, Mindfulness, Positive Psychology, Relationship issues, Self-worth and Personal Growth	Self-pay, Sliding scale
<b>Mary Katherine, Ph.D, LAC, MAC</b>	1911 Main Ave. Room 206	970-769-6907	12+	Motivational therapy, DBT, CBT, Trauma, Anxiety, Depression, PTSD, Addiction (substance	RMHP Medicare, <b>Medicaid</b> , CHP+, Triad

	Durango, Co.			use, gambling, etc.), Accudetox (acupuncture for mental health)	EAP, Sonder Mind, Self-pay, Sliding scale, other insurances (call to ask)
<b>KidStuff Counseling</b> Rachel Alber, CSWC Telehealth providers available <a href="http://www.kidstuffcounseling.com">www.kidstuffcounseling.com</a>	555 S. Camino Del Rio, Suite C1-B Durango, CO	970-775-7061	All ages	Music, Art, CBT, Family Therapy, Group Therapy, EMDR, DBT, Gottman, Parent Coaching <i>Spanish Speaking available via telehealth</i>	Self-pay, CHP+, RMHP, <b>Medicaid</b> , Beacon Health, Anthem/BCBS, Cigna, United/UMR
<b>Julie Kostuch, MA, LPC</b>	128 W 14 <sup>th</sup> St, Suite 201B Durango, CO	970-799-0807	2+	Young Adults, Anxiety, EMDR, EFT, Mindfulness, Polyvagal, Art Therapy	CHP+, Medicaid, RMHP, BCBS/Anthem, most insurance through Sondermind, Self-pay
<b>Abby Kubicek, LCSW</b> Durango Relationship Counseling abby@durangorelationshipcounseling.com	270 E 8th Ave A-206 Durango CO	970-403-5663	13+	Addictions, Couples CBT, DBT, Gottman, LGBTQ+, Sexual Health, Sex Therapy, Alternative Relationships	Self-pay
<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, CO	970-769-0259	18+	Dream Analysis, Unconscious Dynamics, Jungian, Trauma, Grief, Transitions	Self-Pay
<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> Katie Lundvall, LPC Matt Smith, LPCC Kelly DiGiacomo, LPC Erica Kelly, LSW Alyssa Walsh, intern Matt Aspros, intern	135 Burnett Dr, Durango, CO	970-769-0131	All ages	Anxiety, Depression, Addiction, Life transitions, EMDR, PTSD, Trauma, Abuse, Divorce, Coparenting, Grief, Sexual abuse	Most insurance (complete online form or call to ask)  <b>Medicaid</b> (CO and NM), Bright, Aetna Friday Health Plans
<b>Felicia Libo, LPC</b> <a href="http://felicialibo.com">http://felicialibo.com</a>	Durango, CO	970-759-2678	17+	Life transitions, Women's Issues, Sensory Issues/High Sensitivity, Attention/Focus, ADHD, Anxiety, Autism, Relationships, LGBTQ+	Self-pay, Anthem/BCBS, Bright Health, EAP
<b>Megan McCartney, LCSW</b>	Durango, CO	847-445-2777	13+	Eating disorders, Trauma, and Anxiety	Self-pay

<b>Brit Meiers, LCSW</b> brit@britneymeierslcsw.com	202 W. 22nd St. Durango, CO	970-903-8018	13+	Anxiety, Depression, Trauma, Life transitions, Women's issues, LGBTQ+, Relationship issues, EMDR, SE, DBT, ACT	United, BSBC, <b>Medicaid</b> , Self-pay, Sliding scale
<b>Mind Body Connections Counseling</b> Russ Patten, LPC <a href="http://www.russpatten.com">www.russpatten.com</a>	321 E. North St Cortez, CO	385-743-0251	12+	Anxiety, Depression, Trauma, DBT, CBT, EMDR, Motivational Interviewing, Solutions Focused, Veterans, Couples	BCBS/Anthem, Behavioral Health Systems, Chip+ Plan, ERS EAP, <b>Medicaid</b> , MultiPlan, Optum, RMHP, Second Wind Fund, TRIAD EAP, UMR
Renee Podunovich, LPC	Licensed in CO and UT I'm	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.	
<b>Kiira Moore, LPC, IMH-E®</b> kiiramoorespc@gmail.com	270 E 8th Ave, Suite 206, Durango, CO	970-414-0803	Infant+	Perinatal issues, postpartum, attachment, trauma, LGBTQ+, EMDR, parent/child work, depression/anxiety, self-esteem	Most insurances <b>except</b> Medicaid, self-pay
<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, CO	970-508-6159	7+	Women's issues, Relational issues, Anxiety, Grief, Integrated Health, Trauma-informed yoga, EMDR	Self-pay
<b>Stephanie Mueller, BS, CAC III</b> preferredcounselingservices@gmail.com	1315 Main Avenue, Suite 212 Durango, CO	970-259-3952	18+	Addiction, Substance Use, Trauma, Anxiety	Self-pay, Sliding scale
<b>Karen Nakayama, PsyD</b> knpsychology7@gmail.com	755 E. 2nd Ave Durango, CO	knpsychology 7@gmail.com	17+	LGBTQ+, Transgender, Life transitions	Self-pay, Sliding scale
<b>Kaitlyn O'Sullivan, LSC, LPCC</b> <a href="mailto:kaitlynO@protonmail.com">kaitlynO@protonmail.com</a>	Durango, CO	918-720-5758	7+	Self-esteem, Social/peer issues, Family struggles, Adjusting to big life changes, LGBTQ+	<b>Medicaid</b> , Self-pay
<b>Pura Vida</b> Shelley Nielsen, LCSW <a href="http://www.thrivingtherapyoga.com">www.thrivingtherapyoga.com</a> <a href="https://puravidahealthcare.com">https://puravidahealthcare.com</a>	160 East 12th St, Suite 1 Durango, Colorado	970-946-1383 970-426-1684	13+	Body-centered, IFS, Trauma-informed yoga, Yoga nidra, Healing Through Yoga Series for Adults, SASO Healing Trauma group facilitator	Self-pay, Sliding scale
<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, CO	970-769-7522	12+	Mindfulness-based, Life transitions, Depression, Anxiety, Grief, Strengths-based, Body-centered, Biofeedback	Aetna, Anthem BCBS, Bright Health, Cigna, Optum/United, TriWest, United

<b>Nancy Raffaele, MA,LPC,NCC</b> <a href="mailto:nancy@westernskies.care">Email: nancy@westernskies.care</a> <a href="http://www.westernskiescounseling.com">www.westernskiescounseling.com</a>	2855 Main Avenue, Ste A103, Durango, CO	970-799-2202	13+	Trauma, SI, Grief, Addictions, Self-harm, Depression, Anxiety, Psychosis, DID, Hallucinations, CBT, DBT, ACT, Client-centered	Self-pay, Sliding scale
<b>Russ Pool, LPC</b> <a href="http://www.russpool.com">www.russpool.com</a>	1911 Main Ave #258, Durango, CO	970-375-7777	17+	Couples/Relationships, Trauma, Family therapy, Anxiety, Depression, using psycho-education, DBT, EMDR, IFS and Sensorimotor therapies	Self-pay
<b>Emily Prigmore, LSW</b> <a href="https://www.highdesertpsychotherapy.com/">https://www.highdesertpsychotherapy.com/</a>	Durango, CO	970-764-7870	13+	Anxiety, Life Transitions, Anger Management, Behavioral Issues, Trauma, Abuse, Sexual Violence, CBT, DBT, Polyvagal	Self-pay
<b>Katy Pytte, LPC</b> <a href="http://www.Katypyttte.com">www.Katypyttte.com</a> <a href="mailto:kpytte00@gmail.com">kpytte00@gmail.com</a>	2243 Main Ave #4C Durango, CO	970-903-4769	18-22	Mood Disorders, Divorce, Parenting issues, Trauma, Sex abuse, EMDR, CBT, Therapy Dog	<b>Medicaid</b> , Tricare, BCBS, Assurant, CHP+, RMHP, Cofinity, Humana, Life Sync, Aetna, United/UMR, Bright Health, Friday Health
<b>Jessica Reed, LCSW</b> <a href="http://www.mountainmentalhealthclinic.com">www.mountainmentalhealthclinic.com</a>	Creekside Offices 2257 Main Ave Durango, CO	970-426-9221	All ages	Depression, Anxiety, High Functioning Autism Spectrum, ADHD, Defiance and behavior issues, Trauma, Transgender, EFT, Hakomi, Play therapy, EMDR, Neurofeedback, Internal Family Systems	Self-pay, RMHP, Anthem, Cofinity, Cigna
<b>Riversage Family Counseling</b>		970-422-3830	All ages	General phone for inquiries	
Anne Bartlett, RSMT, LSW (she/her) <a href="mailto:anne@riversagecounseling.com">anne@riversagecounseling.com</a>	1309 East 3rd Ave #10 Durango, CO	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, <b>Medicaid</b> , Medicare, Aetna, Bright, TriCare, United
Laurie Boyer, LSW <a href="mailto:laurie@riversagecounseling.com">laurie@riversagecounseling.com</a>	100 Jenkins Ranch	970-749-6067	16+	EMDR, Body image, Relationships to food, Chronic pain, Health diagnosis, Depression, Trauma, Grief/loss, Life transitions (relationship change, pregnancy, divorce, or retirement)	Self-pay, Sliding scale

Jennifer Diethrich, LPC Misty Mountain Therapy	100 Jenkins Ranch Road	970-946-7002	10+	Solution Focused, CBT, Animal & Equine Assisted Psychotherapy, Anxiety, Depression, Relationships, Women's empowerment, and Personal growth	Self-Pay
Meghan Doenges, LPCC madoenges92@gmail.com	100 Jenkins Ranch Road	630-962-1305	16+	Anxiety, Depression, Existential concerns, Life transitions, Relationship difficulties, ACT, Jungian dream analysis, Mindfulness & somatic based therapy	Self-pay, <b>Medicaid</b> , BCBS
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
<b>Jenny Rogers, MS, ABP</b> jenny@durangoadventuretherapy.com <a href="http://www.durangoadventuretherapy.com">www.durangoadventuretherapy.com</a>	213 Oxford Place, Durango Co 81303	970-769-2563	11+	Adventure Therapy, Therapaddle (SUP), Talki'n and Tubi'n, Art Therapy	Self-Pay, Sliding scale
<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, CO	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
<b>Marlene Schafer, LAC, MCC</b> Arukah Center	Telehealth out of Durango, CO	970-986-6448	14+	Depression, Anxiety, Substance use, Trauma	Self-pay
<b>Denise Schenk, MA, LPC, CAC III</b> The Rooted Heart <a href="http://www.deniseschenktherapy.com">www.deniseschenktherapy.com</a>	102 East 8th St. #209 Durango, CO 81301	970-749-4049	13+	Body-centered, somatic, Hakomi, Mindfulness, Trauma, EMDR, Addictions, Dual diagnosis, Mood disorders, Relationships, Life transitions, self-mastery. Couples and individuals.	Self-pay
<b>LeAnn Shaw, LMFT</b>	231 S Clover St Bayfield, CO	720-408-1505	5+	Neurodivergence, CBT, EMDR, ADHD coaching, Family systems, Parenting, School support	<b>Medicaid</b> , CHP+, BCBS, Self-pay, Sliding Scale
<b>Rachel Shockley, SWC</b> <a href="http://www.rachelshockley.com">www.rachelshockley.com</a>	Telehealth throughout the state, Bayfield, CO	970-323-2543	13+	Young adults & professionals: Anxiety, Depression, Trauma, ADHD, Personal Growth. Antiracists, LGBTQ+ & neurodiversity affirming. EMDR, mindfulness, DBT skills, body-based, nervous system aware	Self-pay, Sliding scale via <a href="http://openpathcollective.org">openpathcollective.org</a>
<b>Caleb Speas, LPCC</b> Dropping In Counseling	755 East 2nd Avenue	970-903-4231	8+	Grief, Trauma, Anxiety	Self-Pay, Sliding scale



	Durango, CO 81301				
<b>Sarah St. John</b> Sarah St. John Counseling, Coaching, and Healing <a href="https://sarahstjohncounseling.com">https://sarahstjohncounseling.com</a>	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
<b>Studio B</b> <a href="https://studiob.life/">https://studiob.life/</a>	1305 Escalante Dr. #203 Durango, Co 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, Bright Health
Aaron Belson, LCSW			15+	Wilderness Therapy, Adults, Teens, Young Adults, Family, Dialectical Behavioral Therapy	BCBS, Aetna, Self Pay, Sliding Scale, UHC, <b>Medicaid</b> , Medicare, RMHP, Pinnacol, Bright Health, Friday Health, Coventry
Aaron Thomas, registered psychotherapist			18+	Somatic Therapy, Hakomi, Body-centered Therapy, Meditation Teacher	Self-pay
Haley Wiedenman, LPCC			13+	Wilderness Therapy, Women, Abuse, Trauma, Grief, Depression, Anxiety, Domestic Violence, Couples, Family	Self-pay, Sliding scale, BCPS, <b>Medicaid</b> , Medicare, RMHP, UHC
Megan Oberholtzer, PsyD Intern			13+	Cognitive behavioral Therapy, Anxiety, Depression, PTSD, ADHD, Mind/body health, Trauma, Mood Disorders, Life Transition, Adjustment Issues, Conduct Disorders.	Self pay, sliding scale, BCBS, Aetna, UHC, Medicare, <b>Medicaid</b> , RMHP, Friday, Bright Health, Optum

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, Medicaid, Medicare, RMHP, UHC, Pinnacol, Bright Health, Friday
Stacy Reuille-Dupont, PhD, LAC			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, <b>Medicaid</b> , Medicare, RMHP, Pinnacol, Bright Health, Friday Health, Coventry, Tricare, workers comp.
<b>Thrive Wellness</b> Elizabeth Davis, LCSW Mesa Owen, SWC	1555 Summit St., Norwood, CO 81423 Telehealth available, Durango office coming soon.	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
<b>Linza Vargas, LCSW</b> <a href="http://www.holisticallyrootedcounseling.com">www.holisticallyrootedcounseling.com</a>	2243 Main Ave, suite 3B Durango, CO	610-563-9758	All ages	Somatic Experiencing, Polyvagal, Art Therapy, Anxiety, Depression, Trauma, Family Therapy, Play Therapy, Attachment Issues, Reparenting and Inner Child work	Self-Pay, Sliding scale
<b>Julie Viscnich, LCSW, LAC</b>	1053 Main Ave #109a Durango, CO	970-710-3894	15+	Life transitions, anxiety, self-esteem, families, trauma, Mood, interpersonal communication, hypnosis, emotional freedom technique	Self-pay
<b>Ruby Jo Walker, LCSW</b> <a href="http://www.rubyjowalker.com">www.rubyjowalker.com</a>	2855 Main Avenue, Suite 107A Durango, CO	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 (limited spaces)
<b>Haley Wiedenman, LPCC</b> haley@serenitymountaintherapy.com <a href="http://www.serenitymountaintherapy.com">www.serenitymountaintherapy.com</a>	Durango, CO	720-383-4886	16+	Grief, Trauma, Domestic violence, and Intimate partner violence, Wilderness Therapy, Backcountry immersion trips	Self-pay

<b>Authentic Solutions Consulting</b> Stacey Foss, LAC Erik Foss, LPC, LAC Lacy Brown, LPCC Stacey Lewis, MS Brittiany Newsome, FNP-C	2800 Cornerstone Drive Building B, Suite 201 Pagosa Springs, CO 81147	970-570-5238	All Ages	Substance Use Disorders, Co-Occurring Disorders, General behavioral health issues, Trauma, EMDR, DBT, Families, Couples, Licensed DUI treatment provider, Medication management for Behavioral Health and Substance Use, Medication Assisted Therapies, Approved Domestic Violence Treatment.	Most insurance accepted, <b>Medicaid</b> , BCBS/Anthem, Bright, Aetna, EAPs, United/UMR, Optum
<b>Western Skies Counseling</b> Joseph Prekup, LPC <a href="http://www.westernskiescounseling.com">www.westernskiescounseling.com</a>	2855 Main Avenue, Ste A103, Durango, CO	970-281-5550	16+	Cognitive Behavioral Therapy, Anxiety, Depression, Personality Disorders, EMDR, Solution-focused, Narrative Therapy, Christian	Self-pay
Heather Murphy, MS, LPCC heathermurphy@westernskies.care	Durango, CO 81301 & Cortez, CO	970-715-1380	All ages	Applied Behavior Analysis, Disaster Relief, Solution Focused Brief Therapy, Dialectical Behavior Therapy, Crisis Intervention, and Art Therapy	Self-pay, Sliding scale
<b>Axis Health System</b> Community Mental Health Services <b>CRISIS LINE</b> <b>970-247-5245</b> <i>Spanish speaking provider available</i>	<b>Durango</b> 691 E. Empire <b>Cortez</b> 475 Lewis St <b>Pagosa Springs</b> 52 Village Dr <b>Dove Creek</b> 495 W 4 <sup>th</sup> St	<b>Durango:</b> 970-259-2162 <b>Cortez:</b> 970-565-7946 <b>Pagosa Springs:</b> 970-264-2104 <b>Dove Creek:</b> 970-677-2291	All ages	Individual and Group therapy Case management Vocational rehabilitation Medication management <i>Spanish Speaking clinicians</i>	<b>Medicaid</b> , 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 insurance and EAPs