

## 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; 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 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 & Telehealth	970-403-5860	4+	EMDR, Brainspotting, DBT, TF-CBT, Domestic Violence, Complex Trauma	<b>Medicaid</b> , Self-pay, Sliding Scale
<b>Joel Berdie, LSW</b> Bilingual (English/Español) <a href="https://joelberdie.wixsite.com/sol-comm-unity-salud">https://joelberdie.wixsite.com/sol-comm-unity-salud</a> <a href="mailto:joel.berdie@gmail.com">joel.berdie@gmail.com</a>	In-home, Community-based, Walk-and-talk, Telehealth, or Office at 150 E 9th St., Suite #205, Durango	970-444-5117	16+	Trauma/Somatic focus: Immigration, Cross-cultural issues, Substance misuse, Domestic violence, Trauma processing including sexual abuse, Somatic Experiencing, Narrative Therapy, undocumented/uninsured individuals	<b>Medicaid</b> , Self-pay, Sliding Scale
<b>Nurtured Counseling and Massage</b> Laurie Boyer, LCSW nurturedcounseling@gmail.com	100 Jenkins Ranch Road E6	970-551-6155	16+	Women's Issues, Pregnancy and Postpartum Support, Disordered Eating, Couples/relationship issues, Grief, Anxiety, Personal Growth, Somatic Services, Trauma Recovery, Chronic Pain, Life transitions	<b>Medicaid</b> , CHP+, BCBS/Anthem, United, Optum, Aetna, Self-pay,
<b>Aaron Belson, LCSW</b> San Juan Somatic Therapy www.sanjuansomatictherapy.com	801 Florida Rd Suite 11 Durango, CO & Telehealth	970-317-9279	21+	Trauma, Developmental Wounding, Post-Traumatic Growth Somatic Therapy, Mindfulness, Anxiety, Depression, Nature-Based, Postgraduate Supervision	
<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	Self-pay

<b>Brian Arens, LPC</b> <a href="https://brianarencounseling.org">https://brianarencounseling.org</a>	2243 Main Avenue #8, Durango	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	970-769-8856	18+	Disordered eating, Body image, Sports related issues	Self-pay, Sliding scale
<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	All Ages	Grief, Trauma, Wilderness Trauma, Complex Trauma, Life transitions, Anxiety, Depression, Self-esteem, relationships, Neurobiological approach, IFS, Attachment theory, ACT, CCTP.	Self-pay. Aetna, Cigna, UMR, United Healthcare, Oxford, Optum.
<b>Cole Awdish, LPC</b> <a href="http://www.coleawdish.com">www.coleawdish.com</a>	2243 Main Avenue #17, Durango  112 S Main St Suite 3 Mancos, CO	970-403-5488	16+	EMDR including EMDR intensives, DBT, Mindfulness-based CBT, Complex trauma (childhood abuse, relational trauma, etc.), Dissociation, Ego state Parts work	Medicaid, Self-pay, Sliding Scale, VA Referral (Triwest)
<b>Kati Bachman, LPC</b> <a href="mailto:openheartgriefcounseling@gmail.com">openheartgriefcounseling@gmail.com</a>	Durango	970-759-9981	18+	Grief related to death	Self-pay
<b>Anne Bartlett, LSW (she/her)</b> <a href="mailto:anne@opencirclellc.com">anne@opencirclellc.com</a>	1309 East 3rd Ave #10 Durango	970-799-3522	20+	Comprehensive DBT/DBT skills groups, Somatic therapy, EMDR, Mindfulness, Grief, Loss, Trauma, Anxiety, Depression, BPD/emotion dysregulation, couples/relationship	Self-pay, Sliding scale, Medicaid
<b>Gabriel Bernier, LPCC</b> Fox & the Crow Counseling <a href="http://www.foxandcrowcounseling.com">www.foxandcrowcounseling.com</a> <a href="mailto:gabriel@foxandcrowcounseling.com">gabriel@foxandcrowcounseling.com</a>	48 CR 250, Suite 8, Durango Telehealth available	970-426-5859	16+	Relationship issues, Life transitions, Anxiety, Depression, Existential issues, Men's issues, LGBTQ+, Couples	Self-pay, Sliding scale
<b>Rowan Blaisdell, LCSW</b> <a href="http://www.durangopsychotherapy.com">www.durangopsychotherapy.com</a>	Smiley Building #8, in-person, Remote, Walk and Talk	970-903-3893	18+	Anxiety, Depression, Couples / relationships, Men's Issues, LGBTQ+, Grief,	Self-pay
<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>High Country Counseling, LLC</b> Bridget Foster, LCSW, LAC KD Bryant, LPC Jamie DeNier, LCSW Dana Connor, LSW	Durango & Pagosa Springs	970-779-9072	5+	Trauma, Depression, Anxiety, Veterans, Parent Coaching, Supervised Therapeutic Visitation, Addiction, Transitions EMDR, DBT, CBT, Family Therapy	Self-Pay, <b>Medicaid</b> , CHP+, Cigna, Anthem/BCBS, United/UMR, TriWest, RMHP, Medicare
<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	303-579-4104	18+	Anxiety, Depression, Relationship issues, Women's issues, Life transitions, Sexual identity, Disordered Eating, Existential issues Modalities: Mindfulness, Dreamwork, Sand tray, Jungian, Narrative	Aetna, Self-Pay
<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>Marianne Crom, LPC, NCC</b> <a href="http://www.animasfamilytherapy.com">www.animasfamilytherapy.com</a> <b>Animas Family Therapy LLC</b>	2243 Main Ave #5 Durango	970-749-1927	25+	DBT, EMDR, Couples, Addiction	Self-pay, Sliding scale, EAP
<b>Anja Davis, LCSW</b> Alpine Start Counseling anja@alpinestartcounseling.com	270 E 8th Ave A-206 Durango	970-239-3853	18+	Couples, Attachment, Depression, Relationship issues, Identity Development, Self-esteem, Trauma, Emotionally Focused Therapy	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	18+	Couples Work, Depression, Anxiety, Grief, Life transition, Trauma, EMDR	Self-pay, EAPs
<b>Lisa Donelan, NLC</b>	15 Mills St. #106 Bayfield	970-946-7933	18+	Trauma, Intimate Partner Violence, PTSD, Anxiety, EMDR, PTG Somatic therapy	Self-pay
<b>Durango Family Therapy</b> Brent Dixon, LPC, Renee Dixon, LSW Sierra Williamsen, MA, LPC Chelsi Hower, LPC	2243 Main Ave, Suite #16, 18, and 20 Durango	970-422-7334	12+	Couples, Family, EMDR, Anxiety, Depression, Trauma, Grief, Transitions, Parenting support	Self-pay, EAPs

<a href="http://www.durangofamilytherapy.com">www.durangofamilytherapy.com</a>					
<b>Tracy Farmer, LCSW</b> <a href="http://www.durangofamilycounseling.com">www.durangofamilycounseling.com</a>	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
<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>Lauren Glass, LPCC, NCC</b> <a href="http://www.laurenglassconsulting.com">www.laurenglassconsulting.com</a> laurenglassconsluting@gmail.com	270 E 8th Ave Therapy Suite A-206 Durango	970-335-8161	16+	Life transitions, LGBTQIA+ folks, Depression, Trauma, Perfectionism, Outdoor accidents and recovery	Sliding scale, Open Path Collective Provider, Tri County BH Fund
<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>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>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	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 Melinda Jameson, LPC Caleb Speas, LPC Julie Hutson, LPCC Mary Frey, LPCC	2243 N Main Ave Suite 4F Durango  Telehealth options available	970-764-7142	All ages	Grief, Individual and Family Grief Therapy, Survivors of Suicide, Pre-Neo Natal Grief Support, GRASP group, children's grief camps, parenting grieving children support, pet loss	Sliding scale, some insurances and EAP plans accepted

Aaron Shipps, LPCC Paige MacKenzie, LPCC Anne Bartlett, LSW <a href="http://www.griefcenterswco.org">www.griefcenterswco.org</a> griefcenterswco@gmail.com					
<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>Lisa Firle, LPC, MA</b> <a href="mailto:lisafirletherapy@gmail.com">lisafirletherapy@gmail.com</a> Lisafirle.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>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>Anne Hosey, LPC</b> Juniper Tree Mental Health	2243 Main Avenue Durango	anne@junipertreementalhealth.com	20+	Early adulthood, Life transitions, Shame and Self-worth, Anxiety, Depression, Trauma, Attachment, ACT, EMDR	BCBS/Anthem, Self-pay
<b>Tara Jackson, LPC, RPT</b> <a href="http://www.tarajacksoncounseling.com">www.tarajacksoncounseling.com</a> Interns available as well	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
<b>Jacqueline Juliana, LPC</b> <a href="http://www.ijlpcounselor.com">www.ijlpcounselor.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>Kasey Hall, registered psychotherapist</b> Durango Walk and Talk Therapy kaseyjo.hall@naropa.edu	Durango Telehealth options	909-939-3550	18+	Walk and Talk Therapy, Mindfulness, Positive Psychology, Relationship issues, Self-worth and Personal Growth	Self-pay, Sliding scale
<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,	RMHP Medicare, <b>Medicaid</b> , CHP+, Triad EAP, Sonder Mind,

				gambling, etc.), Accudetox (acupuncture for mental health)	Self-pay, Sliding scale, Other insurances possible as well.
<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>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>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>Abby Kubicek, LCSW</b> Durango Relationship Counseling abby@durangorelationshipcounseling.com	270 E 8th Ave A-206 Durango	970-403-5663	3+	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	970-769-0259 it	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> Kelly DiGiacomo, LPC Matthew C Aspros, MSW, CSWC Katie Lundvall, LPC Sarah Colburn, MSW, SWC Jen Kline, Intern MSW Sierra Foster, ABA Emily Epstein, Psychiatry	135 Burnett Dr, Unit 4 Durango	970-769-0131	18+	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	Most insurance (complete online form or call to ask) <b>Medicaid</b> (CO and NM), BCBS, Cigna, Aetna, Friday Health Plans

<p>Hillary Wolfe, LCSW, Owner  Chelsie Menard,  Kristin Markley,(Individuals &amp; Couples)  April Dobroth, Psychiatry  Colin Ferring, Intern  Emily Prigmore, MSW, LSW</p>					
<p><b>Brooke Lederer, LCSW</b>  mountainbrookewellness@gmail.com</p>	<p>Durango, CO  Telehealth</p>	<p>970-880-1620</p>	<p>18+</p>	<p>Anxiety, Depression, Life transitions, Identity work, Personal growth and self-esteem, Spirituality, CBT, Psychodynamic, Integrative</p>	<p>United, Aetna, Cigna, and Meritain, Self-pay</p>
<p><b>Felicia Libo, LPC</b>  <a href="http://felicialibo.com">http://felicialibo.com</a></p>	<p>Durango  Telehealth only</p>	<p>970-759-2678</p>	<p>17+</p>	<p>Life transitions, Women's Issues, Sensory Issues/High Sensitivity, Attention/Focus, ADHD, Anxiety, Autism, Relationships, LGBTQ+</p>	<p>Self-pay, Anthem/BCBS, United/ UHC, EAP</p>
<p><b>Gaylene Ludwig, LPC</b>  lifeupdatedcounseling@gmail.com</p>	<p>100 Jenkins Ranch Rd, Unit E-1,  Durango</p>	<p>970-216-5524</p>	<p>16+</p>	<p>Trauma, Childhood Abuse, Depression, Women's Issues, EMDR, Couples, Families</p>	<p><b>Medicaid</b>, United, Aetna, RMHP, BCBS</p>
<p><b>Megan McCartney, LCSW</b></p>	<p>Durango</p>	<p>847-445-2777</p>	<p>13+</p>	<p>Eating Disorders, Trauma, Anxiety, Depression</p>	<p>Self-pay</p>
<p><b>Darren Mckinnis, LCSW, Higher Ground Counseling</b>  hgscounseling@yahoo.com</p>	<p>Telehealth</p>	<p>970-676-1029</p>	<p>18+</p>	<p>Marriage, Relationships, Gottman</p>	<p>Self-pay</p>
<p><b>Paige MacKenzie, Ma, LPCC, NCC</b>  Storycreek Counseling  paige@coloradocounselor.net</p>	<p>Durango</p>	<p>415-450-0329</p>	<p>12+</p>	<p>Grief, Trauma, CPTSD, Anxiety, Depression, Family and relationship issues, Humanistic Psychology, Person Centered Therapy, IFS, CBT, Motivational Interviewing</p>	<p>Self-pay, Sliding Scale hi</p>
<p><b>Liv Mackenzie, LPC</b>  www.counselordurango.com  livmackenzie1@gmail.com</p>	<p>1309 E. 3rd.  Smiley Building</p>	<p>970-259-4497</p>	<p>18+</p>	<p>Anxiety, Depression, Trauma, Grief, Life Adjustment, Postpartum, Adoption, EMDR, CBT, Insight, Mindfulness, Holistic</p>	<p>Self-pay</p>
<p><b>Brit Meiers, LCSW</b>  brit@britneymeierslcsw.com</p>	<p>202 W. 22nd St.  Durango</p>	<p>970-903-8018</p>	<p>13+</p>	<p>Anxiety, Depression, Trauma, Life transitions, Women's issues, LGBTQ+, Relationship issues, EMDR, SE, DBT, ACT</p>	<p>United, BSBC, <b>Medicaid</b>, Self-pay, Sliding scale</p>

<p><b>Mind Body Connections Counseling</b> Russ Patten, LPC <a href="http://www.russpatten.com">www.russpatten.com</a></p> <p>Renee Podunovich, LPC</p>	<p>321 E. North St Cortez</p> <p>Licensed in CO and UT</p>	<p>385-743-0251</p> <p>385-232-3671</p>	<p>12+</p> <p>13+</p>	<p>Anxiety, Depression, Trauma, DBT, CBT, EMDR, Motivational Interviewing, Solutions Focused, Veterans, Couples</p> <p>Women, Trauma, Grief and loss, Anxiety, Mood disorders, Life transitions, Mindful Self-Compassion Therapy, Somatic therapies, EMDR, Athletes and professionals performance.</p>	<p>BCBS/Anthem, Behavioral Health Systems, Chip+ Plan, ERS EAP, <b>Medicaid</b>, MultiPlan, Optum, RMHP, Second Wind Fund, TRIAD EAP, UMR</p>
<p><b>Kiira Moore, LPC, IMH-E@</b> kiiramooorelpc@gmail.com</p>	<p>270 E 8th Ave, Suite 206, Durango</p>	<p>970-414-0803</p>	<p>Infant +</p>	<p>Perinatal issues, postpartum, attachment, trauma, LGBTQ+, EMDR, parent/child work, depression/anxiety, self-esteem</p>	<p>Self-pay</p>
<p><b>Caitlin Morris, LCSW</b> <a href="mailto:trueselfdurango@gmail.com">trueselfdurango@gmail.com</a> Trueselfdurango.com</p>	<p>679 E. 2nd Ave, Suite E-1, Office 6, Durango</p>	<p>970-508-6159</p>	<p>7+</p>	<p>Women's issues, Relational issues, Anxiety, Grief, Integrated Health, Trauma-informed yoga, EMDR</p>	<p>Self-pay</p>
<p><b>Stephanie Mueller, BS, CAC III</b> preferredcounselingservices@gmail.com</p>	<p>1315 Main Avenue, Suite 212 Durango</p>	<p>970-259-3952</p>	<p>18+</p>	<p>Addiction, Substance Use, Trauma, Anxiety</p>	<p>Self-pay, Sliding scale</p>
<p><b>Amanda Rennaker</b> <a href="mailto:amanda@anooter.com">amanda@anooter.com</a></p>	<p>1309 E 3rd Ave Suite B-5 Durango CO 81301</p>	<p>970-715-1792</p>	<p>19+</p>	<p>Young Adulthood, Life transitions, Anxiety, Relationship issues, DBT, EMDR</p>	<p>United, Aetna, Anthem, Friday, Bright, Cigna, Optum, Oscar, <b>Medicaid</b></p>
<p><b>Kaitlyn O'Sullivan, LSC, LPCC</b> <a href="mailto:kaitlynO@protonmail.com">kaitlynO@protonmail.com</a></p>	<p>Durango</p>	<p>918-720-5758</p>	<p>7+</p>	<p>Self-esteem, Social/peer issues, Family struggles, Adjusting to big life changes, LGBTQ+</p>	<p><b>Medicaid</b>, Self-pay</p>
<p><b>Pura Vida</b> Shelley Nielsen, LCSW <a href="http://www.thrivingtherapyyoga.com">www.thrivingtherapyyoga.com</a> <a href="https://puravidahealthcare.com">https://puravidahealthcare.com</a></p>	<p>160 East 12th St, Suite 1 Durango</p>	<p>970-946-1383 970-426-1684</p>	<p>13+</p>	<p>Body-centered, IFS, Trauma-informed yoga, Yoga nidra, Healing Through Yoga Series for Adults, SASO Healing Trauma group facilitator</p>	<p>Self-pay, Sliding scale</p>
<p><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></p>	<p>48 CR 250, Ste 8 Durango</p>	<p>970-769-7522</p>	<p>13+</p>	<p>Mindfulness-based self mastery, Life transitions, Depression, Anxiety, Strengths-based, Body-centered, EFT, Biofeedback</p>	<p>Aetna, Anthem BCBS, Cigna, Optum/United, TriWest, United +</p>
<p><b>Anna Pierotti, LPC</b> <a href="http://www.MyAlpenglowTherapy.com">www.MyAlpenglowTherapy.com</a></p>	<p>104 South Main Street Suite 3 Mancos</p>	<p>970- 601-7978</p>	<p>12+</p>	<p>Autism, ADHD, Chronic illness/pain, anxiety, depression, and chronic stress; Group therapy options</p>	<p>Self-pay, Sliding scale, EAP (Triad and Lyra)</p>



<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>Russ Pool, LPC</b> <a href="http://www.russpool.com">www.russpool.com</a>	1911 Main Ave #258, Durango	970-375-7777	19+	Transpersonal psychology, thru Trauma, Family/Couples and Anxiety. Using Psycho-education, EMDR, Sensorimotor and IFS therapies	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>Katy Pytte, LPC</b> <a href="http://www.Katpytte.com">www.Katpytte.com</a> <a href="mailto:kpytte00@gmail.com">kpytte00@gmail.com</a>	2243 Main Ave #4C Durango	970-903-4769	8-22	Anxiety, Depression, Life Transitions, Self-Esteem, Divorce, Parenting issues, Trauma, Sex abuse, Play Therapy, EMDR, CBT, Therapy Dog	<b>Medicaid</b> , Tricare, BCBS, Assurant, CHP+, CIGNA, RMHP, Cofinity, Humana, Life Sync, Aetna, United/UMR, Friday Health
<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>Riversage Family Counseling</b>		970-422-3830	All ages	General phone for inquiries	
Aaron Shipp, LPCC	100 Jenkins Ranch Rd	970-422-3830	18+	Grief, anxiety, depression, trauma	Medicaid, BCBS, self-pay
Randy Stueve, LPC randy@riversagecounseling.com	100 Jenkins Ranch Road	970-422-3830 x4	14+	ACT, Neurofeedback, EMDR, Performance Improvement. Anxiety, Depression, Anger, Trauma, Life Transitions.	Self-pay, Sliding scale, EAPs
Eleanor Bolster, SWC	100 Jenkins Ranch Road	970-422-3830 x5	20+	Anxiety, life transitions, relationships, identity issues, mindfulness, personal growth, parent-child conflict, women, LGBTQ+	Self pay, Medicaid, BCBS
Linzie Ridings, LPCC	100 Jenkins Ranch Road	970-422-3830			

<b>Kelly Pipkins-Burt, M.Ed, LPC</b>	2800 Cornerstone Pagosa Springs 81147	970-507-0436			Cigna, Medicaid, Fridays, UHC, Optimum.
<b>Meghan Doenges, LPCC</b> 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, <b>Medicaid</b> , BCBS
<b>Jessaca Cassady LCSW, LAC</b> <a href="http://www.claritycounseling.solutions">www.claritycounseling.solutions</a> jessaca.cassady@gmail.com	<b>Bayfield</b> 1328 Co Rd 501 <b>Ignacio</b> 405 Browning Ave.	970-903-3354	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>Misty Mountain Therapy</b> Jennifer Diethrich, LPC <a href="mailto:mistymountaintherapy@gmail.com">mistymountaintherapy@gmail.com</a> & Rio my therapy dog	100 Jenkins Ranch Road Located at Riversage Counseling	970-946-7002	10+	Solution Focused, CBT, EMDR, anxiety, depression, trauma, life transitions, school issues, relationships, self esteem, personal growth  <b>Equine Assisted Psychotherapy</b>	Self-Pay <b>Medicaid</b> CHP+
<b>Phoenix Rising, LSW</b> <a href="http://www.theartofselfhealing.org">www.theartofselfhealing.org</a> <a href="mailto:phoenix@theartofselfhealing.org">phoenix@theartofselfhealing.org</a>	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)
<b>Jenny Rogers, MS, ABP</b> jenny@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>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	Self-Pay, Sliding scale
<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>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 options 102 East 8th St. #209 Durango 81301	970-749-4049	15+	Body centered, somatic, Hakomi, Mindfulness, Trauma, EMDR, Addictions, Dual diagnosis, Mood disorders, Relationships, Life transitions, self-mastery, Couples	Self-pay
<b>Caleb Speas, LPCC</b> Dropping In Counseling	755 East 2nd Avenue Durango, 81301	970-903-4231	8+	Grief, Trauma, Anxiety	Self-Pay, Sliding scale
<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>Stephanie Smith, LCSW, LAC</b> A Wild Hope Counseling <a href="http://www.awildhope.com">www.awildhope.com</a> stephanie@awildhope.com	Telehealth	970-426-5354	13+	Anxiety, Depression, Loss and grief, Low self-esteem, Phase of life issues, Family and relationship challenges, Parent Coaching, and Substance use	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>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>Lisa Turcott-Gutt, LPCC</b> <a href="mailto:lisagutt@gmail.com">lisagutt@gmail.com</a>		970-426-8300	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, <b>Medicaid</b> , RMHP, UHC, Cigna, Pinnacol, Friday Health, Second Wind Fund
<b>Studio B</b> <a href="https://studiob.life/">https://studiob.life/</a>	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	Anthem, BCBS, 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, Family, Suicide, family and parent training, DBT, ACT, and Cognitive behavior therapy.	Self pay, sliding scale, UHC, Medicare, <b>Medicaid</b> , RMHP, Second Wind Fund
Haley Wiedenman, LPC			16+	Wilderness Therapy, Women, Abuse, Trauma, Grief, Depression, Anxiety, Domestic Violence, Couples, Family	Self-pay, Sliding scale, United, Anthem, BSBC, Optum, Cigna, RMHP, <b>Medicaid</b> , Pinnacol
Megan Oberholtzer, PhD Clinical Psychology Candidate			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
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, Cigna, Medicare, <b>Medicaid</b> , RMHP, Pinnacol, Coventry, Tricare, workers comp, Second Wind Fund
Shari Fitzgerald, LPCC			15+	Trauma, Sexual Assault, Grief, Relationships	Self-pay, Sliding scale, BCBS, Medicare, <b>Medicaid</b> , RMHP, UHC, Cigna, Pinnacol, Second Wind Fund
Joshua Coon, Ed.D, LPCC			10+	Youth, Young Adults, Academic Intervention, Counseling, Academic Assessments	Self pay, sliding scale, UHC, Medicare, <b>Medicaid</b> , RMHP, Second Wind Fund

<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>Shayla Walker, LCSW</b> 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, <b>Medicaid, most insurances</b>
<b>Thrive Wellness</b> Elizabeth Davis, LCSW Mesa Owen, SWC	1555 Summit St., Norwood Telehealth available	970-759-0533	10+	Trauma informed, EMDR, IFS informed, DBT, ACT, Solution-Focused Brief Therapy, Mindfulness, Skills-based treatment.	Most insurance plans - <b>Medicaid</b> , 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	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> <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>Ruby Jo Walker, LCSW</b> <a href="https://www.swtraumatrainig.com/">https://www.swtraumatrainig.com/</a>	2855 Main Avenue, Suite 107A Durango & Telehealth	970-259-5711	18+	Trauma, Mindfulness-based/somatic, Neurobiology/polyvagal, Post-traumatic growth, Grief/loss, Anxiety, Depression, Adoption, Somatic Experiencing, Hakomi, Organic Intelligence, Trauma Trainings	Self-pay
<b>Haley Wiedenman, LPC</b> haley@serenitymountaintherapy.com <a href="http://www.serenitymountaintherapy.com">www.serenitymountaintherapy.com</a>	Durango	720-383-4886	16+	Grief, Trauma, Domestic violence, and Intimate partner violence, Wilderness Therapy, Backcountry immersion trips	Self-pay - Anthem BCBS, RMHP, Cigna, United, Medicaid

<b>Authentic Solutions Consulting</b> Stacey Foss, LAC Erik Foss, LPC, LAC Lacy Brown, LPCC Stacey Lewis, MS Zach Lucero	2800 Cornerstone Drive Building B, Suite 201 Pagosa Springs/Telehealth	970-398-0964	All Ages	Substance Use Disorders, Co-Occurring Disorders, General behavioral health issues, Trauma, EMDR, DBT, Families, Couples, Licensed DUI treatment provider, Approved Domestic Violence Treatment, marriage and family work.	Most insurance accepted, <b>Medicaid</b> , BCBS/Anthem, Aetna, EAPs, United/UMR, Optum
<b>Western Skies Counseling</b> <a href="http://www.westernskiescounseling.com">www.westernskiescounseling.com</a> Joseph Prekup, LPC joseph@westernskies.care Nancy Raffaele- Ilic, LPCC	2855 Main Ave #A103  1911 Main Avenue, Suite 246	970-281-5550  970-799-2202	16+  13+	Cognitive Behavioral Therapy, Solution-focused, Narrative Therapy, Christian, Mood Disorders, Personality Disorders, Families Trauma, SI, Grief, Addictions, Self-harm, Depression, Anxiety, Psychosis, DID, Hallucinations, CBT, DBT, ACT, Client-centered	Self-pay, Sliding scale
<b>Silas Wright, LPC</b> silas@rhizomecounseling.com	2257 Main Avenue Durango, CO	720-441-4552	14+	Trauma, Pain management, Chronic Illness, Severe and Persistent Mental Illness, LGBTQ+, Mindfulness, DBT, Gestalt, IFS, EMDR, Young Adults, Veterans	Aetna, Optum, TriWest, UMR/United, Self-pay
<b>Southern Ute Health Center - Behavioral Health Division</b> – Variety of therapists available for all age groups Website: <a href="http://Behavioral Health – Southern Ute Indian Tribe (southernute-nsn.gov)">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-health/behavioral-health</a>	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>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

<p>Telehealth Options</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>	<p>Telehealth</p>	<p>Online through the various websites or your insurance</p>	<p>16+</p>	<p>Depression, Anxiety, Social Anxiety, Relationship challenges</p>	<p>Typically available for most private insurance and EAPs</p>
<p><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</p>	<p>In family home                  Community                  Telehealth</p>	<p>303-243-0270</p>	<p>All Ages</p>	<p>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</p>	<p><b>Medicaid</b>, RMHP, CHP+, Self-pay</p>