



Psychologically Healthy Fire Departments
Directory of Behavioral Health Professionals



INTRODUCTION

The National Volunteer Fire Council (NVFC) and our partners are pleased to provide this directory of behavioral health professionals that are equipped and ready to help firefighters, EMS providers, dispatchers, and rescue workers. Emergency responders face unique challenges that can have a significant impact on behavioral health, and it is important that they have access to providers that understand this. The providers listed in this directory are behavioral health professionals vetted by the Firefighter Behavioral Health Alliance (FBHA) that either have firsthand experience with the fire and emergency services or have completed a training course through the Firefighter Behavioral Health Alliance to educate them on the fire service and the specific challenges they face.

This directory is updated on a monthly basis. Information about each provider, their credentials, and how to contact them is included. While some of the providers on this list are identified as non-licensed professionals (e.g., chaplains or peer support specialists), most are identified as licensed behavioral health providers (e.g., psychologists or social workers). If you are looking for a behavioral health provider, it is always important to check directly with that provider for proper state licensing.

This directory is part of the NVFC's Psychologically Healthy Fire Departments (PHFD) initiative and is made possible thanks to a Fire Prevention and Safety Grant from the Federal Emergency Management Agency. Other components of the PHFD program include a toolkit and training to help fire department leaders promote and support mental wellbeing among their members.

The PHFD initiative falls under the NVFC's Share the Load™ program, which provides resources, tools, and training relating to firefighter and EMS behavioral health. Learn more at www.nvfc.org/help.

Behavioral health professionals who would like to be added to this directory can fill out [this form](#).

If you are specifically looking for a psychologist, please see these additional resources provided by the American Psychological Association:

- [How to choose a psychologist](#)
- [What do practicing psychologists do?](#)
- [For a health mind and body...talk to a psychologist](#)

Psychologically Healthy Fire Department Program Partners

The Psychological Healthy Fire Department initiative includes resources and training to help support healthy, successful emergency responders. The following organizations are partners in this initiative.

National Volunteer Fire Council

The National Volunteer Fire Council (NVFC) is the leading nonprofit membership association representing the interests of the volunteer fire, EMS, and rescue services. The NVFC serves as the voice of the volunteer in the national arena and provides critical advocacy, resources, programs, and education for first responders across the nation. Learn more at www.nvfc.org.

Firefighter Behavioral Health Alliance

The mission of Firefighter Behavioral Health Alliance (FBHA) is to collaborate, develop, and implement behavioral health awareness, prevention, intervention, and post crisis strategies to provide firefighters with an easily accessible and confidential source of information. FBHA's goal is to provide behavioral health workshops to fire departments, EMS, and dispatch organizations across the globe, focusing on

behavioral health awareness with a strong emphasis towards suicide prevention and promoting resources available to firefighters/EMS/dispatch and their families. Learn more at www.ffbha.org.

American Psychological Association

The **American Psychological Association**, in Washington, DC, is the largest scientific and professional organization representing psychology in the United States. APA's membership includes nearly 121,000 researchers, educators, clinicians, consultants, and students. Through its divisions in 54 subfields of psychology and affiliations with 60 state, territorial, and Canadian provincial associations, APA promote the advancement, communication, and application of psychological science and knowledge to benefit society and improve lives.

Disclaimer

This directory is intended for informational purposes only. The NVFC and its partners are not responsible for any outcomes that occur from use of this directory and do not make any claims regarding medical conditions or treatments. The NVFC and its partners are not affiliated with or responsible for any of the providers listed in this directory. The information provided in the profile listings has been submitted by the individual providers, and the NVFC and its partners are not responsible for any missing or inaccurate information. If you are having an emergency or suicidal thoughts, call 9-1-1 immediately.

NAVIGATION

Click on the state or province to go directly to that section of the directory. Only states/provinces with listed providers are included in the navigation. This directory is updated monthly as more providers are added. The latest update was **November 1, 2022**.

If there is not a provider listed for your area, there may be a provider in your state that offers telehealth services. This will be noted in their profile. You can also call the [National Suicide Prevention Lifeline](#) at 1-800-273-8255, the [National Helpline](#) at 1-800-662-HELP (4357), or utilize the [Crisis Text Line](#) by texting HOME to 741741.

Symbols

Providers that have **LICENSED PROVIDER** by their name are licensed behavioral healthcare providers.

Providers that have **TELEHEALTH** by their name offer a telehealth option.

U.S. Providers

- [Alabama](#)
- [Alaska](#)
- [Arizona](#)
- [Arkansas](#)
- [California](#)
- [Colorado](#)
- [Connecticut](#)
- [Delaware](#)
- [Florida](#)
- [Georgia](#)
- [Hawaii](#)
- [Idaho](#)
- [Illinois](#)
- [Indiana](#)
- [Iowa](#)
- [Kansas](#)
- [Kentucky](#)
- [Louisiana](#)
- [Maine](#)
- [Maryland](#)
- [Massachusetts](#)
- [Michigan](#)
- [Minnesota](#)
- [Mississippi](#)
- [Missouri](#)
- [Montana](#)
- [Nebraska](#)
- [Nevada](#)
- [New Hampshire](#)
- [New Jersey](#)
- [New Mexico](#)
- [New York](#)
- [North Carolina](#)
- [North Dakota](#)
- [Ohio](#)
- [Oklahoma](#)
- [Oregon](#)
- [Pennsylvania](#)
- [Rhode Island](#)
- [South Carolina](#)
- [South Dakota](#)
- [Tennessee](#)
- [Texas](#)
- [Utah](#)
- [Virginia](#)
- [Washington](#)
- [West Virginia](#)
- [Wisconsin](#)
- [Wyoming](#)

Canada Providers

- [Alberta](#)

Feedback

If you have any feedback you would like to share with the NVFC regarding this directory, please use [this form](#).

Alabama

Huntsville

Provider Name:	Sherry Cohen LICENSED PROVIDER TELEHEALTH
Practice Name:	Dayspring Counseling, LLC
Profession:	Social worker
Credentials:	LICSW
Address:	7800 Madison Blvd., Suite 601, Huntsville, AL 35806
Email:	dayspringlcsc@gmail.com
Phone Number:	256-970-4453
Web Site:	https://www.dayspringcounselingllc.com/
Professional Bio:	I earned my master of social work from A&M University in 2002. I have extensive clinical experience working with children, teens, and adults. I am a certified EMDR therapist.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Humana, Medicare, United Healthcare
Professional License:	Yes, in Alabama
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Marriage and family therapy • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Joshua Howell LICENSED PROVIDER TELEHEALTH
Practice Name:	Luminous Counseling
Profession:	Counselor

Credentials:	LPC
Address:	1428 Weatherly Rd SE, Ste. 111, Huntsville, AL 35803
Email:	joshua@luminouscounseling.org
Phone Number:	256-686-9195
Web Site:	https://www.luminouscounseling.org/
Professional Bio:	See bio on web site.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Compsych, Horizon Behavioral Services, Humana, Medicaid, TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Alabama
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Bipolar disorder • Domestic violence • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Neuropsychological testing or consultation • Psychological testing and evaluation • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Sandy Johnson LICENSED PROVIDER TELEHEALTH
Practice Name:	Luminous Counseling
Profession:	Social worker
Credentials:	LICSW
Address:	3309 Bob Wallace Ave. SW, Huntsville, AL 35805
Email:	sandy@luminouscounseling.org
Phone Number:	256-686-9195
Web Site:	https://www.luminouscounseling.org/
Professional Bio:	A licensed independent clinical social worker, master addictions counselor, and with a certification in family development, Sandy Johnson has more than 30 years of experience helping individuals, couples, families, and groups facing challenges to recovery from addiction and other mental health issues.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Humana, Medicare, Medicaid, TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Alabama
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD

	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Domestic violence • Marriage, divorce, and relationships • Parenting issues • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Madison

Provider Name:	Angie Gundloff LICENSED PROVIDER TELEHEALTH
Practice Name:	
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	401 Hughes Rd, Suite 2, Madison, AL 35749
Email:	angie@newleaftnvalley.com
Phone Number:	256-755-4599
Web Site:	
Professional Bio:	I work alongside clients as they build a more fulfilling, authentic, and serene life. I help clients to work through areas that they feel stuck in such as trauma, grief, mental health symptoms, and relational issues. I utilize EMDR, mindfulness, and cognitive behavioral therapy.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare)
Professional License:	Yes, in Alabama
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Montgomery

Provider Name:	Karen Humphrey Sullins LICENSED PROVIDER TELEHEALTH
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Practice Name:	Helping Hands Professional Counseling & Consulting Corporation/Healing Hearts to Resiliency Inc.
Profession:	Counseling
Credentials:	MS, LPC
Address:	Helping Hands: P.O. BOX 98, 107 Caldwell St., Greenville, AL 36037 Healing Hearts: 1390 S. Forest Avenue, Luverne, AL 36049
Email:	info@helpinghandspcc.org
Phone Number:	800-484-4107
Web Site:	https://helpinghandspcc.org/
Professional Bio:	Karen provides counseling in the areas of disaster relief, crisis response, stress management, and educational programs which focus on trauma informed care. She is IC/MCI trained with FEMA, is a certified peer support provider to fire/EMS/dispatchers and law enforcement, and serves as mental health coordinator with ALLEAPS. She graduated from Highlands College, earning her certificate in leadership and ministry.
Accepted Insurance:	Aetna, American Behavioral, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Medicaid, United Healthcare
Professional License:	Yes, in Alabama
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Career/employment concerns • Chronic illness • Depression • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Neuropsychology • Obsessive-compulsive disorder • Pain management • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Sleep disorders • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Existential psychotherapy • Marriage and family therapy • Pastoral counseling • Psychodynamic therapy • Psychological testing and evaluation • Relational therapy • Short-term (brief treatment)

Telehealth Services:	Yes
Accepting New Patients:	Yes

Scottsboro

Provider Name:	Jordan Cooper LICENSED PROVIDER TELEHEALTH
Practice Name:	Scottsboro Professional Counseling
Profession:	Counselor
Credentials:	ALC/LPC
Address:	605 East Laurel Street, Scottsboro, AL 35768
Email:	jordan.cooper@spcounseling.org
Phone Number:	256-999-0727
Web Site:	https://www.psychologytoday.com/us/therapists/jordan-cooper-scottsboro-al/965773?sid=626996bfb955c&search=35769&ref=P000JG000700000K
Professional Bio:	Jordan Cooper is an Army National Guard veteran providing therapeutic services to individual adults, children, families, and couples.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), United Behavioral Health, United Healthcare
Professional License:	Yes, in Alabama
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Depression • Disability • Stress
Methods or Approaches Used:	Humanistic
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Linda Rogers LICENSED PROVIDER TELEHEALTH
Practice Name:	Scottsboro Professional Counseling LLC
Profession:	Therapist/counselor
Credentials:	EdD, LPC-S
Address:	605 East Laurel Street, Scottsboro, AL 35768
Email:	linda.rogers@spcounseling.org
Phone Number:	256-503-5752
Web Site:	N/A
Professional Bio:	I am a licensed professional counselor and supervisor for other ALC's seeking licensure. I have a doctorate of education in counseling psychology, and I taught at a local university for a couple years. I have a private behavioral healthcare practice.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Horizon Behavioral Services, Tricare without Medicare, United Healthcare
Professional License:	Yes, in Alabama
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Grief and loss • Multicultural issues • Parenting issues

	<ul style="list-style-type: none"> • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Alaska

Provider Name:	Dr. Debra A. Tolliver LICENSED PROVIDER TELEHEALTH
Practice Name:	Matias Interventions
Profession:	Psychology, counselor, substance abuse professional
Details:	Dr. Debra Tolliver offers telehealth services in Alaska. See full listing under Henderson, Nevada.

Anchorage

Provider Name:	Bobbi Outten LICENSED PROVIDER
Practice Name:	
Profession:	Counselor
Credentials:	LPC
Address:	5700 Huffman Rd., Anchorage, AK 99516
Email:	bobboutten@me.com
Phone Number:	907-830-7118
Web Site:	N/A
Professional Bio:	Bobbi is a licensed professional counselor in Alaska with over 25 years of experience. Her husband is a retired firefighter, and her son is a firefighter. She is a critical incident response specialist with professional areas of expertise including combat-related post-traumatic stress and treatment of suicidal behavior for service members/veterans.
Accepted Insurance:	None
Professional License:	Yes, in Alaska
Areas of Expertise:	<ul style="list-style-type: none"> • Domestic violence • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Relational therapy • Short-term (brief treatment)
Telehealth Services:	No
Accepting New Patients:	Yes

Juneau

Provider Name:	Teri Forst LICENSED PROVIDER TELEHEALTH
Practice Name:	Anchor Counseling & Consulting, LLC
Profession:	Certified first responder counselor

Credentials:	LPC-S, MAC, NCC, CFRC
Address:	PO Box 32561, Juneau, AK, 99801
Email:	teri@anchorcandc.com
Phone Number:	907-545-5483
Web Site:	https://teri1303.wixsite.com/anchorcc
Professional Bio:	I am a certified first responder counselor and provide EMDR. I have advanced training and specialize in working with first responders and frontline healthcare providers. It is my passion to work with those who have served their communities in the most selfless ways.
Accepted Insurance:	Aetna, ASEA Health Trust, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Magellan Behavioral Health
Professional License:	Yes, in Alaska
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Dialectical behavior therapy • Marriage and family therapy • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

ARIZONA

Provider Name:	Belinda Barnett LICENSED PROVIDER TELEHEALTH
Practice Name:	Belinda Barnett, PhD
Profession:	Clinical psychologist
Details:	Dr. Belinda Barnett offers online services in Arizona through certification with PsyPact. See full listing under Pittsburg, PA.

Provider Name:	Kelly Chisholm LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Clinical counselor
Details:	Kelly Chisholm offers telehealth services in Arizona. See full listing under Santa Fe, NM.

Gilbert

Provider Name:	Julie McAllister LICENSED PROVIDER TELEHEALTH
Practice Name:	EMDR Transformation Counseling
Profession:	Counselor
Credentials:	LPC, NCC

Address:	1355 S. Higley Rd., Ste. 108, Gilbert AZ 85296
Email:	julie@emdrinaz.com
Phone Number:	480-550-8340
Web Site:	https://emdrtransformationscounseling.com/
Professional Bio:	My therapeutic style is authentic and supportive. I empower clients to utilize their own strengths and inner wisdom. I specialize in working with first responders and veterans. I use EMDR along with other therapeutic modalities to help clients heal from trauma. I have special training in treating recent traumatic events.
Accepted Insurance:	None, but Arizona first responders can get free services through House bill 2502; I can help connect you to that resource.
Professional License:	Yes, in Arizona
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Career/employment concerns • Chronic illness • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Maricopa County

Provider Name:	Natalie Summit LICENSED PROVIDER TELEHEALTH
Practice Name:	Within Reach Summit Consulting
Profession:	Retired law enforcement police crisis intervention specialist
Credentials:	LPC since 1996
Address:	Arizona tele-health, and in-person in Maricopa County
Email:	natalie@nataliesummit.com
Phone Number:	602-699-5024
Web Site:	http://www.nataliesummit.com/
Professional Bio:	I provide telehealth and in-person services to the first responder population and their families. Areas of focus include addiction, mental health, and first responder-specific topics, including trauma, such as EMDR and Brainspotting.
Accepted Insurance:	None
Professional License:	Yes, in Arizona, Virginia, West Virginia, Wyoming, New Mexico, and Utah
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Alzheimer's/dementia • Anxiety • Bipolar disorder

	<ul style="list-style-type: none"> • Depression • Domestic violence • GLBTQ • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Humanistic • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Phoenix

Provider Name:	Alana Brunacini LICENSED PROVIDER TELEHEALTH
Practice Name:	Brunacini Professional Services
Profession:	Professional counselor, Doctor of Behavioral Health
Credentials:	DBH, LPC
Address:	10000 N 31st Drive, C100-131, Phoenix, AZ 85051
Email:	alana.brunacini@gmail.com
Phone Number:	602-888-6044
Web Site:	http://www.brunaciniprofessionalservices.com/
Professional Bio:	Dr. Alana Brunacini has been working with fire departments, firefighters, and public health agencies for over a decade. She has a private practice in Phoenix, AZ. She works with all forms of trauma and other issues including substance use, relationships, sleep, career changes, and general mental health.
Accepted Insurance:	CIGNA HealthCare (PPO), Magellan Behavioral Health, United Behavioral Health
Professional License:	Yes, in Arizona
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Career/employment concerns • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Clinical hypnosis • Cognitive/behavioral therapy • Humanistic • Marriage and family therapy • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Jeffery Griffin
Practice Name:	Phoenix Fire Department Retiree Services
Profession:	Retired fire captain
Credentials:	
Address:	601 W Taro Ln., Phoenix, AZ 85027
Email:	oldguysrule27@gmail.com
Phone Number:	623-694-5497
Web Site:	N/A
Professional Bio:	Jeffrey Griffin provides peer support and received a level 2 certificate of completion in addiction and substance abuse disorders from Rio Salado Community College.
Accepted Insurance:	None
Professional License:	None
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Crisis intervention • Short-term (brief treatment)
Telehealth Services:	No
Accepting New Patients:	No

Sun City

Provider Name:	Francisca M. Delgado LICENSED PROVIDER TELEHEALTH
Practice Name:	FMD Counseling & Consulting
Profession:	Professional Counselor
Credentials:	MC, LPC, NCC
Address:	10451 W Palmeras Dr., Suite 122E, Sun City, AZ 85373
Email:	fran@fmdcounseling.com
Phone Number:	623-210-2558
Web Site:	https://www.fmdcounseling.com/
Professional Bio:	I am Francisca M. Delgado, please call me Fran. I have a master's degree in counseling. I have been working in the behavioral health field for over 20 years and counseling since 2007. I specialize in treating individuals and their trauma.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Compsych, TRICARE, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Arizona
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Grief and loss • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Tempe

Provider Name:	Iliamari Vazquez Houston LICENSED PROVIDER TELEHEALTH
Practice Name:	With An Open Heart, LLC.
Profession:	Social worker
Credentials:	LMSW
Address:	4801 S Lakeshore Dr., Unit 204, Tempe, AZ 85282
Email:	withanopenheartllc@gmail.com
Phone Number:	480-234-9256
Web Site:	https://withanopenheartllc.clientsecure.me/
Professional Bio:	My name is Iliamari Vazquez Houston and I am a professional social worker specializing in individual and family therapy. My areas of expertise are family issues, depression, anxiety and stress, perinatal and postpartum journeys, and first responder and their families. I have experience in crisis stabilization as well.
Accepted Insurance:	None
Professional License:	Yes, in Arizona
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Depression • Marriage, divorce, and relationships • Parenting issues • Perinatal and postpartum • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Yuma

Provider Name:	Scott Long LICENSED PROVIDER TELEHEALTH
Practice Name:	Yuma Vet Center
Profession:	Social worker
Credentials:	LMSW
Address:	1450 E 16th St., Suite 103, Yuma, AZ 85365
Email:	Scott.Long4@va.gov
Phone Number:	928-271-8700
Web Site:	http://www.va.gov/
Professional Bio:	I am extensively trained in EMDR and clinical hypnosis, as well as trained in DBT. I have vast experiences working with combat veterans, helping them to navigate and overcome their own PTSD and other mental health issues. I have also worked with first responders and helping them to navigate their PTSD.
Accepted Insurance:	Contact office for information
Professional License:	Yes, in Iowa. Since works for the Department of Veterans Affairs, can be covered under the federal umbrella in any state.

Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Disability • Grief and loss • Learning disabilities • Marriage, divorce, and relationships • Multicultural issues • Pain management • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Sleep disorders • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Clinical hypnosis • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Geriatric consultation • Marriage and family therapy • Pastoral counseling • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

ARKANSAS

Melbourne

Provider Name:	Dana Ingram LICENSED PROVIDER TELEHEALTH
Practice Name:	Prospering Hope Counseling
Profession:	Counselor
Credentials:	LPC
Address:	31 School Dr., Ste. B, PO Box 245, Melbourne, AR, 72556
Email:	dana@prosperinghopecounseling.com
Phone Number:	870-300-2112
Web Site:	https://prosperinghopecounseling.com/
Professional Bio:	Dana is a licensed professional counselor (LPC) in the State of Arkansas and a national certified counselor (NCC) with the National Board for Certified Counselors. She is trained in eye movement desensitization and

	reprocessing (EMDR) with specialized training using this method with first responders. She is also trained in Brainspotting.
Accepted Insurance:	Aetna, Ambetter, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Medicaid, QualChoice, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Arkansas
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Siloam Springs

Provider Name:	Amy Rusk LICENSED PROVIDER TELEHEALTH
Practice Name:	Invicta Counseling
Profession:	Counselor
Credentials:	MS, LPC
Address:	103 W. University, Siloam Springs, AR 72761
Email:	amy.rusk@outlok.com
Phone Number:	479-220-2337
Web Site:	https://www.invictacounseling.com/
Professional Bio:	I am a licensed mental health counselor specializing in trauma counseling. I have been in the mental health field for 20 years and also worked as an EMT doing volunteer work during that time. I am a Master ART certified therapist (accelerated resolution therapy) and also trained in crisis intervention stress management (CISM).
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), TRICARE, UMR
Professional License:	Yes, in Arkansas and Oklahoma
Areas of Expertise:	<ul style="list-style-type: none"> • Accelerated resolution therapy • ADHD • Anger management • Anxiety • Bipolar disorder

	<ul style="list-style-type: none"> • Career/employment concerns • Depression • Domestic violence • Grief and loss • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

CALIFORNIA

Provider Name:	Elizabeth Dear LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Marriage and family therapist, licensed clinical alcohol and drug counselor
Details:	Elizabeth Dear offers telehealth services in California. See full listing under Reno, NV.

Provider Name:	Michael Elder LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Marriage and family therapist
Details:	Michael Elder offers telehealth services in California. See full listing under Eastsound, WA.

Provider Name:	Cara Elliott LICENSED PROVIDER TELEHEALTH
Practice Name:	Cara M Elliott
Profession:	Marriage family therapist, licensed clinical alcohol and drug counselor
Credentials:	MS, MFT, LCADC, EMDR
Address:	
Email:	elliott.mft@gmail.com
Phone Number:	775-453-0456
Web Site:	N/A
Professional Bio:	
Accepted Insurance:	Anthem Blue Cross Blue Shield, Hometown Health Plan, Multiplan, Prominence
Professional License:	Yes, in California and Nevada
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues

	<ul style="list-style-type: none"> • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Marriage and family therapy • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Lisa Lello LICENSED PROVIDER TELEHEALTH
Practice Name:	Loyal Cares
Profession:	Licensed mental health counselor
Details:	Lisa Lello offers telehealth services in California. See full listing under Orlando, FL.

Provider Name:	Scott Long LICENSED PROVIDER TELEHEALTH
Practice Name:	Yuma Vet Center
Profession:	Social worker
Details:	Scott Long is located in Yuma, AZ, but is available to treat people in California as well. See full listing under Yuma, AZ.

Berkeley

Provider Name:	Tom Westin LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Marriage and family therapist
Credentials:	MFT
Address:	2424 Dwight Way #3, Berkeley, CA 94704
Email:	tomwestinmft@protonmail.com
Phone Number:	510-224-5838
Web Site:	https://www.psychologytoday.com/us/therapists/tom-westin-berkeley-ca/91197
Professional Bio:	See web site for bio.
Accepted Insurance:	Various EAPs – call or email for details
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • Problem Gambling • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy

	<ul style="list-style-type: none"> • Humanistic • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Chula Vista

Provider Name:	Evangelina Reynoso LICENSED PROVIDER TELEHEALTH
Practice Name:	The Counseling Team International
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	46 3 rd Ave., Suite E, Chula Vista, CA 91910
Email:	mpasley@thecounselingteam.com
Phone Number:	800-222-9691
Web Site:	https://thecounselingteam.com/
Professional Bio:	Gina Reynoso, MS, specializes in relationship issues, anxiety, depression, and couples therapy. Gina has taught parenting classes and facilitated domestic violence groups for children and women survivors of domestic violence. Gina is fluent in Spanish and is available to see Spanish-speaking clients.
Accepted Insurance:	None
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Stress
Methods or Approaches Used:	Coaching
Telehealth Services:	Yes
Accepting New Patients:	Yes

Concord

Provider Name:	Beverly Swann LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Licensed marriage and family therapist
Credentials:	LMFT, MA, PhD
Address:	1985 Bonifacio Street, Suite 100, Concord, CA 94520
Email:	therapy@beverlyswann.com
Phone Number:	925-705-7036
Web Site:	http://www.beverlyswann.com
Professional Bio:	Beverly provides trauma-informed care for first responders, veterans, and their families. Services are offered remotely in Indiana and in-person/remotely in California.
Accepted Insurance:	Claremont, Concern, Cordico, out-of-network
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Depression • Domestic violence • Grief and loss • Problem gambling

	<ul style="list-style-type: none"> • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Folsom

Provider Name:	Veronica Kennedy TELEHEALTH
Practice Name:	N/A
Profession:	Associate marriage and family therapist
Credentials:	AMFT, Flight Paramedic
Address:	706 Natoma, Folsom, CA 95630
Email:	veronicakennedy22@gmail.com
Phone Number:	951-751-1600
Web Site:	N/A
Professional Bio:	Veronica has been in emergency medical services for over 20 years, 16 years as a paramedic, and currently works as a flight paramedic. Veronica has dedicated her life to learning how trauma affects the wellbeing of first responders. Veronica is advanced trained in brainspotting.
Accepted Insurance:	None, only cash pay. Discounted rate at this time.
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Grief and loss • Marriage and family • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive behavior therapy • Crisis intervention • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Jennifer Nava LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Licensed marriage and family therapist 120754
Credentials:	MA, LMFT
Address:	1665 Creekside Dr., #106, Folsom, CA 95630-3538
Email:	JenniferNavaMFT@gmail.com
Phone Number:	916-710-0503
Web Site:	N/A

Professional Bio:	Jen is a former first responder who is married to a first responder and veteran and provides a trauma-based approach with helping first responders, their spouses/partners, and families through difficult times. Jen is a certified first responder counselor and utilizes many techniques, including EMDR, to support the work/life balance.
Accepted Insurance:	Private pay. Can provide a superbill for insurance plans that accept this.
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns • Chronic illness • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Humanistic • Marriage and family therapy • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Glendora

Provider Name:	Brittany Bell LICENSED PROVIDER TELEHEALTH
Practice Name:	Vienna Psychological Group
Profession:	Psychological assistant
Credentials:	MA, registered psychological assistant
Address:	2064 E. Route 66, Glendora, CA 91740
Email:	bbell@vpg-corp.com
Phone Number:	626-709-3494
Web Site:	https://www.viennapsychologicalgroup.com/
Professional Bio:	I am a registered psychological assistant (PSB94025338) working under the license of Dr. Vienna. I am completing my PhD in psychology. I have several years of experience assessing and treating individuals with ASD and ADHD. I also have a dedicated interest in working with adults with stress management and performance anxiety.
Accepted Insurance:	Private pay
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Learning disabilities • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy

	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Dialectical behavior therapy • Forensic evaluation • Neuropsychological testing or consultation • Psychological testing and evaluation • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Huntington Beach

Provider Name:	Lynelle Kearney LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Individuals, couples, and family therapist
Credentials:	LMFT
Address:	Yorktown Avenue, Huntington Beach, CA 92648
Email:	LYNELLE@LYNELLEKEARNEYMFT.COM
Phone Number:	253-225-1105
Web Site:	https://lynellekearneymft.com/
Professional Bio:	It is an honor and a privilege for me to serve others in the sacred space of the therapeutic relationship. I have extensive experience with PTSD, depression, and anxiety. I primarily utilize EMDR and internal family systems in my practice for individuals and emotionally focused therapy for couples/partners and families.
Accepted Insurance:	Private pay with superbill and instructions for insurance
Professional License:	Yes, in California and Washington
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Marriage, divorce, and relationships • Multicultural issues • Obsessive-compulsive disorder • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress • Suicidality
Methods or Approaches Used:	<ul style="list-style-type: none"> • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Internal family systems • Marriage and family therapy • Pastoral counseling
Telehealth Services:	Yes
Accepting New Patients:	Yes

Irvine

Provider Name:	Eileen S. Lenson TELEHEALTH
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Practice Name:	Lenson Life Coaching
Profession:	Social worker
Credentials:	MSW, ACSW, BCC
Address:	4521 Campus Drive, Suite 522, Irvine, CA 92612
Email:	Eileen@LensonLifeCoaching.com
Phone Number:	949-244-5100
Web Site:	http://www.LensonLifeCoaching.com
Professional Bio:	Eileen S. Lenson, MSW, ACSW, is a board-certified coach and author of <i>Overcoming Adversity: Conquering Life's Challenges</i> . She has a trauma resolution therapy certification, is a shock-trauma social worker, has a private practice, and presented at the First International Symposium on Grief and Bereavement in Israel and the National Association of Social Workers national conference. Her seminar topics include forgiveness, overcoming adversity, divorce, empty nesting, assertiveness, and communication.
Accepted Insurance:	Private pay only
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Parenting issues • Stress
Methods or Approaches Used:	Coaching
Telehealth Services:	Yes
Accepting New Patients:	Yes

Martinez

Provider Name:	Shaunna Edwards LICENSED PROVIDER TELEHEALTH
Practice Name:	Shaunna J. Edwards, LCSW
Profession:	Licensed clinical social worker
Credentials:	LCSW
Address:	1134 Alhambra Avenue, Martinez, CA 94553
Email:	shaunnajedwards.lcsw@gmail.com
Phone Number:	925-917-1112
Web Site:	
Professional Bio:	
Accepted Insurance:	CCHP, Magellan Behavioral Health, Managed Health Network, VW
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Career/employment concerns • Depression • Domestic violence • First responders and their families • Grief and loss • Marriage, divorce, and relationships • Parenting issues

	<ul style="list-style-type: none"> • PTSD/trauma • Sexual abuse/rape • Sexual health • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Monterey

Provider Name:	Dee Lewke TELEHEALTH
Practice Name:	Red Line Resilience
Profession:	Counselor
Credentials:	CADCII, SAP, CCTP, NCACI, CRPS, MATC, CFRA
Address:	565 Calle Principal, #1, Monterey, CA 93940
Email:	redlineresilience@gmail.com
Phone Number:	831-334-9899
Web Site:	https://www.redlineresilience.com
Professional Bio:	With over 30+ years in the field of behavioral health treatment and medicine, the last eight years have been the best of my career. It was then that I began working with those in the fire service, shortly after experiencing my first California wildfire. Since then, I have witnessed first-hand the long term effects of “the job.” Along with years of clinical training in treating those in the fire service, I have spent countless hours on ride-alongs and hanging out in the station around the dinner table listening to stories and sharing a meal. It was there I began to understand how firefighters think, roll, and process everything they do, see, smell, and hear. As the saying goes, “You can’t unsee the things you’ve seen.” My mission: To assist firefighters in minimizing the long-term effects of the job on all levels, keeping the mind as fit as the body. No need to suffer alone and in silence. “It is ok, not to be ok.”
Accepted Insurance:	None, but works on a sliding scale
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Obesity/weight loss • Parenting issues • PTSD/trauma

	<ul style="list-style-type: none"> • Sexual abuse/rape • Sleep disorders • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Humanistic • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Novato

Provider Name:	Jill Peeler LICENSED PROVIDER TELEHEALTH
Practice Name:	Jill Peeler Therapy supervised by Dr. Mark Kamena, PhD
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	1683 Novato Blvd., Ste. 1B, Novato, CA 94947
Email:	JillPeelerTherapy@gmail.com
Phone Number:	415-602-8735
Web Site:	https://www.jillpeelertherapy.com/
Professional Bio:	I am a marriage and family therapist providing therapy for first responders including firefighters, EMS, law enforcement officers, veterans, and dispatchers with post-traumatic stress injury and emergency responder exhaustion syndrome. My treatment modalities include individual and group psychotherapy utilizing cognitive-behavioral therapy, cognitive processing therapy, prolonged exposure therapy, and eye movement desensitization and reprocessing. I specialize in using individualized crisis intervention techniques and provide psychological support for first responders, spouses, significant others, and their children based on my residential treatment experience for the First Responder Support Network. I incorporate mindfulness and coping skills to help deal with triggers. Never forget that you are as important as those you protect, serve, and rescue!
Accepted Insurance:	Private pay
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Couple counseling • Depression • Domestic violence • Families of first responders, including children • First responder PTSD/trauma • Grief counseling • Multicultural competence

	<ul style="list-style-type: none"> • One-on-one crisis intervention/counseling or psychological support • Resilience and hardiness • Self-esteem and assertiveness training Sexual assault/rape • Stress management • Suicidal ideation • Veterans
Methods or Approaches Used:	<ul style="list-style-type: none"> • Crisis intervention • Marriage and family therapy • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing therapy) • Dialectical behavior therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Orinda

Provider Name:	Amy Moore LICENSED PROVIDER
Practice Name:	N/A
Profession:	Clinical psychologist
Credentials:	PsyD
Address:	23 Altarinda Road, Ste. 102, Orinda, CA 94563
Email:	alfmoore4@gmail.com
Phone Number:	415-297-2863
Web Site:	N/A
Professional Bio:	I have 25 years of clinical experience, and over the past eight years of private practice I have worked predominantly with first responders. I use solution-focused therapy, EMDR, tapping, psychoeducation, stress reduction strategies, and addiction interventions.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Magellan Behavioral Health, Managed Health Network, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Disability • Domestic violence • Grief and loss • Multicultural issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis

	<ul style="list-style-type: none"> • EMDR (eye movement desensitization and reprocessing) • Humanistic • Short-term (brief treatment)
Telehealth Services:	No
Accepting New Patients:	Yes

Petaluma

Provider Name:	Janice Myers LICENSED PROVIDER TELEHEALTH
Practice Name:	Myers Wellness
Profession:	Licensed professional clinical counselor
Credentials:	LPCC
Address:	PO Box 751391, Petaluma, CA 94975
Email:	firstresponderwellness@gmail.com
Phone Number:	707-228-5424
Web Site:	
Professional Bio:	As a former first responder, I have been working with FRs for 20+ years. I'm trained in EMDR and brainspotting, have experience with substance abuse, and am co-founder of the West Coast Posttrauma Retreat.
Accepted Insurance:	Concern Health and private pay only
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Career/employment concerns • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Redlands

Provider Name:	Mynda Ohs LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Marriage and family therapist
Credentials:	LMFT, PhD
Address:	101 E Redlands Blvd., Redlands, CA 92373
Email:	mynda@fullyinvolvedlife.com
Phone Number:	909-725-0370
Web Site:	N/A
Professional Bio:	I recently authored a number one new release on Amazon called <i>Fully Involved</i> . I provide critical incident debriefings, counseling services, instruction, and guest presentations at numerous first responder conferences. I've worked major incidents, including the Montecito Debris Flow, Las Vegas Route 91, San Bernardino terrorist shooting, and several line-of-duty deaths.

Accepted Insurance:	Blue Cross and Blue Shield (HMO), Empathia, Magellan Behavioral Health, Optum
Professional License:	Yes, California
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Riverside

Provider Name:	Deana Kahle LICENSED PROVIDER TELEHEALTH
Practice Name:	Aboveboard Consulting & Marriage Counseling Services, Inc.
Profession:	Psychotherapist
Credentials:	LMFT
Address:	5880 Fair Isle Dr #275, Riverside, CA 92507
Email:	aboveboardcounseling@gmail.com
Phone Number:	800-222-9691
Web Site:	https://aboveboardconsulting.com/
Professional Bio:	Deana Kahle, having worked with the unique culture of first responders for 10 years, is a California licensed clinician who gets it.
Accepted Insurance:	Magellan Behavioral Health
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Humanistic • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	No

Provider Name:	Kathleen Sarmiento LICENSED PROVIDER TELEHEALTH
Practice Name:	Transformational Family Counseling
Profession:	Marriage and family therapist
Credentials:	DSW, MS, LMFT
Address:	3400 Central Ave, Suite 215, Riverside, CA 92506
Email:	transformationalfamcounseling@gmail.com

Phone Number:	951-934-8944
Web Site:	https://www.transformationalfamilycounseling.com/
Professional Bio:	Dr. Sarmiento obtained her doctorate of social work at USC. Dr. Sarmiento is also a co-chair for the Riverside County Suicide Prevention Coalition. She has been passionately working in mental health for over 12 years and has extensive experience working with adolescents, couples, families, crisis intervention, LGBTQ youth, and trauma. She is trained in trauma focused CBT as well as cultural competency and brainspotting for first responders, military veterans, and their families.
Accepted Insurance:	IEHP
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Roseville

Provider Name:	Ariel Whitlock LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Marriage and family therapist
Credentials:	LMFT, CEDS, NCC
Address:	1624 Santa Clara Dr. Suite 110, Roseville, CA 95661
Email:	ArielWhitlockMFT@gmail.com
Phone Number:	775-351-9411
Web Site:	http://www.arielwhitlock.com
Professional Bio:	Helping people heal from trauma is a passion of mine. Throughout the years I have worked in intense residential, partial hospitalization, and intensive outpatient programs, along with attending conferences and workshops to continue to gain the latest tools to help people return to their true selves.

Accepted Insurance:	Unknown
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Body image issues • Marriage, divorce, and relationships • Multicultural issues • Obesity/weight loss • Obsessive-compulsive disorder • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

San Bernardino

Provider Name:	Kristin Blaney LICENSED PROVIDER TELEHEALTH
Practice Name:	The Counseling Team International
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	1881 Business Center Dr., Suite 11, San Bernardino, CA 92408
Email:	mpasley@thecounselingteam.com
Phone Number:	800-222-9691
Web Site:	http://www.thecounselingteam.com/
Professional Bio:	Kristin Blaney, MA is a licensed marriage and family therapist (MFT #80286). She has a master's degree in counseling psychology from Loyola Marymount University. Kristin is training in critical incident stress management (CISM) and holds a certification in eye movement and desensitization reprocessing (EMDR). Kristin serves clients for The Counseling Team International in San Clemente.
Accepted Insurance:	None
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Stress
Methods or Approaches Used:	
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Emily Brennan LICENSED PROVIDER TELEHEALTH
Practice Name:	The Counseling Team International
Profession:	Licensed clinical social worker
Credentials:	LCSW

Address:	1881 Business Center Dr., Suite 11, San Bernardino, CA 92408
Email:	mpasley@thecounselingteam.com
Phone Number:	800-222-9691
Web Site:	http://www.thecounselingteam.com/
Professional Bio:	Emily Brennan, MSW (CA 65079), got her start in social services volunteering with the Child Abuse Response Team in the South Bay in the early 2000s. Emily earned her master's degree in social work from California State University Los Angeles with an emphasis in children, youth, women, and families.
Accepted Insurance:	None
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Stress
Methods or Approaches Used:	
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Clint Christie LICENSED PROVIDER TELEHEALTH
Practice Name:	The Counseling Team International
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	1881 Business Center Dr., Suite 11, San Bernardino, CA 92408
Email:	mpasley@thecounselingteam.com
Phone Number:	800-222-9691
Web Site:	http://www.thecounselingteam.com/
Professional Bio:	Clint Christie, MA (MFT102855), earned his master's degree in clinical psychology from Pepperdine University. He has collaborated with the West Coast Post Trauma Retreat as a clinician in assisting first responders on their path to wellness. Clint is fluent in Spanish and available to see Spanish-speaking clients.
Accepted Insurance:	None
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Stress
Methods or Approaches Used:	
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Andrew Clack LICENSED PROVIDER TELEHEALTH
Practice Name:	The Counseling Team International
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	1881 Business Center Dr., Suite 11, San Bernardino, CA 92408
Email:	mpasley@thecounselingteam.com
Phone Number:	800-222-9691
Web Site:	http://www.thecounselingteam.com/
Professional Bio:	Andy Clack, MA (MFT96297), earned his master's degree in psychology with an emphasis on marriage and family therapy from Chapman

	University. He is trained in critical incident stress management (CISM) and eye movement desensitization and reprocessing (EMDR).
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Magellan Behavioral Health, Managed Health Network
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Stress
Methods or Approaches Used:	
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Shonna Hill LICENSED PROVIDER TELEHEALTH
Practice Name:	The Counseling Team International
Profession:	Psychologist
Credentials:	PsyD
Address:	1881 Business Center Dr., Suite 11, San Bernardino, CA 92408
Email:	mpasley@thecounselingteam.com
Phone Number:	800-222-9691
Web Site:	https://thecounselingteam.com/
Professional Bio:	Shonna Hill, Psy.D. is a clinical forensic psychologist (PSY31517). Shonna received her doctoral degree in clinical forensic psychology from the Chicago School of Professional Psychology. Dr. Hill is passionate about arming personnel in law enforcement and fire with appropriate emotional and mental tools to live out a balanced and safe life.
Accepted Insurance:	None
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Stress
Methods or Approaches Used:	
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Caitlyn Munger LICENSED PROVIDER TELEHEALTH
Practice Name:	The Counseling Team International
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	1881 Business Center Dr., Suite 11, San Bernardino, CA 92408
Email:	mpasley@thecounselingteam.com
Phone Number:	800-222-9691
Web Site:	http://www.thecounselingteam.com/
Professional Bio:	Caitlyn earned her bachelor's degree in psychology from California Baptist University and master's degree in clinical psychology with an emphasis in marriage and family therapy from Pepperdine University. Her specialties include anxiety disorders, depression, PTSD, relational conflicts, and working extensively with children and adolescents.
Accepted Insurance:	TriWest
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety

	<ul style="list-style-type: none"> • Depression • Stress
Methods or Approaches Used:	
Telehealth Services:	Yes
Accepting New Patients:	Yes

San Diego

Provider Name:	Brooke Bartlett LICENSED PROVIDER TELEHEALTH
Practice Name:	Center for Trauma, Anxiety, and Stress Inc.
Profession:	Psychologist
Credentials:	PhD
Address:	2701 Midway Dr., PO Box 371614, San Diego, CA 92110
Email:	drbartlett@centertas.com
Phone Number:	619-839-9318
Web Site:	https://www.centertas.com/
Professional Bio:	Dr. Brooke Bartlett, PhD, is a licensed clinical psychologist (PSY33545) and the CEO/owner of the Center for Trauma, Anxiety, and Stress Inc. A major focus of her professional work is building awareness about mental health in the fire service and assisting fire departments and organizations in the creation and implementation of mental health programs. Dr. Bartlett has trained at some of the nation's most renowned institutions for PTSD and anxiety and spent several years working directly with first responders at one of the only fire departments in the U.S. that employs staff psychologists. She has over 30 presentations at national and international conferences and has published over 20 peer-reviewed publications, most of which focus on the mental health of first responders. She has also co-authored a book chapter on PTSD and alcohol use among first responders and has authored several pieces of literature on first responder mental health in vital sources such as Fire Rescue1.
Accepted Insurance:	None
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Depression • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Forensic evaluation • Psychological testing and evaluation
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Jeffery Oostyen LICENSED PROVIDER TELEHEALTH
Practice Name:	The Counseling Team International

Profession:	Psychologist
Credentials:	PsyD
Address:	444 Camino Del Rio South, Suite 215, San Diego, CA 92108
Email:	mpasley@thecounselingteam.com
Phone Number:	800-222-9691
Web Site:	http://www.thecounselingteam.com/
Professional Bio:	Jeffery E. Oostyen, PsyD, is a licensed clinical psychologist (PSY26998). Dr. Oostyen earned his doctorate degree from Alliant International University/California School of Professional Psychology in clinical psychology with an emphasis on child, family, and relationship therapy.
Accepted Insurance:	None
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	
Telehealth Services:	Yes
Accepting New Patients:	Yes

San Rafael

Provider Name:	Joel Fay LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Psychologist
Credentials:	PsyD
Address:	68 Marinita Avenue, San Rafael, CA 94901
Email:	joel.fay@gmail.com
Phone Number:	415-720-6653
Web Site:	http://joelfay.com
Professional Bio:	Joel Fay served as a police officer for over 30 years. He has a doctorate in psychology and is in private practice working with emergency responders from numerous organizations. Specialty areas include CISD, PTSD, and LE response to persons with mental illness. Dr. Fay consults with numerous organizations.
Accepted Insurance:	Claremont EAP, Concern EAP, Magellan Behavioral Health, Managed Health Network
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Short-term (brief treatment)

Telehealth Services:	Yes
Accepting New Patients:	Yes

Santa Clara

Provider Name:	Nick Arnett TELEHEALTH
Practice Name:	N/A
Profession:	Firefighter, EMT, instructor, fire chaplain
Credentials:	CISM, peer support, resilience
Address:	3450 Princeton Way, Santa Clara, CA
Email:	nick.arnett@gmail.com
Phone Number:	408-888-1900
Web Site:	https://nickarnett.net/
Professional Bio:	Nick Arnett is a firefighter/EMT, REMS, PIO, RADO, and CISM with the U.S. Forest Service, Spring Valley Fire, and Wilderness Medics and an onsite EMT for Medcor Inc. He is also an instructor of CERT, CISM, EMTF, EMS, resilience, and related topics for California Fire & Rescue Training Authority, and the San Jose and Milpitas Fire Departments. He has 15 years of experience (more than 1,000 responses) in CISM and peer support.
Accepted Insurance:	N/A
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Grief and loss • PTSD/trauma • Resilience training • Spiritual/religious • Stress
Methods or Approaches Used:	
Telehealth Services:	Yes
Accepting New Patients:	Yes

Santa Rosa

Provider Name:	Leah Weiss LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Psychotherapist
Credentials:	LMFT
Address:	1815 4th Street, Santa Rosa, CA 95465
Email:	leahsueweiss@gmail.com
Phone Number:	707-738-5087
Web Site:	N/A
Professional Bio:	I am a licensed mental health therapist providing counseling services for adults, couples, and families. I use trauma informed best practices including EMDR, CBT, and mindfulness. My experience spans over 35 years in the healing professions.
Accepted Insurance:	Aetna, Beacon Health Options, CIGNA HealthCare (PPO), Concern, Magellan Behavioral Health, United Behavioral Health
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse

	<ul style="list-style-type: none"> • Anxiety • Depression • Domestic violence • Learning disabilities • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Humanistic • Marriage and family therapy • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Sausalito

Provider Name:	Emily Brucia LICENSED PROVIDER TELEHEALTH
Practice Name:	Elemental Telehealth, Inc.
Profession:	Clinical psychologist
Credentials:	PhD
Address:	3030 Bridgeway, Suite 101, Sausalito, CA 94965
Email:	emily@elementaltelehealth.com
Phone Number:	626-594-6548
Web Site:	https://www.elementaltelehealth.com/dr-emily-brucia
Professional Bio:	Dr. Emily Brucia is a licensed psychologist. She is the past vice president of the First Responder Support Network and the founder of Elemental Telehealth, Inc. She completed a PTSD & Returning Veterans clinical psychology postdoctoral fellowship at the San Francisco VA Healthcare System, and she is experienced working with first responders.
Accepted Insurance:	None
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Burnout • Depression • Grief and loss • PTSD/trauma • Sexual abuse/rape • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Existential psychotherapy

	<ul style="list-style-type: none"> • Humanistic • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Turlock

Provider Name:	Dusty Lockett LICENSED PROVIDER
Practice Name:	N/A
Profession:	Licensed clinical social worker
Credentials:	LCSW
Address:	384 E. Olive St. #4, Turlock, CA 95380
Email:	dusty@dustylockett.com
Phone Number:	209-233-1927
Web Site:	https://www.dustylockettlcsw.com/
Professional Bio:	I've been a therapist for over 22 years. I worked for years in my county for our crisis response team, mostly in our emergency rooms as well as out in the community alongside first responders. Now that I'm in private practice, I specialize in trauma, EMDR, and helping first responders.
Accepted Insurance:	Magellan Behavioral Health, Sutter Select, UMR, United Behavioral Health, United Healthcare, other FR EAPs, can also provide a superbill that can be submitted to insurance for reimbursement
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Depression • Grief and loss • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	No
Accepting New Patients:	Yes

Valley Village

Provider Name:	Joanna Lovinger LICENSED PROVIDER TELEHEALTH
Practice Name:	Joanna Lovinger
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	Valley Village, CA
Email:	joanna@joannalovinger.com
Phone Number:	323-374-3875
Web Site:	http://joannalovinger.com/

Professional Bio:	I'm a licensed marriage and family therapist working in the San Fernando Valley. I provide counseling to individuals and couples. I offer sessions via telephone or HIPAA-compliant video conferencing. My work focuses on reducing anxiety, improving mood, and helping clients find their voice and purpose in life.
Accepted Insurance:	None, but can provide superbills to submit to insurance for partial reimbursement
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Adoption • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Existential psychotherapy • Humanistic • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Vista

Provider Name:	Lisa Krekler LICENSED PROVIDER TELEHEALTH
Practice Name:	Lisa Krekler, LCSW, DSW
Profession:	Licensed clinical social worker
Credentials:	MSW, LCSW, DSW, SAP
Address:	960 Postal Way, #2996, Vista, CA 92085
Email:	Lisa.KreklerLCSW@gmail.com
Phone Number:	760-237-8112
Web Site:	https://www.psychologytoday.com/us/therapists?search=Lisa%20Krekler
Professional Bio:	Dr. Lisa Krekler is a licensed clinical social worker practicing in San Diego, CA. She works with active-duty service members, first responders, and their families struggling with depression, PTSD, substance use disorders, suicidality, and those in crisis. She utilizes cognitive behavioral approaches to therapy integrating CPT, PE, DBT, and ACT.
Accepted Insurance:	Managed Health Network, TRICARE
Professional License:	Yes, in California
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape • Stress

Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

COLORADO

Provider Name:	Belinda Barnett LICENSED PROVIDER TELEHEALTH
Practice Name:	Belinda Barnett, PhD
Profession:	Clinical psychologist
Details:	Dr. Belinda Barnett offers online services in Colorado through certification with PsyPact. See full listing under Pittsburg, PA.

Provider Name:	Kelly Chisholm LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Clinical counselor
Details:	Kelly Chisholm offers telehealth services in Colorado. See full listing under Santa Fe, NM.

Bayfield

Provider Name:	Anne Lane LICENSED PROVIDER TELEHEALTH
Practice Name:	Lane Counseling LLC
Profession:	Counselor
Credentials:	MA, LPC, NCC
Address:	357 North Mountain View Drive, #206, Bayfield, CO 81122
Email:	annelane720@gmail.com
Phone Number:	406-543-2852
Web Site:	N/A
Professional Bio:	Anne Lane has seven years of counseling experience. Her specialties include grief work, trauma focused CBT, and adolescents. She offers a non-judgmental space with unconditional positive regard to work on building skills and exploring emotions.
Accepted Insurance:	Anthem BCBS, CIGNA HealthCare (PPO)
Professional License:	Yes, in Colorado and Montana
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Anger management • Depression • Grief and loss • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Evaluation/diagnosis • Humanistic
Telehealth Services:	Yes
Accepting New Patients:	Yes

Broomfield

Provider Name:	Tonia Lowe LICENSED PROVIDER TELEHEALTH
Practice Name:	Amethyst Counseling
Profession:	Counselor
Credentials:	LPC
Address:	80 Garden Center, Ste. 154, Broomfield, CO 80020
Email:	amethystcounselingco@gmail.com
Phone Number:	303-578-4446
Web Site:	
Professional Bio:	Tonia Lowe holds a master of science degree in clinical mental health counseling from Walden University. She worked for 10 years as a volunteer victim advocate for the Broomfield Police Department and has been providing culturally competent counseling to emergency first responders and their families for approximately three years.
Accepted Insurance:	Starting January 1, 2023: Aetna, Cigna, Optum
Professional License:	Yes, in Colorado
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Centennial

Provider Name:	Rachael Starr LICENSED PROVIDER TELEHEALTH
Practice Name:	11th Hour Trauma Retreat
Profession:	Social worker
Credentials:	LCSW
Address:	12354 E Caley Ave, 200, Centennial, CO 80126
Email:	RStarrMSW@gmail.com
Phone Number:	772-475-3334
Web Site:	https://www.11thhourretreat.org/
Professional Bio:	Rachael has a bachelor's degree in psychology and went on to graduate from Florida Atlantic University with a master's in social work. Rachael's therapeutic style incorporates trust, provides straightforward feedback,

	and helps them create a safe environment. She works directly with first responders, veterans, and a major metropolitan department in their EAP.
Accepted Insurance:	None
Professional License:	Yes, in Colorado
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Chronic illness • Depression • Disability • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Neuropsychology • Obesity/weight loss • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Fort Collins

Provider Name:	Joanne Rupert LICENSED PROVIDER TELEHEALTH
Practice Name:	First Responder Trauma Counselors
Profession:	Counselor
Credentials:	LPC
Address:	19 Old Town Square, Fort Collins, CO 80425
Email:	Joanne.frtc@gmail.com
Phone Number:	970-217-8555
Web Site:	http://www.911Overwatch.org
Professional Bio:	See web site for bio.
Accepted Insurance:	Will be taking insurance from Mines & Associates by the end of June 2020
Professional License:	Yes, in Colorado
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse

	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Chronic illness • Depression • Disability • Domestic violence • Grief and loss • Learning disabilities • Marriage, divorce, and relationships • Multicultural issues • Neuropsychology • Obsessive-compulsive disorder • Pain management • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual Health • Sleep disorders • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Forensic evaluation • Humanistic • Marriage and family therapy • Neuropsychological testing or consultation • Psychological testing and evaluation • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

CONNECTICUT

East Hampton

Provider Name:	Kim Novak LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Trauma psychotherapist
Credentials:	LCSW
Address:	26 Lakeview Street, East Hampton, CT 06424

Email:	kimnovaklcsw@yahoo.com
Phone Number:	860-365-5249
Web Site:	http://www.corecenterct.com/
Professional Bio:	Kim specializes in first responders' PTSD. She is also the president of CORE Trauma Healing Center, a nonprofit organization she created for first responders and other professionals with occupational trauma. She is a Level 2 EMDR practitioner.
Accepted Insurance:	Aetna, Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Humana, Magellan Behavioral Health, TRICARE, United Behavioral Health, United Healthcare
Professional License:	Yes, in Connecticut
Areas of Expertise:	<ul style="list-style-type: none"> • Career/employment concerns • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Humanistic • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Fairfield

Provider Name:	Dawn Roy LICENSED PROVIDER TELEHEALTH
Practice Name:	Private practice
Profession:	Social worker
Credentials:	LCSW
Address:	540 Tunxis Hill Rd., Fairfield, CT 06825
Email:	dawnmroylcsw@gmail.com
Phone Number:	203-331-7458
Web Site:	https://dmrcounseling.net/
Professional Bio:	Dawn Roy is a licensed clinical social worker in the State of Connecticut for over 27 years. Dawn has a strong background in working with first responders. She has expertise in working with this culture and understands the traumatic nature of the job.
Accepted Insurance:	None, sliding scale for first responders if needed
Professional License:	Yes, in Connecticut
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Bipolar disorder • Chronic illness • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape

	<ul style="list-style-type: none"> • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Guilford

Provider Name:	Leesa Sklover LICENSED PROVIDER TELEHEALTH
Practice Name:	Leesa Sklover/LoveLife Counseling LLC
Profession:	Professional counselor
Credentials:	PhD, LPC
Address:	42 Long Hill Rd., Guilford, CT 06405
Email:	drsklover@gmail.com
Phone Number:	917-860-0488
Web Site:	http://lovelifeproductions.net/
Professional Bio:	I am a 28-year expert in integrative health, counseling programs, mindfulness, yoga and music therapy, and hypnotherapy for first responders and families at hospitals, spas, and private practice. I have served 9/11 families through Canyon Ranch's behavioral health program. I offer weekly crisis consulting online and in office. I specialize in online family and couples therapy as I have found working with families online to be extremely helpful and enables couples to do longer, personalized sessions. My focus areas include neuroscience of sound, imagery, meditation, yoga therapy, neuropsychotherapy, mindfulness, sleep enhancement, sonic imagery, mantra medicine, anxiety, and family health.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicare, Medicaid
Professional License:	Yes, in Connecticut
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Depression • Neuropsychology • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Humanistic
Telehealth Services:	Yes
Accepting New Patients:	Yes

Monroe

Provider Name:	Brigid Carney LICENSED PROVIDER TELEHEALTH
Practice Name:	True North Therapy
Profession:	Counseling intern
Credentials:	LPCC, MBA, CIT
Address:	755 Main Street, Building 1, 2nd floor, Monroe, CT 06468
Email:	brigid@tntherapyservices.com

Phone Number:	860-625-6225
Web Site:	https://tntherapyservices.com/
Professional Bio:	Brigid Carney, MBA, CIT, is a master's degree counseling intern under supervision with Holly Benedetto, LPC. She is a wife of a first responder and the daughter and granddaughter of veterans. Mrs. Carney offers weekend availability for appointments as well as some availability on Mondays and Fridays.
Accepted Insurance:	Self-pay only
Professional License:	Yes, in Connecticut
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • First responders • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Sleep issues • Stress • Veterans
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Dialectical behavior therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Old Lyme

Provider Name:	Tabatha Maiorano LICENSED PROVIDER TELEHEALTH
Practice Name:	TD Forensics, LLC
Profession:	Licensed drug and alcohol counselor, licensed clinical social worker, PhD in public safety
Credentials:	LADC, LCSW, PhD
Address:	83 Halls Rd., Suite 202, Old Lyme, CT 06371
Email:	TDForensics@yahoo.com
Phone Number:	860-499-0663
Web Site:	http://www.tdforensics.com/
Professional Bio:	Dr. Tabatha has worked in the field of mental health and addiction services for the State of Connecticut for over 25 years, both with chronic and acute mental health and substance use. Currently she also is a trauma therapist for first responders and health care professionals ONLY, in her full-time private practice.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Connecticut Care, CT Exchange, Harvard Pilgrim, Meritain, Oxford, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), TRICARE Select (OON only)
Professional License:	Yes, in Connecticut
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety

	<ul style="list-style-type: none"> • ADHD • Alzheimer's/dementia • Anger management • Bipolar disorder • Career/employment concerns • Chronic illness • Co-occurring disorders • Depression • Disability • Domestic violence • First responders • Grief and loss • Health care professionals • Learning disabilities • Marriage, divorce, and relationships • Multicultural issues • Neuropsychology • Obesity/weight loss • Obsessive-compulsive disorder • Pain management • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Sleep disorders • Spiritual/religious • Stress • Traumatic brain injury • Veterans
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Existential psychotherapy • Humanistic • Marriage and family therapy • Psychodynamic therapy • Relational therapy • Short-term (brief treatment) • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Stamford

Provider Name:	Karen Alter-Reid LICENSED PROVIDER TELEHEALTH
Practice Name:	Karen Alter-Reid, Ph.D.
Profession:	Clinical specialist

Credentials:	PhD
Address:	979 Summer St., Stamford, CT 06905
Email:	karen.alterreid@gmail.com
Phone Number:	203-329-2701
Web Site:	http://www.alter-reid.com/
Professional Bio:	See web site.
Accepted Insurance:	None
Professional License:	Yes, in Connecticut and New York
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Wolcott

Provider Name:	Kelly Lynch LICENSED PROVIDER TELEHEALTH
Practice Name:	Turning Point Wellness, LLC
Profession:	Life coach – owner, therapist
Credentials:	LCSW, EMT, CPT, PN-1
Address:	Wolcott, CT
Email:	kelly@turningpointwellnessllc.com
Phone Number:	860-856-1696
Web Site:	http://www.turningpointwellnessllc.com
Professional Bio:	Kelly Lynch is a licensed clinical social worker, EMT, and life, nutrition, and fitness coach. She owns Turning Point Wellness, a private therapy practice. With 10 years in commercial EMS, and over 12 years as a psychotherapist, Kelly has diverse experience and specializes in treating PTSD in EMS professionals.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Connecticare, Harvard Pilgrim, Optum Behavioral Health, Oxford, United Healthcare, as well as out-of-network billing for all other insurances except Medicare and Medicaid
Professional License:	Yes, in Connecticut
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Grief and loss • Obesity/weight loss • PTSD/trauma • Sexual health • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy

	<ul style="list-style-type: none"> • Dialectical behavior therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

DELAWARE

Provider Name:	Belinda Barnett LICENSED PROVIDER TELEHEALTH
Practice Name:	Belinda Barnett, PhD
Profession:	Clinical psychologist
Details:	Dr. Belinda Barnett offers online services in Delaware through certification with PsyPact. See full listing under Pittsburg, PA.

Wilmington

Provider Name:	Padmaja Charya LICENSED PROVIDER TELEHEALTH
Practice Name:	JFS
Profession:	Licensed professional counselor of mental health
Credentials:	LPCMH, NCC
Address:	99 Passmore Drive, Wilmington, DE 19803
Email:	pcharya@jfsdelaware.org
Phone Number:	302-478-9411
Web Site:	N/A
Professional Bio:	For 14 years, I have provided quality, affordable support for all ages. This includes first responders, who often carry not only the weight of their own stress, but the stress of others. I look forward to helping lift this weight from the honorable people who work hard to serve us.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Compsych, Magellan Behavioral Health, Medicaid, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), call to see if your insurance is accepted
Professional License:	Yes, in Delaware, New Jersey, and Pennsylvania
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Child and family concerns • Chronic illness • Depression • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Obsessive-compulsive disorder • Pain management • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sleep disorders

	<ul style="list-style-type: none"> • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Humanistic • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Lauren Rhoades LICENSED PROVIDER TELEHEALTH
Practice Name:	Rhoades to Wellbeing
Profession:	Licensed therapist
Credentials:	LPCMH, CCDP-D
Address:	1200 First State Blvd., Wilmington, DE 19804
Email:	Lauren.a.rhoades@gmail.com
Phone Number:	302-293-0949
Web Site:	http://www.rhoadestowellbeing.com/
Professional Bio:	Lauren Rhoades has 13 years of experience as a professional counselor of mental health, is a nationally-certified counselor, and is certified in co-occurring disorders.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Medicaid
Professional License:	Yes, in Delaware
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Depression • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

FLORIDA

Provider Name:	Amy Bock LICENSED PROVIDER TELEHEALTH
Practice Name:	Resilience Counseling & Consultation

Profession:	Counselor
Details:	Amy Bock offers telehealth services in Florida. See full listing under Westerville, OH.

Ave Maria

Provider Name:	Anette Badchkam LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Licensed clinical social worker
Credentials:	LCSW
Address:	5072 Annunciation Circle, Suite #328, Ave Maria, FL 34142
Email:	jolene1@bellsouth.net
Phone Number:	561-310-5475
Web Site:	http://www.pathoflifepsychotherapy.com/
Professional Bio:	I have been a licensed psychotherapist since 1998 and in private practice approximately 11 years. I currently work with individuals, and at times couples. I have worked with several first responders (firefighters, police officers) in my practice. I currently offer only telehealth sessions until we are cleared to return.
Accepted Insurance:	Aetna, CIGNA HealthCare (PPO), Medicare, TRICARE
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression
Methods or Approaches Used:	Cognitive/behavioral therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Boca Raton

Provider Name:	Roxanne Grobbel LICENSED PROVIDER TELEHEALTH
Practice Name:	11th Hour Trauma Retreat
Profession:	Clinical social worker
Credentials:	JD, LCSW
Address:	17714 Lomond Ct., Boca Raton, FL 33496
Email:	Center4emdr@gmail.com
Phone Number:	561-756-3477
Web Site:	https://www.11thhourretreat.org/
Professional Bio:	Roxanne Grobbel, JD, LCSW, is an author, adjunct professor, and is the clinical director/therapist at 11th Hour Trauma Retreat working intensively with trauma survivors, first responders, and their families. She specializes in trauma issues including PTSD, childhood abuse, sexual abuse, addiction, relationship difficulties, attachment, depression, anxiety, and domestic violence.
Accepted Insurance:	None
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Career/employment concerns • Depression

	<ul style="list-style-type: none"> • Domestic violence • Grief and loss • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Luna Medina-Wolf LICENSED PROVIDER TELEHEALTH
Practice Name:	Helping Moon Counseling, P.A.
Profession:	Licensed mental health counselor
Credentials:	LMHC, NCC, MCAP
Address:	7100 W. Camino Real, Suite 404, Boca Raton, FL 33433
Email:	luna@helpingmoon.com
Phone Number:	561-571-1557
Web Site:	https://helpingmoon.com/
Professional Bio:	Helping Moon Counseling is a group practice intended to make sure every client is being met by the right match. We want to hold space for people who need help changing or improving their lives. Anyone who is ready to take the next step can find the help they need.
Accepted Insurance:	Aetna, Ambetter, AvMed, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Compsych, Humana, Magellan Behavioral Health, Medicare, Medicaid, TRICARE, United Behavioral Health, United Healthcare
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Career/employment concerns • Depression • Domestic violence • Grief and loss • PTSD/trauma • Sexual abuse/rape • Stress • Couples/Marriage
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive behavior therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Karen M. Ponder LICENSED PROVIDER TELEHEALTH
Practice Name:	Karen Ponder, LCSW/Healing Within Counseling Services
Profession:	Clinical social worker
Credentials:	LCSW
Address:	398 Camino Gardens Blvd., Suite 106, Boca Raton, FL 33432
Email:	healingwithin@me.com

Phone Number:	561-501-7634
Web Site:	http://karenponder.com/
Professional Bio:	By creating a comfortable and safe environment, I normalize counseling; my clients find me relatable, direct, and supportive. Therapy can be stigmatized, but it doesn't have to be. It takes the right clinician. My job is to listen, educate, and help you find more balance, clarity, and insight.
Accepted Insurance:	CIGNA HealthCare (PPO), ComPsych, Health Advocate
Professional License:	Yes, in Florida and Virginia
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Childhood trauma and abuse • Depression • Grief and loss • Men's mental health • Older adolescents • Parenting/Parenting with divorce • Relational and professional conflict • Stress management • Substance abuse
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Crisis intervention • Humanistic • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Bradenton

Provider Name:	Mary Moonen LICENSED PROVIDER TELEHEALTH
Practice Name:	Mary Moonen Counseling Services
Profession:	Licensed clinical social worker, certified addictions professional
Credentials:	LCSW, CAP
Address:	4815 21st Ave., West Bradenton, FL 34209
Email:	counseling@mmoonen.com
Phone Number:	941-962-6784
Web Site:	https://marymoonencounselor.com/
Professional Bio:	Mary Moonen has 30 years of experience. For the past 15 years she has been very involved with first responders, including firefighters, EMS, law enforcement, and military. She has advanced training in trauma, EMDR, and CISM, and is a certified addictions professional. She has instructed seminars at fire departments on PTSD, suicide awareness, and services available to families. She is very well-versed in medical terminology and protocols, has experience with 911 survivors, and advocates to reduce stigma. She is also proficient in American Sign Language.
Accepted Insurance:	LHI, UMR, sliding fee scales
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Alzheimer's/dementia

	<ul style="list-style-type: none"> • Anger management • Anxiety • Bipolar disorder • Cancer concerns • Career/employment concerns • Chronic illness • Depression • Disability • Domestic violence • Grief and loss • Learning disabilities • Marriage, divorce, and relationships • Multicultural issues • Obesity/weight loss • Obsessive-compulsive disorder • Pain management • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Humanistic • Marriage and family therapy • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Coral Springs

Provider Name:	Margaret Cheresnick LICENSED PROVIDER TELEHEALTH
Practice Name:	Becky Cheresnick, LMHC, LMFT
Profession:	Mental health counselor, marriage/family therapist
Credentials:	LMHC, LMFT
Address:	706 Riverside Dr., Coral Springs, FL 33071
Email:	yankeejoel@aol.com
Phone Number:	954-856-4448
Web Site:	N/A
Professional Bio:	I have been in private practice in Coral Springs, FL, for 25 years and a volunteer member of the Coral Springs-Parkland Fire Department as a Clinical Response Team member since 2017. I do individual, family, children, and adolescent counseling for Coral Springs and many other South Florida fire departments.

Accepted Insurance:	Aetna, Beacon Behavioral Health, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Coventry Health Care, Coventry Health Care (PPO), Health Options, Horizon Behavioral Services, Magellan Behavioral Health, Managed Health Network, United Behavioral Health, United Healthcare
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Chronic illness • Depression • Domestic violence • First responders and military • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Parenting issues • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Marriage and family therapy • Pastoral counseling • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Davie

Provider Name:	Forest Willis
Practice Name:	N/A
Profession:	Clergy
Credentials:	Chaplain
Address:	1712 SW 103rd Lane, Davie, FL 33324
Email:	chaplainforest@comcast.net
Phone Number:	252-339-0285
Web Site:	N/A
Professional Bio:	Forest Willis has 20 years in fire rescue and left as a chief officer in North Florida. He has 35 years civilian and uniform service to the U.S. Coast Guard. He is an ordained minister and critical incident chaplain, and is part of the Broward County, FL, CISM team. He is currently in an MS counseling program at Liberty University.
Accepted Insurance:	N/A

Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Career/employment concerns • Chronic illness • Grief and loss • Spiritual/religious
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Crisis intervention • Pastoral counseling
Telehealth Services:	No
Accepting New Patients:	Yes

Deerfield Beach

Provider Name:	William Glover TELEHEALTH
Practice Name:	Public Safety Chaplains LLC
Profession:	Disaster chaplaincy
Credentials:	Chaplain
Address:	612 NE 20 Ave. #3, Deerfield Beach, FL, 33441
Email:	Glover1020@gmail.com
Phone Number:	954-650-8724
Web Site:	N/A
Professional Bio:	William Glover is a 28-year career firefighter with a military and law enforcement background. He is also an ordained fire chaplain practicing for several departments in South Florida. He is an experienced member of the Broward County CISM team and local PEER response team and is the Spiritual Care Program lead for South Florida Red Cross.
Accepted Insurance:	None
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Marriage, divorce, and relationships • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Crisis intervention • Marriage and family therapy • Pastoral counseling
Telehealth Services:	Yes
Accepting New Patients:	Yes

Fort Myers

Provider Name:	Anthony Garcia LICENSED PROVIDER TELEHEALTH
Practice Name:	A Peaceful Mind Counseling Group
Profession:	Mental health counselor
Credentials:	LMHC, CAP
Address:	Fort Myers: 12381 South Cleveland Avenue, Ste 401, Fort Myers, FL 33907 Fort Lauderdale: 4901 NW 17th Way, Ste 202, Fort Lauderdale, FL 33309
Email:	anthony@apmcounseling.org

Phone Number:	Fort Myers: 239-266-2620 Fort Lauderdale: 954-595-9100
Web Site:	https://apmcounseling.org/
Professional Bio:	I spent seven years as a first responder before discovering my passion to help those who help others. I am now a licensed mental health counselor, board certified addictions professional, and board certified EMDR therapist. I specialize in working with individuals suffering from anxiety, depression, PTSD, relationship challenges, and addiction.
Accepted Insurance:	Aetna, CIGNA HealthCare (PPO)
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Depression • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Jana Giliberto LICENSED PROVIDER TELEHEALTH
Practice Name:	Transformation Counseling Southwest Florida
Profession:	Licensed mental health counselor
Credentials:	LMHC
Address:	12535 New Brittany Blvd, Suite 2821, Fort Myers, FL 33907
Email:	TransformationCounseling@protonmail.com
Phone Number:	239-297-3889
Web Site:	https://www.transformationcounselingswfl.com/
Professional Bio:	I have been a licensed mental health counselor for the past 10 years with experience in multiple different community organizations. I specialize in working with adults and teenagers who are struggling with stress, anxiety, depression, anger, poor self esteem, life transitions, relationship issues, and history of abuse or traumas. I am very familiar with the challenges faced by first responders not only from several years of experience working with them, but also because I am married to one.
Accepted Insurance:	None
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Grief and loss • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Humanistic
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Ileana Oxley LICENSED PROVIDER TELEHEALTH
Practice Name:	A Peaceful Mind Counseling Group
Profession:	Licensed marriage and family therapist
Credentials:	LMFT
Address:	12381 S Cleveland Ave., Suite #401, Ft Myers, FL 33908
Email:	ileana@apmcounseling.org
Phone Number:	239-900-6788
Web Site:	https://apmcounseling.org/
Professional Bio:	I understand the stress of many problems and strife in a marriage. I understand depression, anxiety, anger, and infidelity. My understanding of marriage and family systems is important for your success. It's in our nature to feel appreciated, loved, and accepted.
Accepted Insurance:	None
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Alzheimer's/dementia • Anger management • Anxiety • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder • PTSD/trauma • Sexual health • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Lake Mary

Provider Name:	Sarah A. Gura LICENSED PROVIDER TELEHEALTH
Practice Name:	The Self-Care Path, LLC
Profession:	Counseling psychology
Credentials:	MA, LCPC, LMHC, EMDR
Address:	1540 International Pkwy., Suite 2000, Lake Mary, FL 32746
Email:	therapists@selfcarepath.com
Phone Number:	708-429-0353
Web Site:	https://selfcarepath.com/
Professional Bio:	Sarah is a licensed clinical professional counselor in Illinois and a licensed mental health counselor in Florida. She provides trauma treatment (EMDR) online or in-person. She has been treating first responders since 2010. She is available to teach about first responder mental health via Zoom.
Accepted Insurance:	Aetna, BCBS PPO of Illinois, Florida Blue PPO, Perspectives, self-pay (first responder rate is reduced)

Professional License:	Yes, in Florida (LMHC) and Illinois (LCPC)
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Humanistic
Telehealth Services:	Yes
Accepting New Patients:	Yes

Lake Worth

Provider Name:	Tricia Conlon LICENSED PROVIDER TELEHEALTH
Practice Name:	Center for Trauma Counseling
Profession:	Licensed marriage and family therapist
Credentials:	LMFT
Address:	6801 Lake Worth Road, Suite 307, Lake Worth, FL 33467
Email:	triciaconlon127@gmail.com
Phone Number:	561-444-3914
Web Site:	http://www.palmbeachmentalhealth.org/
Professional Bio:	Tricia Conlon is a licensed marriage and family therapist specializing in trauma therapy. She works primarily with adolescents, adults, and couples healing from various traumatic events. She is EMDR trained.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Humana, United Healthcare
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Lakeland

Provider Name:	Melissa DeRoxtro LICENSED PROVIDER
Practice Name:	Lakeland Regional Health
Profession:	Social worker
Credentials:	LCSW
Address:	1014 South Florida Ave., Suite 201, Lakeland, FL 33803
Email:	melissa.deroxtro@mylrh.org
Phone Number:	863-450-3067
Web Site:	N/A
Professional Bio:	I work on the inpatient behavioral health unit at Lakeland Regional Health. I work with individuals in crisis to bridge them with outpatient services. We offer medication management and crisis therapy on our unit.
Accepted Insurance:	Most major insurances and can assist with paperwork to have individuals covered through their HR or workers comp as needed

Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Stress
Methods or Approaches Used:	Coaching
Telehealth Services:	No
Accepting New Patients:	Yes

Miami

Provider Name:	Maria Elena Fernandez LICENSED PROVIDER TELEHEALTH
Practice Name:	Maria Elena Fernandez, LCSW
Profession:	Clinical social worker
Credentials:	LCSW
Address:	5001 SW 74th Court, Suite 104, Miami, FL 33155
Email:	mariaef@citrushealth.com
Phone Number:	305-978-5931
Web Site:	N/A
Professional Bio:	Maria Elana Fernandez has over 30 years of experience providing outpatient psychotherapy to a diverse population.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Coventry Health Care, Coventry Health Care (PPO), Magellan Behavioral Health, United Behavioral Health, United Healthcare
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Bipolar disorder • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Humanistic • Marriage and family therapy • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Joe Gagliano TELEHEALTH
Practice Name:	N/A
Profession:	Counselor
Credentials:	CAW (certified awakening coach), CKIF (certified Kiloby Inquiries facilitator)
Address:	13500 SW 136 Terrace, Miami, FL 33186
Email:	lookinski@yahoo.com
Phone Number:	305-898-8660
Web Site:	N/A
Professional Bio:	Joe Gagliano has 30 years in the fire service at Miami-Dade Fire Rescue, is a certified awakening coach, and is certified as a Kiloby Inquiries senior facilitator. He has been hosting free meditation and support groups for over 40 years as well as providing individual counseling services. Methods used include Kiloby Inquiries, Living Inquiries, awakening coach, and embodiment practices.
Accepted Insurance:	None
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Existential psychotherapy • Humanistic
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Frona Israel LICENSED PROVIDER TELEHEALTH
Practice Name:	Frona P Israel MSW BBA Inc.
Profession:	Licensed clinical social worker
Credentials:	LCSW
Address:	Miami: 3016 NE 210th Street, Miami, FL 33180 Pembroke Pines: 1000 N Hiatus Rd., Suite 140, Pembroke Pines, FL 33026
Email:	counseling11@gmail.com
Phone Number:	305-494-3555
Web Site:	N/A
Professional Bio:	Due to COVID-19, I only provide tele-mental health counseling these days. I am passionate about individuals and couples finding some peace and solutions to their problems. My focus is on depression, anxiety, mood disorders, relationships, anger, addictions, crisis intervention, and stress. Hablo Español and some Yiddish.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Coventry Health Care, Coventry Health Care (PPO), Magellan Behavioral Health, Managed Health Network,

	Medicare, Military One Source, Private Healthcare Systems, United Behavioral Health, United Healthcare, EAPs
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Chronic illness • Depression • Disability • Domestic violence • Grief and loss • Learning disabilities • Marriage, divorce, and relationships • Multicultural issues • Obesity/weight loss • Obsessive-compulsive disorder • Pain management • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Existential psychotherapy • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

North Miami Beach

Provider Name:	Alexis Cancemi LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Licensed mental health counselor
Credentials:	PhD, LMHC
Address:	17001 West Dixie Highway, Suite 108, North Miami Beach, FL 33161
Email:	alexis_lmhc@yahoo.com
Phone Number:	786-408-5072
Web Site:	http://www.alexismentalhealth.com/
Professional Bio:	I hold a PhD in counselor education and supervision and am also a Florida State licensed mental health counselor. I specialize in treating clients

	coping with substance dependence issues, post-traumatic stress syndrome, and sexual trauma. I am a former first responder, and I specialize in treating first responders.
Accepted Insurance:	Cigna, Cigna EAP, Magellan Behavioral Health, Optum, United Healthcare
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Depression • Domestic violence • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Humanistic • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

North Palm Beach

Provider Name:	Walter Bierschenk LICENSED PROVIDER
Practice Name:	Meadows Counseling
Profession:	Counselor
Credentials:	LMHC intern
Address:	1224 US Hwy 1, Ste. E, North Palm Beach, FL 33408
Email:	wbierschenk@meadowscounseling.org
Phone Number:	561-246-4866
Web Site:	
Professional Bio:	Walter Bierschenk, registered mental health counselor intern, is currently a 23-year veteran of the fire service. Walter holds an associate degree in emergency medical services, a bachelor's in psychology, and a master's in clinical mental health counseling from Nova Southeastern University. He also served as a United States Naval Aircrewman.
Accepted Insurance:	Aetna, American LIFECARE, Inc., BestCare, Inc., Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Coventry Health Care, Coventry Health Care (PPO), FARA PPO Network, Health Plus, Horizon Behavioral Services, Magellan Behavioral Health, Managed Health Network, Meritain, Ochsner Health Plan, PacifiCare Behavioral Health, PPOplus, LLC, Private Healthcare Systems, United Behavioral Health, UMR, United Healthcare, Vantage Health Plan Inc. Note: Out of network for all carriers
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Chronic illness • Depression • Disability

	<ul style="list-style-type: none"> • Grief and loss • Neuropsychology • Obesity/weight loss • Pain management • PTSD/trauma • Sexual health • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Existential psychotherapy • Humanistic • Neuropsychological testing or consultation • Psychodynamic therapy • Psychological testing and evaluation • Relational therapy • Short-term (brief treatment)
Telehealth Services:	No
Accepting New Patients:	Yes

Provider Name:	Jamie Sousa LICENSED PROVIDER TELEHEALTH
Practice Name:	Pathways Consulting and Wellness Services
Profession:	Counselor
Credentials:	LMHC, NCC, EMDR, CTRS-BH
Address:	721 U.S. Highway 1, Suites 114-115, North Palm Beach, FL 33408
Email:	jamie@pathwayscws.com
Phone Number:	412-721-6999
Web Site:	https://www.pathwayscws.com/
Professional Bio:	I specialize in complex trauma and PTSD. I work with military/veterans, first responders, addictions, and families. I serve as the supervisor for a peer support team offer support through EAP. I report on site for critical incidents and offer "mental health check-in's," challenging stigma and promoting mental health care.
Accepted Insurance:	Humana, some EAPs
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Career/employment concerns • Grief and loss • PTSD/trauma • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes

Accepting New Patients:	Yes
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Orlando

Provider Name:	Robert Ferry LICENSED PROVIDER TELEHEALTH
Practice Name:	First Responder Mental Health Services LLC
Profession:	Counselor
Credentials:	LMHC, paramedic, NCC
Address:	2953 Peel Ave, Orlando, FL, 32806
Email:	robertpferry@gmail.com
Phone Number:	407-484-0354
Web Site:	http://FRMHS.com
Professional Bio:	As a career firefighter/paramedic, I witnessed many tragic events that impacted my emotional stability and those I worked with. Little was done to ensure we understood our mental health needs. I have chosen to make a career shift into mental health counseling to help others achieve emotional and cognitive wellness.
Accepted Insurance:	None
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Career/employment concerns • Chronic illness • Depression • Disability • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Crisis intervention • Dialectical behavior therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Lisa Lello LICENSED PROVIDER TELEHEALTH
Practice Name:	Loyal Cares
Profession:	Licensed mental health counselor
Credentials:	LMHC
Address:	12612 Challenger Pky. #365, Orlando, FL 32826
Email:	llello@loyalsource.com
Phone Number:	407-707-9781
Web Site:	https://www.loyalsource.com/
Professional Bio:	I'm a licensed mental health counselor in Florida and California and am an addiction, dialectical behavioral, and complex trauma therapist. I treat trauma/PTSD, personality disorders, substance abuse, depression, anxiety, stress management, self esteem, life transitions, anger management, relationship issues, and grief and loss.
Accepted Insurance:	Aetna, Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Compsych,

	Humana, Magellan Behavioral Health, Medicaid, TRICARE, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Florida and California
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Disability • Domestic violence • Grief and loss • Multicultural issues • Obesity/weight loss • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Existential psychotherapy • Humanistic • Marriage and family therapy • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Oviedo

Provider Name:	Deanna McCaskill LICENSED PROVIDER TELEHEALTH
Practice Name:	Deanna G McCaskill, LLC
Profession:	Counselor
Credentials:	LMHC
Address:	2441 W SR 426, Ste 1071, Oviedo, FL 32765
Email:	deannag.mccaskill@gmail.com
Phone Number:	321-765-3073
Web Site:	
Professional Bio:	See https://www.psychologytoday.com/profile/366615
Accepted Insurance:	None
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety

	<ul style="list-style-type: none"> • Chronic illness • Depression • Eating disorders • PTSD/trauma • Stress
Methods or Approaches Used:	Dialectical behavior therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Pembroke Pines

Provider Name:	Jessica F.B. Jefferson LICENSED PROVIDER TELEHEALTH
Practice Name:	SW Social Support
Profession:	Social worker
Credentials:	LCSW-QS
Address:	9000 Sheridan St, Ste 115, Pembroke Pines, FL33024
Email:	admin@swsocialsupport.com
Phone Number:	833-371-7977
Web Site:	https://www.swsocialsupport.com
Professional Bio:	See https://jessjefferson.com/jess-jefferson-mental-health-advocate-therapist-supports-the-south-florida-community/
Accepted Insurance:	EAPs
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Humanistic • Pastoral counseling • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Santa Rosa Beach

Provider Name:	Patrick McCorry LICENSED PROVIDER TELEHEALTH
Practice Name:	Beach Blue Counseling LLC
Profession:	Psychotherapist
Credentials:	LCSW
Address:	327 S. County Highway 393, Suite 201, Santa Rosa Beach, FL 32459
Email:	beachbluecounseling@gmail.com
Phone Number:	850-359-6444
Web Site:	https://www.beachbluecounseling.com/
Professional Bio:	

Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Humana, TRICARE, UMR, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Bipolar disorder • Depression • Domestic violence • Grief and loss • Obsessive-compulsive disorder • PTSD/trauma • Sexual abuse/rape • Sleep disorders
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Geriatric consultation • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Sarasota

Provider Name:	Brett Snow TELEHEALTH
Practice Name:	Surviving Life Ministries
Profession:	Pastoral counselor, Lt. Chicago Fire Department
Credentials:	PhD, licensed clinical pastoral counselor
Address:	1200 Moonmist Circle, Unit M-9, Sarasota, FL 34242
Email:	survivinglifem@gmail.com
Phone Number:	866-756-0413
Web Site:	http://sl-ministries.com
Professional Bio:	Brett Snow has over 30 years in the fire service, including 20 years with the Chicago Fire Department, and has authored several articles for <i>Fire Engineering</i> magazine. He is co-owner of Surviving Life Ministries, an online Christian/pastoral counseling ministry specializing in first responders and the dynamics of family. He has a PHD in clinical Christian counseling, MA in public safety, and a BS in behavioral science.
Accepted Insurance:	None
Professional License:	Nationally licensed as a clinical pastoral counselor through the National Christian Counseling Association
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Disability • Grief and loss

	<ul style="list-style-type: none"> • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Spiritual/religious • Stress • Temperament therapy
Methods or Approaches Used:	<ul style="list-style-type: none"> • Marriage and family therapy • Pastoral counseling • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

St. Petersburg

Provider Name:	Brittany Schwarten LICENSED PROVIDER TELEHEALTH
Practice Name:	Saible Neuropsychology
Profession:	Mental health therapist
Credentials:	MSW, LCSW
Address:	St. Petersburg, FL
Email:	bschwarten@saibleneuro.com
Phone Number:	414-666-0980
Web Site:	https://saibleneuro.com/
Professional Bio:	Brittany Schwarten is a licensed clinical social worker with over five years experience working in various clinical settings. Brittany utilizes a multi-disciplinary approach to help clients work through mental health concerns and various life challenges.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), Medicare, Medicaid, United Healthcare
Professional License:	Yes, in Wisconsin
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Domestic violence • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Dialectical behavior therapy • Evaluation/diagnosis
Telehealth Services:	Yes
Accepting New Patients:	Yes

Stuart

Provider Name:	Melissa Callaham LICENSED PROVIDER TELEHEALTH
Practice Name:	Melissa B. Callaham, LCSW PA
Profession:	Licensed clinical social worker

Credentials:	LCSW, ERPSCC, CCTP
Address:	900 SE Ocean Blvd., Suite D-130, Stuart, FL 34994
Email:	MelissaCallahamLCSW@gmail.com
Phone Number:	772-204-5260
Web Site:	N/A
Professional Bio:	Melissa Callaham is a licensed clinical social worker, an emergency responder, and public safety clinician certified.
Accepted Insurance:	CIGNA HealthCare (PPO), Medicare, TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Domestic violence • Grief and loss • PTSD/trauma • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Existential psychotherapy • Humanistic • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Sarah Paulick LICENSED PROVIDER TELEHEALTH
Practice Name:	Mindful Counseling Services, LLC
Profession:	Licensed mental health counselor
Credentials:	LMHC, CCTP
Address:	819 SW Federal Hwy., Suite 200B, Stuart, FL 34994
Email:	sarahpaulick.lmhc@gmail.com
Phone Number:	772-324-1950
Web Site:	https://www.psychologytoday.com/us/therapists/sarah-paulick-stuart-fl/285009
Professional Bio:	I am a licensed mental health counselor and certified clinical trauma professional. My goal is to help first responders have healthy tools to improve their professional and personal lives and manage any mental health concerns that may be present. I am trained in EMDR and cognitive behavior therapy.
Accepted Insurance:	Aetna, Beacon, Blue Cross and Blue Shield (HMO), Cigna HealthCare (PPO), Meritain, MINES & Associates, UMR
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Childhood trauma

	<ul style="list-style-type: none"> • Depression • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Humanistic • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Sun City Center

Provider Name:	Anna Lively LICENSED PROVIDER TELEHEALTH
Practice Name:	LivelyTherapy
Profession:	Licensed mental health counselor, national certified counselor
Credentials:	LMHC NCC
Address:	1210 West Del Webb Blvd., Sun City Center, FL 33573
Email:	livelytherapy@yahoo.com
Phone Number:	813-928-5335
Web Site:	http://livelytherapy.net/
Professional Bio:	It is my goal to provide an optimistic and encouragement-focused approach to therapy. I will work with you to find resources, tools, and skills to pro-actively and confidently manage what you are faced with. Specialties include depression, anxiety, grief and bereavement, healing from past pain/trauma, anger management, PTSD, and life adjustment issues.
Accepted Insurance:	BayCare, CIGNA HealthCare (PPO), Humana, TRICARE, TriWest
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Alzheimer's/dementia • Anger management • Anxiety • Depression • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Geriatric consultation • Relational therapy

	<ul style="list-style-type: none"> • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Tampa

Provider Name:	Kelsey Paterson LICENSED PROVIDER TELEHEALTH
Practice Name:	New Day Mental Health Counseling
Profession:	Licensed clinical social worker
Credentials:	LCSW
Address:	1904 South Macdill Avenue, Tampa, FL 33629
Email:	kelsey@newdaymhc.com
Phone Number:	813-773-0013
Web Site:	https://newdaymhc.com/
Professional Bio:	In life, we all hit a place where we realize we could use support and tools on how to get through our obstacles/stressors. Therapy can be an amazing tool for those seeking more peace in their day-to-day lives. I am a fire wife and I am familiar with the culture.
Accepted Insurance:	CIGNA HealthCare (PPO)
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Erin Saintil LICENSED PROVIDER TELEHEALTH
Practice Name:	Collaborative Therapeutic Services and Neurolease
Profession:	Social worker, behavior analyst
Credentials:	LCSW, BCBA
Address:	8341 Gunn Highway, Tampa, FL 33626
Email:	erin@therapycts.com
Phone Number:	813-951-7346
Web Site:	http://www.therapycts.com/
Professional Bio:	I specialize in a fast track, minimal talk treatment called NEUROLEASE™ , which is highly effective in treating the chronic stress experienced by first responders as a result of the overused sympathetic nervous system (SNS).

	Firefighters are trained to perform duties through muscle memory while the SNS is constantly activated. The resulting continual cortisol dump gravely impacts sleep, weight, mood, the ability to relax, relationships, and overall quality of life. I am working on a donation page to cover fees for first responders. Additionally, I have completed an intensive clinical awareness program with the Miami-Dade Fire Department. I am also EMDR certified levels I and II and trained in brainspotting.
Accepted Insurance:	Humana, Tricare, donations to pay for treatment
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • PTSD • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Forensic evaluation • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

West Palm Beach

Provider Name:	Nichole Cruz-Torres LICENSED PROVIDER TELEHEALTH
Practice Name:	Therapy with Nichole
Profession:	Social work/therapist
Credentials:	LCSW
Address:	1825 Forest Hill Blvd., Ste. 103, West Palm Beach, FL 33406-6058
Email:	nichole@therapywithnichole.com
Phone Number:	561-320-1172
Web Site:	
Professional Bio:	
Accepted Insurance:	UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Florida
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Depression • PTSD/trauma • Sexual abuse/rape
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Dialectical behavior therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Wilton Manors

Provider Name:	Katharine Campbell LICENSED PROVIDER TELEHEALTH
Practice Name:	Inward Bound
Profession:	Social worker
Credentials:	PhD, LCSW
Address:	1881 NE 26th Street, Suite 70, Wilton Manors, FL 33305
Email:	info@katharinecampbell.com
Phone Number:	954-507-0137
Web Site:	http://www.inwardboundjourneys.com
Professional Bio:	Dr. Katharine Campbell is an LCSW in private practice where she provides counseling services focused on LGB care, transgender care, trauma-informed care, medical specific care, cognitive behavioral therapy, acceptance and commitment therapy, and strength-based approach. Additionally, Dr. Campbell provides nonprofit consulting and speaking services focused on increased efficient and effective clinical provisions.
Accepted Insurance:	Aetna, Beacon, CIGNA HealthCare (PPO), Coventry Health Care, Coventry Health Care (PPO), Humana, Magellan, Magellan Behavioral Health, Managed Health Network, Medicare, United, private pay for the states of TN and NC
Professional License:	Yes, in Florida, North Carolina, and Tennessee
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Chronic and acute medical conditions • Depression • Grief and loss • LGB and transgender care • Life transitions • Stress • Trauma
Methods or Approaches Used:	Cognitive/behavioral therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

GEORGIA

Provider Name:	Belinda Barnett LICENSED PROVIDER TELEHEALTH
Practice Name:	Belinda Barnett, PhD
Profession:	Clinical psychologist
Details:	Dr. Belinda Barnett offers online services in Georgia through certification with PsyPact. See full listing under Pittsburg, PA.

Atlanta

Provider Name:	Craig Dunn LICENSED PROVIDER
Practice Name:	Honor Strong @ Talbott Recovery
Profession:	Licensed professional counselor
Credentials:	LPC
Address:	5355 Hunter Road, Atlanta, GA 30349
Email:	craig.dunn@frnmail.com
Phone Number:	678-251-3100

Web Site:	https://talbottcampus.com/
Professional Bio:	Craig Dunn is a licensed professional counselor with 20+ years of experience providing behavioral health services to a wide range of clients. He has served in various leadership roles and currently is the program manager for the Honor Strong program at Talbott Recovery. This is a treatment program specifically designed for the first responders community.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Humana, TRICARE, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), n network with most major insurance companies
Professional License:	Yes, in Georgia
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Neuropsychology • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Neuropsychological testing or consultation • Psychological testing and evaluation • Short-term (brief treatment)
Telehealth Services:	No
Accepting New Patients:	Yes

Provider Name:	Nancy Wesselink LICENSED PROVIDER TELEHEALTH
Practice Name:	One Source Counseling
Profession:	Clinician, consultant, CISM instructor
Credentials:	LMSW, PhD
Address:	35 Lake Watch Point, Cleveland, GA 30528
Email:	docnancyw@gmail.com
Phone Number:	770-683-1327

Web Site:	http://www.onesourcecounseling.com/
Professional Bio:	Dr. Nancy Wesselink is the founder and chief consultant of One Source Counseling and Employee Assistance Services LLC in the metro Atlanta area. She has owned the company since 2002. She has also provided consultation and behavioral health services to police, fire, EMS, 911, and SO organizations for 25 years.
Accepted Insurance:	None, but provides pro bono (free) and sliding scale for first responders
Professional License:	Yes, in Georgia
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • Pain management • Parenting issues • PTSD/trauma • Sleep disorders • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Humanistic • Marriage and family therapy • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Cumming

Provider Name:	Irma Christie LICENSED PROVIDER TELEHEALTH
Practice Name:	irmachristiecounseling LLC
Profession:	Licensed professional counselor
Credentials:	LPC
Address:	P.O. Box 133, Dawsonville, GA 30534
Email:	irmachristie.counseling@gmail.com
Phone Number:	770-733-0934
Web Site:	https://irmachristiecounseling.com
Professional Bio:	Prior to becoming a licensed professional counselor, Irma Christie was previously an EMT. Mrs. Christie has been married to a fire lieutenant for the last 20 years. She is heavily invested in making counseling affordable for all first responders and knows first-hand the commitment and sacrifice first responder families endure.
Accepted Insurance:	Aetna, Anthem Blue Cross Blue Shield, Oscar Health, Oxford, United, Health Savings Account cards, sliding scale fees
Professional License:	Yes, in Georgia

Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Career/employment concerns • Depression • Grief and loss • Multicultural issues • Parenting issues • PTSD/trauma • Sleep disorders • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Existential psychotherapy • Humanistic • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes, telehealth only at this time
Accepting New Patients:	Yes

Decatur

Provider Name:	William Smith LICENSED PROVIDER TELEHEALTH
Practice Name:	Greater Atlanta Family Counseling
Profession:	Social worker
Credentials:	LCSW
Address:	165 DeKalb Industrial Way, Suite G-2, Decatur, GA 30030
Email:	wsmith@gafamilycounseling.com
Phone Number:	770-421-5271
Web Site:	https://www.gafamilycounseling.com/
Professional Bio:	I treat depression, anxiety, and psychological trauma and am certified in EMDR. I also work extensively on marriage and family relationship problems.
Accepted Insurance:	Aetna, Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Humana, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Georgia
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Marriage, divorce, and relationships • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Forensic evaluation • Marriage and family therapy

	<ul style="list-style-type: none"> • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Fayetteville

Provider Name:	Jemal Douté LICENSED PROVIDER TELEHEALTH
Practice Name:	Douté Counseling Services
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	500 W Lanier Avenue, Suite 508, Fayetteville, GA 30214-7519
Email:	jdoute@yourtherapistoffice.com
Phone Number:	678-489-7384
Web Site:	http://www.doutecounselingservices.com/
Professional Bio:	Jemal Douté is a retired U.S. Marine combat vet, retired NYPD lieutenant, and a certified trauma therapist. See full bio on web site.
Accepted Insurance:	Aetna, United Behavioral Health
Professional License:	Yes, in Georgia and New York
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Domestic violence • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Clinical hypnosis • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Hampton

Provider Name:	Kara Rogers LICENSED PROVIDER TELEHEALTH
Practice Name:	Bright Star Counseling LLC
Profession:	Counselor

Credentials:	LPC
Address:	37 Woolsey Rd., Hampton, GA 30228
Email:	kararogers@brightstarcounseling.com
Phone Number:	678-379-9967
Web Site:	https://sites.google.com/site/brightstarcounselingllc/
Professional Bio:	Kara Rogers was licensed in 1998 and has been in private practice since 2005. She has had multiple trainings in EMDR, complex trauma, and working with first responders. She completed Henry County Citizens Police Academy, multiple ride- alongs, and Hampton Police Firearm Safety Course.
Accepted Insurance:	Aetna, Anthem, Beacon Health Options, BlueCross BlueShield (Groupcare), Kepro, Magellan Behavioral Health, United Behavioral Health
Professional License:	Yes, in Georgia
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Savannah

Provider Name:	LuAnn Boulio-Lucier LICENSED PROVIDER TELEHEALTH
Practice Name:	Quiet Confidence, LLC
Profession:	Counselor
Credentials:	NCC, LPC
Address:	303 E 57th St., Savannah, GA 31405
Email:	LuAnn72@quietconfidencellc.com
Phone Number:	912-272-4861
Web Site:	http://quietconfidencellc.com/
Professional Bio:	I offer individual counseling services to adults struggling with depression, anxiety, trauma, and addictive behaviors. In my history, I have worked with EMS, firefighters, paramedics, and soldiers in need due to mental health and situational concerns through an EAP program.
Accepted Insurance:	Pending insurance panels, accepting self pay
Professional License:	Yes, in Georgia
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Chronic illness • Depression • Disability • Grief and loss

	<ul style="list-style-type: none"> • Marriage, divorce, and relationships • Obsessive-compulsive disorder • Pain management • PTSD/trauma • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • Evaluation/diagnosis • Existential psychotherapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

HAWAII

Mililani

Provider Name:	Alicia Rodriguez LICENSED PROVIDER TELEHEALTH
Practice Name:	Waves of Insight LLC
Profession:	Psychologist
Credentials:	PsyD
Address:	PO Box 893822, Mililani, HI 96789
Email:	wavesofinsight@outlook.com
Phone Number:	808-818-8850
Web Site:	http://www.wavesofinsight.com/
Professional Bio:	Alicia Rodriguez is a licensed clinical psychologist specializing in supporting first responders in Hawai'i.
Accepted Insurance:	HMSA, UHA
Professional License:	Yes, in Hawaii
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Psychological testing and evaluation
Telehealth Services:	Yes
Accepting New Patients:	Yes

IDAHO

Ammon

Provider Name:	Lettie Stradley-Bass LICENSED PROVIDER TELEHEALTH
Practice Name:	Pearl Health Clinic
Profession:	Counselor
Credentials:	LPC
Address:	2705 E 17th St., Ammon, ID 83406
Email:	lstradleybass@pearlhealth.org
Phone Number:	208-521-8389
Web Site:	https://pearlhealth.org/
Professional Bio:	Lettie Stradley-Bass is a LPC who works with people to overcome traumatic life experiences and regain a sense of hope for the future. Her formal education has been enhanced by varied life experiences, giving her a unique perspective and ability to walk the journey of healing with others. She received a bachelor's degree in human services from Southwestern Assemblies of God University in 2014 and a master's degree in licensed professional counseling from Liberty University in 2018.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), First Choice Health Network, IPN, Medicaid, Molina Healthcare, Regence, University of Utah
Professional License:	Yes, in Idaho
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Chronic illness • Depression • Grief and loss • PTSD/trauma • Spiritual/religious
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Humanistic • Pastoral counseling
Telehealth Services:	Yes
Accepting New Patients:	Yes

Boise

Provider Name:	Kyri Azar LICENSED PROVIDER TELEHEALTH
Practice Name:	HeartBrain International, LLC
Profession:	Clinical counselor
Credentials:	LPCC, LCPC
Address:	9296 W Mossywood Dr., Boise, ID 83709
Email:	kyri@hbiproject.com
Phone Number:	505-980-2793
Web Site:	N/A
Professional Bio:	I am a somatic therapist, trained to work with anxiety, depression, trauma, and eating disorders. I am licensed as an LPCC in both New Mexico and Idaho. I use IBSR, EMDR, yoga for trauma, and trauma releasing exercises.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Magellan Behavioral Health, Medicaid, NM Health Connections, Select Health, True Health NM, United Behavioral Health

Professional License:	Yes, in Idaho
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Chronic illness • Depression • Eating disorders • Grief and loss • Obsessive-compulsive disorder • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Kalee Schwarting LICENSED PROVIDER TELEHEALTH
Practice Name:	Alpine Integrative Wellness
Profession:	Counselor
Credentials:	LPC
Address:	8150 W Emerald St., Suite 180, Boise, ID 83704
Email:	kalee@alpineintegrativewellness.com
Phone Number:	208-806-1831
Web Site:	https://alpineintegrativewellness.com/
Professional Bio:	Kalee is a licensed professional counselor with emphasis in trauma, grief, and crisis intervention. She incorporates attachment-based, somatic experiencing, internal family systems, and play therapy interventions. Areas of expertise include infertility, neurodivergent individuals, Spanish-speaking clients, ADHD, autism, and a variety of learning disabilities. She sees clients of all ages and has experience with the Church of Jesus Christ of Latter-day Saints.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare)
Professional License:	Yes, in Idaho
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Autism • Chronic illness • Depression • Disability • Domestic violence • Grief and loss • Infertility • Learning disabilities • Multicultural issues • Neuropsychology • Pain management • Parenting issues

	<ul style="list-style-type: none"> • PTSD/trauma • Sexual abuse/rape • Sleep disorders • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Heather Watson LICENSED PROVIDER TELEHEALTH
Practice Name:	Align Counseling Center
Profession:	Counselor
Credentials:	LPC
Address:	202 N. 9th St., Suite 201 E., Boise, ID 83702
Email:	treasurevalleycounselor@gmail.com
Phone Number:	208-546-9318
Web Site:	
Professional Bio:	I have been a licensed counselor for 10 years. My specialties are grief, loss, and anxiety. My father is a retired firefighter, so I have personal experience growing up in a first responder household and what that can look like in retirement as well.
Accepted Insurance:	Aetna, CIGNA HealthCare (PPO), Regence Blue Shield
Professional License:	Yes, in Idaho
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • Sexual health • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Existential psychotherapy • Humanistic • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Lenore

Provider Name:	Ammon Hopkins LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A

Profession:	Social worker at state hospital
Credentials:	LMSW
Address:	1984 Brown Rd., Lenore, ID 83541
Email:	hopkammo@yahoo.com
Phone Number:	208-716-0463
Web Site:	N/A
Professional Bio:	Ammon Hopkins has worked as a clinician for Idaho prison and state hospital, provided OP and IOP drug treatment, had some training specific to veterans, and was a mental health expert for a crisis negotiation team.
Accepted Insurance:	Provides services at no cost
Professional License:	Yes, in Idaho
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Anger management • Bipolar disorder • Depression • Grief and loss • Multicultural issues • PTSD/trauma • Psychosis/paranoia • Sexual health • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Forensic evaluation • Psychological testing and evaluation • Equine-Assisted Therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes – local patients only

Meridian

Provider Name:	Rikki Davlin LICENSED PROVIDER TELEHEALTH
Practice Name:	RK Counseling PLLC
Profession:	Social worker
Credentials:	LCSW
Address:	4604 N. Penngrove Way, Suite 110, Meridian, ID 83646
Email:	rikkidavlin@rkwellness.com
Phone Number:	208-505-6951
Web Site:	https://www.rkwellness.com/
Professional Bio:	I have worked in mental health for over 17 years and have been counseling for about seven years. I received my master's in 2009 and got my clinical license in 2012. I have worked with severely mentally ill adults, crisis management, and case management.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), BPA, CIGNA HealthCare (PPO), Magellan Behavioral Health,

	Medicaid, Pacific Source, Select Health, United Behavioral Health, United Healthcare
Professional License:	Yes, in Idaho
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Bipolar disorder • Depression • Obesity/weight loss • Obsessive-compulsive disorder • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Amie Longmire LICENSED PROVIDER TELEHEALTH
Practice Name:	Alpine Integrative Wellness
Profession:	Licensed professional counselor
Credentials:	MS-LPC
Address:	114 E Idaho Avenue, Ste. 230, Meridian, ID 83642
Email:	amie@alpineintegrativewellness.com
Phone Number:	208-391-2822
Web Site:	https://alpineintegrativewellness.com/
Professional Bio:	See bio on web site.
Accepted Insurance:	Aetna, American LIFECARE, Inc., Beacon Health Options, BestCare, Inc., Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Compsych, Coventry Health Care, Coventry Health Care (PPO), FARA PPO Network, Health Plus, Horizon Behavioral Services, Humana, Magellan Behavioral Health, Managed Health Network, Medicare, Ochsner Health Plan, PacifiCare Behavioral Health, PPOplus LLC, Private Healthcare Systems, Tenet Choices Inc., Tenet Choices Inc. (Medicare PPO), TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), Vantage Health Plan, Inc.
Professional License:	Yes, in Idaho
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Chronic illness • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Obesity/weight loss • Pain management • Parenting issues

	<ul style="list-style-type: none"> • PTSD/trauma • Sexual abuse/rape • Spiritual/religious
Methods or Approaches Used:	<ul style="list-style-type: none"> • Crisis intervention • Existential psychotherapy • Humanistic • Marriage and family therapy • Pastoral counseling • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

ILLINOIS

Provider Name:	Belinda Barnett LICENSED PROVIDER TELEHEALTH
Practice Name:	Belinda Barnett, PhD
Profession:	Clinical psychologist
Details:	Dr. Belinda Barnett offers online services in Illinois through certification with PsyPact. See full listing under Pittsburg, PA.

Provider Name:	Kari Mika-Lude LICENSED PROVIDER TELEHEALTH
Practice Name:	Aspire to Inspire Behavioral Health and Addiction Services, LLC
Profession:	Professional counselor
Details:	Kari Mika-Lude is a licensed clinical professional counselor and certified advanced alcohol and drug counselor in Illinois. She is also trained in EMDR (eye movement desensitization and reprocessing). She is physically located in West Virginia but available for telehealth sessions for clients in Illinois. She is also an EMT and the wife of a firefighter/EMT. See full listing under Hurricane, WV.

Arlington Heights

Provider Name:	Gregg Bagdade LICENSED PROVIDER TELEHEALTH
Practice Name:	Counseling Center of Arlington Heights
Profession:	Licensed professional counselor
Credentials:	MA, LPC, NCC, EMT-P
Address:	3375 N. Arlington Heights Rd., Ste. J, Arlington Heights, IL 60004
Email:	greggbagdade@gmail.com
Phone Number:	847-616-1656
Web Site:	https://counselingcenterofarlingtonheights.org/
Professional Bio:	I am currently a firefighter/paramedic with the Chicago Fire Department going on 20 years. I went back to school to become a counselor because I saw a lack in resources regarding mental health for firefighters and paramedics. I feel my experience within the fire service makes me a valuable counselor.
Accepted Insurance:	BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Optim, United Healthcare (Options PPO)
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD

	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Humanistic • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Aurora

Provider Name:	Dr. Kristy McKiness LICENSED PROVIDER TELEHEALTH
Practice Name:	KM Institute LLC
Profession:	Doctorate level licensed clinical professional counselor
Credentials:	EdD, LCPC, ACS
Address:	1444 N. Farnsworth Ave. Suite 304, Aurora, IL 60505
Email:	kristy@thekminstitute.com
Phone Number:	331-213-9706
Web Site:	http://www.thekminstitute.com
Professional Bio:	Dr. Kristy McKiness has worked with first responders since 2001 through CACI forensic interviewing, trainings, rendering mental health services to responders and their families, and training clinicians to work with first responders. She serves as the clinical director for the Illinois Firefighter Peer Support Team and is the board secretary.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), EAP plans, Medicare, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Bipolar disorder • Chronic illness • Depression • Domestic violence • Grief and loss • Multicultural issues • Obesity/weight loss • Obsessive-compulsive disorder • Pain management • PTSD/trauma

	<ul style="list-style-type: none"> • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Existential psychotherapy • Humanistic • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Bloomingdale

Provider Name:	Katie Valentino LICENSED PROVIDER TELEHEALTH
Practice Name:	Vivere Counseling
Profession:	Counselor
Credentials:	LCPC
Address:	121 Fairfield Way, Suite 102, Bloomingdale, IL 60108
Email:	katvalentino@me.com
Phone Number:	630-946-9500
Web Site:	N/A
Professional Bio:	I am a trauma specialist with training in many treatment modalities. I utilize what works for the client as the primary method, incorporating others as appropriate. These include cognitive behavioral methods, narrative method, trauma treatment, EMDR, and group sessions.
Accepted Insurance:	Aetna, BCBS PPO, CIGNA HealthCare (PPO), Magellan Behavioral Health, United Behavioral Health, United Healthcare
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Bloomington

Provider Name:	Megan Murphy LICENSED PROVIDER TELEHEALTH
Practice Name:	ShoreLine Therapy, PLLC
Profession:	Licensed clinical social worker, certified first responder counselor, certified personal trainer, EMT-basic

Credentials:	LCSW, CFRC, ACE-CPT, NREMT-B
Address:	Telehealth: Bloomington, IL 61704
Email:	megan@shorelinetherapyllc.com
Phone Number:	217-439-4255
Web Site:	https://www.shorelinetherapyllc.com/
Professional Bio:	Megan Murphy provides fitness and mental health services for first responders and their families. Full biography can be found at https://www.shorelinetherapyllc.com/about .
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Optum, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), and self-pay option
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Fitness and nutrition coaching • Grief and loss • Marriage, divorce, and relationships • Obesity/weight loss • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Existential psychotherapy • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Champaign

Provider Name:	Paula J. Barickman LICENSED PROVIDER TELEHEALTH
Practice Name:	Creative Solutions Counseling
Profession:	Counselor
Credentials:	LCPC
Address:	100 N Chestnut St., Suite 225, Champaign, IL 61821
Email:	paulabarickmanlcpc@gmail.com
Phone Number:	217 -203-2030
Web Site:	https://www.creativesolutionscounselinggroup.com/
Professional Bio:	Paula J. Barickman has been with Creative Solutions Counseling since August 2018. She previously worked at Rosecrance Counseling and Prairie Center. She has also served as the Vineyard Church – Hope Center food pantry ministry director since 1998.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Magellan Behavioral Health
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse

	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Parenting issues • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Dialectical behavior therapy • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Joyce Bechtel LICENSED PROVIDER TELEHEALTH
Practice Name:	Creative Solutions Counseling Services
Profession:	Licensed clinical professional counselor
Credentials:	MA, LCPC
Address:	100 N Chestnut St., Champaign, IL 61821
Email:	joycebechtel46@yahoo.com
Phone Number:	217-203-2030
Web Site:	N/A
Professional Bio:	I am a therapist at Creative Solutions Group in Champaign, IL. I have experience working with a wide range of clients, including clients that have dealt with trauma.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO)
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Depression • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	R.J. McNicholl LICENSED PROVIDER TELEHEALTH
Practice Name:	The Rock Counseling Group
Profession:	Licensed clinical social worker, owner of The Rock Counseling Group
Credentials:	LCSW
Address:	201 West Springfield Ave., Ste, 1201, Champaign, IL 61820
Email:	onlinereferrals@therockcg.com

Phone Number:	217-722-9079
Web Site:	http://www.therockcounselinggroup.com/
Professional Bio:	See bio at https://www.therockcounselinggroup.com/about-us/staff/r-j-mcnicholl.html .
Accepted Insurance:	Aetna, American LIFECARE, Inc., Beacon Health Options, BestCare, Inc., Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Compsych, Coventry Health Care, Coventry Health Care (PPO), FARA PPO Network, Health Plus, Horizon Behavioral Services, Humana, Kaiser Permanente, Magellan Behavioral Health, Managed Health Network, Ochsner Health Plan, PacifiCare Behavioral Health, PPOplus, LLC, Private Healthcare Systems, Tenet Choices, Inc., TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), Vantage Health Plan, Inc., self-pay rates are also available
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Domestic violence • Grief and loss • Learning disabilities • Marriage, divorce, and relationships • Multicultural issues • Neuropsychology • Obsessive-compulsive disorder • Pain management • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Sleep disorders • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Humanistic • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Pamela Wendt LICENSED PROVIDER TELEHEALTH
Practice Name:	Creative Solutions Counseling Group
Profession:	Licensed clinical professional counselor
Credentials:	LCPC
Address:	100 N Chestnut St., Ste. 225, Champaign, IL 61820
Email:	wendt.pamela@gmail.com
Phone Number:	217-203-2030
Web Site:	https://www.creativesolutionscounselinggroup.com/
Professional Bio:	Creative Solutions Counseling Group provides individual counseling for you, a first responder. Emergency responders face unique challenges that can have a significant impact on their lives. It is our goal for you to have access to providers that have specific training to help responders process stress.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Health Alliance
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns • Chronic illness • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Obesity/weight loss • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Fox Lake

Provider Name:	Dana Russo LICENSED PROVIDER TELEHEALTH
Practice Name:	Bailey Behavioral Health
Profession:	Social worker
Credentials:	LCSW
Address:	34 W. Grand Ave., Suite 101, Fox Lake, IL 60020
Email:	danarusso@baileybehavioralhealth.com
Phone Number:	847-489-2941

Web Site:	https://www.psychologytoday.com/us/therapists/dana-russo-fox-lake-il/457286
Professional Bio:	I've worked in the mental health community for 12 years. My goal is for you to regain control over your life. Trauma can entirely dismantle your views and way of life, and I am here to help reframe your experience and regain security in your life.
Accepted Insurance:	Aetna, BlueCross BlueShield (Groupcare), Cigna, Magellan, Medicare, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Bipolar disorder • Chronic illness • Depression • Domestic violence • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Fox River Grove

Provider Name:	Gerald Schalk
Practice Name:	N/A
Profession:	Clergy
Credentials:	Chaplain, MA, MAR, STD
Address:	217 Lexington Ave., Fox River Grove, IL 60021
Email:	gschalk@stmatthewbarrington.org
Phone Number:	847-516-3390
Web Site:	N/A
Professional Bio:	
Accepted Insurance:	None
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Grief and loss • Spiritual/religious
Methods or Approaches Used:	<ul style="list-style-type: none"> • Crisis intervention • Pastoral counseling • Short-term (brief treatment)
Telehealth Services:	No
Accepting New Patients:	Yes

Frankfort

Provider Name:	Nancy Mulvihill LICENSED PROVIDER TELEHEALTH
Practice Name:	White Oak Institute for Growth and Wellness Rescue Counseling Ltd.
Profession:	Clinical counselor
Credentials:	PhD, LCPC, MA
Address:	White Oak Institute: 21 S White Street, Suite 3, Frankfort, IL 60423 Rescue Counseling: P.O. Box 337, Frankfort, IL 60423
Email:	White Oak Institute: drnancymulvihill@gmail.com Rescue Counseling: rescuecounseling@gmail.com
Phone Number:	White Oak Institute: 779-246-3247 Rescue Counseling: 708-548-1994
Web Site:	https://whiteoakinstitute.net/
Professional Bio:	Nancy is a LCPC with a MA in forensic psychology and a PhD in community psychology. Nancy has specialized experience working with first responders dealing with trauma, PTSD, anxiety, depression, grief, and substance abuse. She also has experience working with domestic violence and the criminal justice system doing mental health evaluations.
Accepted Insurance:	Aetna, BCBS PPO, Optum-UBH/UnitedHealthcare, Medicare, self -pay
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Depression • Domestic violence • First responders • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape • Sexual health • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Inverness

Provider Name:	Jodi Macaluso LICENSED PROVIDER TELEHEALTH
Practice Name:	Proactive Behavioral Services
Profession:	Professional counselor, addictions counselor
Credentials:	LCPC, CADC
Address:	Inverness: 1644 W. Colonial Parkway, Inverness, IL 60067 Carol Stream: AMITA Health Medical Group, Behavioral Medicine, 630 E. North Ave., Carol Stream, IL 60188

Email:	jodimacaluso@comcast.net
Phone Number:	847-812-3833
Web Site:	https://www.pbsdoctors.com/
Professional Bio:	I have expertise in joining a person "where they are at" while developing an environment of safety, security, and mutual respect. I use an integrative approach that allows for healing and growth while identifying strengths to evoke change and emotional wellness.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Compsych, Humana, United Healthcare
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Bipolar disorder • Depression • Grief and loss • Marriage, divorce, and relationships • Obesity/weight loss • Process addictions • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

La Grange

Provider Name:	Brad Carter LICENSED PROVIDER TELEHEALTH
Practice Name:	Centered Counseling Services PLLC
Profession:	Social worker, firefighter, EMT
Credentials:	LCSW
Address:	522 West Burlington Avenue 2A, La Grange, IL 60525
Email:	brad@fpsil.com
Phone Number:	872-888-9798
Web Site:	N/A
Professional Bio:	I am a LCSW with a master's degree in social work from Loyola University, Chicago. Internships include working with Sara Gura LCPC, Catholic Charities EAP, and Chicago Fire Department EAP. I am currently a career firefighter/EMT holding the rank of engineer.
Accepted Insurance:	BlueCross BlueShield (Groupcare), Cigna, Evernorth Behavioral Health
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management

	<ul style="list-style-type: none"> • Anxiety • Depression • Grief and loss • Parenting issues • PTSD/trauma • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Humanistic • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Lake Villa

Provider Name:	Lisa Block LICENSED PROVIDER TELEHEALTH
Practice Name:	The Therapy Tree and Living Pono Counseling
Profession:	Licensed professional counselor
Credentials:	MS, LPC
Address:	The Therapy Tree: 89 Cedar Ave., Lake Villa, IL 60046 Living Pono Counseling: 1860 W. Winchester Road, Libertyville, IL 60048
Email:	lblockcounselor@gmail.com
Phone Number:	847-495-9608
Web Site:	http://www.thetherapytree.org/
Professional Bio:	Lisa helps first responders dealing with grief, loss, and post-traumatic stress. Lisa feels privileged to work with those struggling with trauma, depression, and anxiety. She assists clients with relationship concerns and life transitions. Lisa supports clients to build resilience, understand experiences, and overcome challenges to live the life they deserve.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), self pay
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Alzheimer's/dementia • Anxiety • Bipolar disorder • Chronic illness • Depression • Grief and loss • Multicultural issues • Neuropsychology • Obesity/weight loss • Pain management • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sleep disorders

	<ul style="list-style-type: none"> • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Existential psychotherapy • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Libertyville

Provider Name:	Lisa M Gallagher LICENSED PROVIDER TELEHEALTH
Practice Name:	Living Pono Counseling
Profession:	Mental health professional
Credentials:	MA, CCTP, LCPC
Address:	1860 W Winchester Road, Suite 205, Libertyville, IL 60048
Email:	lisag.livingpono@gmail.com
Phone Number:	224-424-4194
Web Site:	https://www.livingponocounseling.com/
Professional Bio:	Lisa has over 18+ years of experience working in the mental health field and has worked in a variety of settings including private practice, community counseling, in-home services, and acute hospitalization. She specializes in cognitive behavioral therapy, dialectical behavior therapy, trauma therapy, and eye movement desensitization and reprocessing.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Cigna, Cigna HealthCare (PPO), Compsych, Curallinc, Lifeworks, Magellan Behavioral Health, TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), most EAP plans
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Bipolar disorder • Depression • Grief and loss • PTSD/trauma • Secondary substance and addiction abuse • Self-injury • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Cindy McKnight LICENSED PROVIDER TELEHEALTH
Practice Name:	Living Pono Counseling
Profession:	Mental health therapist
Credentials:	MS, LCPC, CCTP, NCC, BC-TMH
Address:	1860 W Winchester Rd., Ste, 205 Libertyville, IL 60048
Email:	cindy@livingponocounseling.com
Phone Number:	224-424-4194
Web Site:	http://www.livingponocounseling.com
Professional Bio:	I have 15+ years of experience working with first responders as well as growing up in a household with them. My career choice before this was in fire services.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Compsych, Lifeworks, Magellan Behavioral Health, Managed Health Network, TRICARE, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Illinois and Wisconsin
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Humanistic • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Heidi Wodrich LICENSED PROVIDER TELEHEALTH
Practice Name:	Heidi Seiden Wodrich Counseling & Consulting, PLLC, and on staff at Living Pono Counseling
Profession:	Counselor
Credentials:	MA, LCPC, NCC
Address:	Heidi Seiden Wodrich Counseling & Consulting, PLLC: telehealth only Living Pono Counseling: 1860 Winchester Rd., Suite #205, Libertyville IL 60048
Email:	heidiwodrich@gmail.com

Phone Number:	847-354-0354
Web Site:	https://www.healthgrades.com/providers/heidi-wodrich-xylsmk4?referrerSource=autosuggest
Professional Bio:	I am a licensed clinical psychotherapist, nationally certified counselor, an experienced teacher, camp director, and I have been married to a firefighter/paramedic for over 30 years. I understand the challenges that first responders and their families face firsthand, and I use that experience to support and assist those who serve.
Accepted Insurance:	Aetna, BCBS, CIGNA, Humana, Magellan, Optum, UMR, United Behavioral Health, self-pay
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Lisle

Provider Name:	Patty Diriltan LICENSED PROVIDER
Practice Name:	The Center for Insight and Connection
Profession:	Clinical social worker
Credentials:	LCSW, CADC
Address:	4614 Main Street, Suite 2, Lisle, IL 60532
Email:	insightandconnection@gmail.com
Phone Number:	630-201-2856
Web Site:	http://insightandconnection.com
Professional Bio:	I have been helping people for over half my life. I have been serving the firefighter/paramedic community for over three years. Sarah Gura has been my good friend and mentor during this time. I am very passionate about bringing EMDR to the fire service.
Accepted Insurance:	Blue Choice PPO, BlueCross BlueShield PPO
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns • Depression • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Evaluation/diagnosis

	<ul style="list-style-type: none"> • EMDR (eye movement desensitization and reprocessing) • Psychodynamic therapy
Telehealth Services:	No
Accepting New Patients:	Yes

Provider Name:	Jessica McCormack LICENSED PROVIDER TELEHEALTH
Practice Name:	Center for Insight and Connection
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	4614 Main Street, Suite 2, Lisle, IL 60532
Email:	jmccormack0901@gmail.com
Phone Number:	630-201-2856
Web Site:	https://www.insightandconnection.com/
Professional Bio:	I get energized helping couples connect in a way they haven't before. Using techniques from the Gottman Institute, I'll give you the tools and skills to make your relationship work again. You want to feel better. I'm here to guide you through that.
Accepted Insurance:	BlueCross BlueShield (Groupcare)
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Chronic illness • Depression • Grief and loss • Marriage, divorce, and relationships • Sexual health • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Mahomet

Provider Name:	Michael Jenkins LICENSED PROVIDER TELEHEALTH
Practice Name:	The Rock Counseling Group
Profession:	Licensed clinical social worker
Credentials:	LCSW
Address:	1002 Commercial Drive, Suite 2, Mahomet, IL 61853
Email:	onlinereferrals@therockcg.com
Phone Number:	217-722-9079
Web Site:	http://www.therockcounselinggroup.com
Professional Bio:	See bio at https://www.therockcounselinggroup.com/about-us/staff/michael-jenkins.html .
Accepted Insurance:	Aetna, American LIFECARE, Inc., Beacon Health Options, BestCare, Inc., Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Compsych, Coventry Health Care, Coventry Health Care (PPO), FARA PPO Network, Health Plus, Horizon Behavioral

	Services, Humana, Kaiser Permanente, Magellan Behavioral Health, Managed Health Network, Ochsner Health Plan, PacificCare Behavioral Health, PPOplus, LLC, Private Healthcare Systems, TRICARE, Vantage Health Plan, Inc.
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Disability • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Marriage and family therapy • Neuropsychological testing or consultation • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Normal

Provider Name:	Emily Barker LICENSED PROVIDER TELEHEALTH
Practice Name:	Connection Psychiatry
Profession:	Psychiatric mental health nurse practitioner
Credentials:	DNP-PMHNP
Address:	1100 Beech St., Building 10, Ste. 4, Normal, IL 61761
Email:	traumanp1098@gmail.com
Phone Number:	309-463-5800
Web Site:	https://www.connectiontelepsychiatry.com/
Professional Bio:	Dr. Barker specializes in trauma and anxiety. She has extensive experience in EMS, emergency nursing, mental health, international disaster response, and military nursing. She offers both prescribing and psychotherapy (EMDR and TRM) to bring relief and offers healing from trauma and anxiety. Besides her work with individuals, she offers training to organizations on the biology, impact, and treatment of trauma and anxiety.

Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare)
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Abuse • Adoption • Anxiety • Anger management • Discrimination • Eating disorders • Grief and loss • Medical trauma • Neuropsychology • Obsessive-compulsive disorder • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Rockford

Provider Name:	Pat Spangler LICENSED PROVIDER TELEHEALTH
Practice Name:	kp counseling
Profession:	Licensed therapist, certified alcohol and drug counselor
Credentials:	MSEd, LCPC, CADC, MAATP
Address:	695 N. Perryville Rd., Suite 4, Rockford, IL 61107
Email:	pspangler@kpcounseling.com
Phone Number:	779-368-0060
Web Site:	https://www.kpcounseling.com/
Professional Bio:	Pat Spangler was at Rosecrance for 20 years, 15 in direct counseling for residential and outpatient. He created programs addressing young adults, opiate addiction, aviation, and fire services, and worked with Dan DeGryse to create the Florian program. He has provided regional/national trainings and interviews for news and radio. He currently provides individual, family, and group sessions at kp counseling.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Coventry Health Care (PPO), FARA PPO Network, Magellan Behavioral Health, Managed Health Network, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships

	<ul style="list-style-type: none"> • Obsessive-compulsive disorder • Pain management • Parenting issues • Pornography addiction • Process addictions • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Evaluation/diagnosis • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Schaumburg

Provider Name:	Marla Friedman LICENSED PROVIDER TELEHEALTH
Practice Name:	Dr. Marla W. Friedman PC
Profession:	Police psychologist
Credentials:	PsyD
Address:	Telehealth only – practices in 27 states through Psypact
Email:	Booklight@att.net
Phone Number:	630-510-3966
Web Site:	http://Badgeoflife.org
Professional Bio:	Dr. Friedman is a licensed psychologist with over 30+ years of experience treating first responders, both out-patient and inpatient. She is chair of the board of Badge of Life and is focusing on “The Standardized Badge of Live Mental Health Check-In.” She trains nationally on mental health and suicide prevention and develops individualized curriculum. She also writes and publishes specialized programming for first responders, with a special focus on treatment techniques, family, and marital therapy. She is fluent in American Sign Language and is able to provide therapy to those who are deaf and hard of hearing. She also has a certification in Accelerated Resolution Therapy.
Accepted Insurance:	BCBS PPO, Medicare
Professional License:	Yes, in Illinois and Michigan
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Obsessive-compulsive disorder • PTSD/trauma • Sexual health • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy

	<ul style="list-style-type: none"> • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Sugar Grove

Provider Name:	Jada Hudson LICENSED PROVIDER
Practice Name:	Hudson Clinical Counselor
Profession:	Licensed clinical professional counselor
Credentials:	LCPC, CADC
Address:	263 Main St., Sugar Grove, IL 60554
Email:	jadahudson.lcpc@att.net
Phone Number:	630-815-3735
Web Site:	http://hudsonclinicalcounseling.com
Professional Bio:	See web site for bio.
Accepted Insurance:	Aetna, BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Magellan Behavioral Health, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns • Chronic illness • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Humanistic • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	No
Accepting New Patients:	Yes

Wonder Lake

Provider Name:	Cody Todd LICENSED PROVIDER TELEHEALTH
Practice Name:	Red Tail Clinical Counseling
Profession:	Counselor
Credentials:	PsyD, LCPC, NCC, CTMH
Address:	Wonder Lake, IL
Email:	ctodd1@gmail.com
Phone Number:	224-366-7793

Web Site:	http://www.redtailclinicalcounseling.com/
Professional Bio:	See bio on web site.
Accepted Insurance:	BCBS PPO, BlueCross BlueShield (Groupcare)
Professional License:	Yes, in Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Career/employment concerns • Chronic illness • Grief and loss • Neuropsychology • Pain management • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Dialectical behavior therapy • Existential psychotherapy • Humanistic • Relational therapy • EMDR (eye movement desensitization and reprocessing) • Equine-Assisted Therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

INDIANA

Provider Name:	Beverly Swann LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Licensed marriage and family therapist
Details:	Beverly Swann offers telehealth services in Indiana. See full listing under Concord, CA.

Columbus

Provider Name:	Charlotte Barton Coombs LICENSED PROVIDER TELEHEALTH
Practice Name:	Family Service, Inc.
Profession:	Social worker
Credentials:	MSW, LSW
Address:	1551 13th St., Columbus, IN 47201
Email:	cbcoombs@familyservicebc.org
Phone Number:	812-372-3745
Web Site:	https://www.familyservicebc.org
Professional Bio:	Charlotte Barton Coombs is a licensed social worker trained to assist individuals, families, first responders, frontline providers, and children move through trauma, suicide survival, mental health, and life challenges with compassion and hope. She is trained in ASSIST, CISM, suicide loss group facilitator, and alternatives to suicide.
Accepted Insurance:	Most insurance accepted (BCBS, Medicaid, etc.)
Professional License:	Yes, in Indiana
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety

	<ul style="list-style-type: none"> • Applied suicide intervention • Bipolar disorder • Career/employment concerns • CISM • Depression • Grief and loss • Group crisis intervention • Loss team • Marriage, divorce, and relationships • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Suicidality/suicide loss/suicide survival • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Humanistic • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Fishers

Provider Name:	Laura Benslay LICENSED PROVIDER TELEHEALTH
Practice Name:	Encouraging Insight Counseling Services, LLC
Profession:	Licensed clinical social worker, certified clinical trauma professional
Credentials:	LCSW, CCTP
Address:	12853 Broncos Drive, Fishers, IN 46037
Email:	laura@encouraginginsight.com
Phone Number:	317-755-7442
Web Site:	http://encouraginginsight.com/
Professional Bio:	See web site for bio.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Mutual of Omaha
Professional License:	Yes, in Indiana and North Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy

	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Indianapolis

Provider Name:	Kelly Spiegel LICENSED PROVIDER TELEHEALTH
Practice Name:	
Profession:	Licensed mental health counselor, certified first responder counselor
Credentials:	LMHC, CFRC
Address:	711 East 65th Street, Indianapolis, IN 46220
Email:	kelly@kellyspiegel.com
Phone Number:	317-344-9819
Web Site:	http://kellyspiegel.com/
Professional Bio:	I help clients create their best lives by exploring how past influences and patterns may be holding them back or blocking their paths. My specialties include working with individuals, first responders, and couples. I can also help clients overcome ADHD issues, trauma, work-related stress, PTSD, addictions, anxiety, and depression.
Accepted Insurance:	Anthem, Blue Cross and Blue Shield (HMO)
Professional License:	Yes, in Indiana
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anxiety • Depression • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Humanistic
Telehealth Services:	Yes
Accepting New Patients:	Yes

Noblesville

Provider Name:	Rhonda Campbell-Minnich LICENSED PROVIDER TELEHEALTH
Practice Name:	Connections of Home
Profession:	Licensed clinical social worker
Credentials:	LCSW
Address:	6095 Prosperity Drive, Suite 102, Noblesville, IN 46060
Email:	rkcminnich@outlook.com
Phone Number:	317-795-0345
Web Site:	N/A

Professional Bio:	Rhonda is a licensed clinical social worker with 30+ years experience, much of it working in the area of emotional trauma care. Rhonda started her professional life in law enforcement and has a passion for helping first responders and their families.
Accepted Insurance:	Anthem/Anthem EAP, UHC/UMR/Optum, Aetna (telehealth only)
Professional License:	Yes, in Indiana
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Grief and loss • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Rensselaer

Provider Name:	Kim Denton LICENSED PROVIDER TELEHEALTH
Practice Name:	Kim Denton
Profession:	Social work
Credentials:	LSW
Address:	131 W Drexel Parkway, Rensselaer, IN 47978
Email:	kdenton90@gmail.com
Phone Number:	219-863-6854
Web Site:	N/A
Professional Bio:	Kim Denton is a master prepared therapist with Valley Oaks Health. She is from a family of first responders and has a decade of experience as a communications officer. She is trained in EMDR and currently provides a virtual discussion group for first responders once a week.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), Humana, Medicaid, others upon approval
Professional License:	Yes, in Indiana
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anxiety • Depression • Domestic violence • Grief and loss • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Warsaw

Provider Name:	Julie Shearer LICENSED PROVIDER TELEHEALTH
Practice Name:	Julie Shearer, LLC
Profession:	Licensed mental health counselor, licensed clinical addiction counselor
Credentials:	MA, LMHC, LCAC, MAC
Address:	1128 E Winona Ave., Warsaw, IN 46580
Email:	julieshearerounseling@gmail.com
Phone Number:	574-500-2810
Web Site:	https://julie-shearer.clientsecure.me/
Professional Bio:	My counseling approach is strengths based and solution focused. I have counseling experience in a variety of areas, including depression, anxiety, trauma, addictions, relationship issues, and spiritual concerns. I am passionate about walking alongside others to pursue holistic wellness in an empowering and compassionate manner.
Accepted Insurance:	None, self-pay only
Professional License:	Yes, in Indiana
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions • Anxiety • Depression • Trauma/PTSD • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

West Lafayette

Provider Name:	Kelly Dardeen LICENSED PROVIDER TELEHEALTH
Practice Name:	Suncrest Psychological Services, LLC
Profession:	Clinical psychologist
Credentials:	PhD, HSPP
Address:	1241 Cumberland Ave, Suite E, West Lafayette, IN 47906
Email:	drdardeen@suncrestpsychologicalservices.com
Phone Number:	812-629-4999
Web Site:	http://www.suncrestpsychologicalservices.com
Professional Bio:	Kelly Dardeen is a clinical psychologist and former first responder specializing in trauma and PTSD with several evidence-based treatments available as well as critical incident stress management support for departments or individuals. She also provides clinical supervision and training for local peer support teams in Indiana.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), UMR (United), contracts for EAP
Professional License:	Yes, in Indiana
Areas of Expertise:	<ul style="list-style-type: none"> • Alzheimer's/dementia • Anxiety • Chronic illness

	<ul style="list-style-type: none"> • Depression • Domestic violence • Grief and loss • Insomnia • Obesity/weight loss • Obsessive-compulsive disorder • Pain management • PTSD/Trauma • Sexual abuse/rape • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

IOWA

Iowa City

Provider Name:	Emma Schutte LICENSED PROVIDER TELEHEALTH
Practice Name:	Schutte Counseling LLC
Profession:	Mental health counselor
Credentials:	LMHCT
Address:	332 S. Linn St., Suite 36, Iowa City, IA 52240
Email:	schuttecounseling@icloud.com
Phone Number:	319-930-9247
Web Site:	N/A
Professional Bio:	I am a LMHCT in Iowa specializing in trauma, veterans, first responders, and other emergency personnel. I am also a doctoral student studying psychology related to mental health and stigma in the fire service.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare)
Professional License:	Yes, Iowa
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Chronic illness • Domestic violence • Grief and loss • Obsessive-compulsive disorder • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • Humanistic
Telehealth Services:	Yes

Accepting New Patients:	Yes
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Waverly

Provider Name:	Holly Meyer LICENSED PROVIDER TELEHEALTH
Practice Name:	Center for Foundational and Relational Wellness
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	2022 3rd Ave. NW, Waverly, IA 50677
Email:	hmeyer@cfzwiowa.com
Phone Number:	319-989-5400
Web Site:	N/A
Professional Bio:	Holly is a licensed marriage and family therapist in Iowa. She specializes in trauma and works with individuals who have experienced various forms of trauma and secondary trauma. Holly works with individuals, couples, and families of all ages. She has experience as a first responder, is married to a first responder, and has many family members and friends who are first responders. Providing services to those who have experienced trauma, especially to those in rural areas, is important to her.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), Medicaid, Medical Associates, Midlands, TRICARE United Healthcare
Professional License:	Yes, in Iowa
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Bipolar disorder • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Marriage and family therapy • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

KANSAS

Independence

Provider Name:	Megan Brown LICENSED PROVIDER TELEHEALTH
Practice Name:	Four County Mental Health
Profession:	Social worker, addiction counselor
Credentials:	LMSW, LMAC
Address:	3751 W Main, PO Box 688, Independence, KS 67301

Email:	mebrown@fourcounty.com
Phone Number:	620-331-5151 – ask for her directly
Web Site:	N/A
Professional Bio:	I am a dual licensed substance use disorder and mental health counselor. My primary role is currently in the crisis department where I provide crisis intervention and screenings for hospitalization. I have also led debriefs that resulted from catastrophic events.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Coventry Health Care, Coventry Health Care (PPO), Medicaid, United Behavioral Health, United Healthcare
Professional License:	Yes, in Kansas
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Bipolar disorder • Depression • Domestic violence • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis
Telehealth Services:	Yes
Accepting New Patients:	Yes

KENTUCKY

Provider Name:	Nancy Moore LICENSED PROVIDER TELEHEALTH
Practice Name:	Moore Development Strategies
Profession:	Social worker and coach
Details:	Nancy Moore offers telehealth services in Kentucky. See full listing under Cincinnati, OH.

Florence

Provider Name:	April Jones LICENSED PROVIDER TELEHEALTH
Practice Name:	Positively Speaking Professional Counseling Services, PLLC
Profession:	Clinical counselor
Credentials:	LPCC-S
Address:	73 Cavalier Blvd., Suite 309, Florence, KY 41042
Email:	positivelyspeakingcounseling@gmail.com
Phone Number:	859-628-0702
Web Site:	http://www.positivelyspeakingcounseling.com/
Professional Bio:	I have worked in the mental health field for 18 years and have vast experience working with children, adolescents, adults, and couples on a variety of issues. I am most passionate about working with individuals who struggle with anxiety, depression, and trauma.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Counseling Design Benefits,

	Humana, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), can also provide services for those out of network
Professional License:	Yes, in Kentucky
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Evaluation/diagnosis • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	No

Lexington

Provider Name:	Courtney Banschbach LICENSED PROVIDER TELEHEALTH
Practice Name:	Intrust Healthcare
Profession:	Clinical social work
Credentials:	LCSW
Address:	3320 Tates Creek Rd., Suite 210, Lexington, KY 40502
Email:	courtney.banschbach.intrust@gmail.com
Phone Number:	859-472-4207
Web Site:	https://www.intrust-healthcare.com/
Professional Bio:	Courtney Banschbach is an independently licensed mental health clinician specializing in trauma, substance use, and LGBTQ related issues.
Accepted Insurance:	Aetna, Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Humana, Medicare, Medicaid, TRICARE, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Kentucky
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Depression • Parenting issues • PTSD/trauma • Sexual health • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis

	<ul style="list-style-type: none"> • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Louisville

Provider Name:	Ashlee Colville LICENSED PROVIDER TELEHEALTH
Practice Name:	Ashlee Colville, LLC
Profession:	Licensed professional clinical counselor
Credentials:	LPCC
Address:	4156 Westport Road, Ste. 209, Louisville, KY 40207
Email:	ashlee.colville@psychotherapyky.com
Phone Number:	502-882-0516
Web Site:	http://www.psychotherapyky.com/
Professional Bio:	Ashlee Colville offers both in-person and online telehealth counseling services for children, adolescents, adults, couples, and families. Ashlee also offers accelerated resolution therapy (ART), which allows you to heal from difficult experiences without having to relive them over and over again. ART is an eye movement therapy (similar to eye movements that occur during dreaming) that is different from traditional talk therapy because you don't have to talk in detail about what happened; instead you will find relief from the memories that play on a loop in your brain. ART works to reprogram the way in which distressing memories and images are stored so that they no longer trigger strong physical and emotional reactions.
Accepted Insurance:	Private pay only
Professional License:	Yes, in Kentucky
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • Marriage and family therapy • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Jenny Hohman LICENSED PROVIDER
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Practice Name:	
Profession:	Social work
Credentials:	LCSW, certified in EMDR
Address:	114 Waverly Ct., Louisville, KY 40206
Email:	jennyhohman@yahoo.com
Phone Number:	502-645-9172
Web Site:	
Professional Bio:	
Accepted Insurance:	Medicare
Professional License:	Yes, in Kentucky
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Chronic illness • Depression • Grief and loss • Obsessive-compulsive disorder • Parenting issues • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Humanistic • Marriage and family therapy • Psychodynamic therapy • Psychological testing and evaluation • Short-term (brief treatment)
Telehealth Services:	No
Accepting New Patients:	No

Paducah

Provider Name:	Jennifer Roberts LICENSED PROVIDER TELEHEALTH
Practice Name:	Sunflower Counseling
Profession:	Clinical social worker
Credentials:	LCSW
Address:	2500 Holt Road, Paducah, KY 42001
Email:	
Phone Number:	270-455-1972
Web Site:	https://www.sunflowercounselingky.com/
Professional Bio:	Jennifer Roberts, LCSW, is a clinical social worker specializing in working with various forms of trauma. She is EMDR trained and offers EMDR intensives. She is also LGBTQIA+ allied.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), Magellan Behavioral Health, Medicaid, Beacon Health Options
Professional License:	Yes, in Kentucky
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse

	<ul style="list-style-type: none"> • Anxiety • Depression • Domestic violence • Grief and loss • LGBTQIA+ • PTSD/trauma • Sexual abuse/rape • Sexual health
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

LOUISIANA

Provider Name:	Kelly White LICENSED PROVIDER TELEHEALTH
Practice Name:	Kelly White Counseling and Consulting, LLC
Profession:	Licensed professional counselor
Details:	Kelly White provides telehealth services in Louisiana. See full listing under Clinton, MS.

Anacoco

Provider Name:	Belinda Edwards LICENSED PROVIDER TELEHEALTH
Practice Name:	Belinda Kent Edwards, LLC
Profession:	Licensed professional counselor
Credentials:	LPC
Address:	160 Nicholas Cove Rd., Anacoco, LA 71403
Email:	belindakedwards@hotmail.com
Phone Number:	228-249-2953
Web Site:	N/A
Professional Bio:	Belinda Edwards is a certified EMDR therapist, a licensed professional counselor, and a licensed addictions counselor.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Magellan Behavioral Health, United Behavioral Health, United Healthcare, Vantage Health Plan
Professional License:	Yes, in Louisiana
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy

	<ul style="list-style-type: none"> • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Eunice

Provider Name:	Dwayne Thevis
Practice Name:	Dwayne Thevis
Profession:	Social worker
Credentials:	CISM
Address:	2006 Atteberry Rd, Eunice, LA 70535
Email:	lsfasec2016@hotmail.com
Phone Number:	337-256-9093
Web Site:	N/A
Professional Bio:	
Accepted Insurance:	None
Professional License:	No
Areas of Expertise:	
Methods or Approaches Used:	
Telehealth Services:	No
Accepting New Patients:	Yes

Harvey

Provider Name:	Jared Hydell
Practice Name:	N/A
Profession:	Fire inspector/investigator, CISM
Credentials:	CISM
Address:	4265 Lac St. Pierre Dr., Apt. C, Harvey, LA 70058
Email:	jared.hydeell@hvfcno2.net
Phone Number:	504-320-4385
Web Site:	N/A
Professional Bio:	I am a professional firefighter in Louisiana and am here to help anyone in need.
Accepted Insurance:	None
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Career/employment concerns • Grief and loss • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Crisis intervention
Telehealth Services:	No
Accepting New Patients:	Yes

Houma

Provider Name:	Adam Chauvin TELEHEALTH
Practice Name:	South Central Louisiana Human Services Authority
Profession:	Peer support specialist
Credentials:	CPSS (certified peer support specialist)
Address:	
Email:	Adam.Chauvin@la.gov
Phone Number:	985-226-9243
Web Site:	https://sclhsa.com
Professional Bio:	Adam Chauvin has 13 years in the fire service and is the founder of the Vacherie Gheens Critical Incident Response Team. He is currently employed full-time as a certified peer support specialist with South Central Louisiana Human Services Authority.
Accepted Insurance:	None. Offers free peer support services.
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Domestic violence • PTSD/trauma • Stress
Methods or Approaches Used:	Crisis intervention
Telehealth Services:	Yes
Accepting New Patients:	Yes

Slidell

Provider Name:	Ilsa Araki LICENSED PROVIDER TELEHEALTH
Practice Name:	Northshore Family Counseling
Profession:	Licensed professional counselor
Credentials:	MA, LPC-S, NCC
Address:	1258 Brownswitch Rd., Suite C, Slidell, LA 70461
Email:	ilsa@northshorefamilycounseling.com
Phone Number:	985-661-0560
Web Site:	https://www.northshorefamilycounseling.com/
Professional Bio:	Ilsa is a licensed professional counselor, a national certified counselor, and a board-approved supervisor. She holds an MA in professional counseling from Liberty University and is trained in EMDR, CPT somatic experiencing, EFT, animal-assisted therapy, and teletherapy. Ilsa specializes in trauma/PTSD work.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Gilsbar, Humana, Medicaid, United Behavioral Health, United Healthcare (Options PPO)
Professional License:	Yes, in Louisiana
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Bipolar disorder • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape

	<ul style="list-style-type: none"> • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

MAINE

Augusta

Provider Name:	Amy Davenport Dakin LICENSED PROVIDER TELEHEALTH
Practice Name:	New Perceptions, Inc.
Profession:	Counselor
Credentials:	LCPC, LCMHC
Address:	PO Box 5360, Augusta, ME 04332
Email:	amy@nperceptions.com
Phone Number:	603-257-0258
Web Site:	http://www.nperceptions.com/
Professional Bio:	I am a mental health counselor in Maine and New Hampshire providing individual therapy to first responders. I specialize in trauma treatment and have worked to provide treatment, education, and crisis services to first responders and the community. I have trained with and oversee the peer support team for Maine.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Coventry Health Care, Coventry Health Care (PPO), Health Plus, Horizon Behavioral Services, Magellan Behavioral Health, Managed Health Network, PacifiCare Behavioral Health, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), contact practice for others
Professional License:	Yes, in New Hampshire and Maine
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Bipolar disorder • Career/employment concerns • Depression • Disability • Domestic violence • Grief and loss • PTSD/trauma • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy

	<ul style="list-style-type: none"> • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Bangor

Provider Name:	Aric Rice LICENSED PROVIDER TELEHEALTH
Practice Name:	Aric P. Rice, LCPC, LLC.
Profession:	Professional counselor
Credentials:	LPC
Address:	43 Columbia Street, 12A, Bangor, ME 04401
Email:	aricrice@yahoo.com
Phone Number:	207-990-0176
Web Site:	https://www.psychologytoday.com/us/therapists/aric-p-rice-bangor-me/109248
Professional Bio:	I am a licensed clinical professional counselor and certified as an alcohol and drug counselor. I offer a cognitive behavioral orientation, which focuses on a goal-orientated client-centered approach, and I am certified as a level two EMDR therapist. I have experience at both the inpatient and outpatient levels.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Health Plus, Magellan Behavioral Health, Medicaid, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Maine
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Pastoral counseling • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Brunswick

Provider Name:	Lauren Hample LICENSED PROVIDER TELEHEALTH
Practice Name:	Midcoast Counseling Group
Profession:	Licensed clinical social worker
Credentials:	LCSW

Address:	135 Maine St., Suite A, Box 246, Brunswick, ME 04011
Email:	lhample@midcoastcounselinggroup.com
Phone Number:	207-200-4112
Web Site:	http://www.midcoastcounselinggroup.com
Professional Bio:	I am the founder of Midcoast Counseling Group. I specialize in EMDR for treating first responders and veterans struggling with PTSD, anxiety, acute stress, and complicated grief. All sessions are now done via telehealth.
Accepted Insurance:	Anthem, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO)
Professional License:	Yes, in Maine
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Raymond

Provider Name:	Sarah Mildrum LICENSED PROVIDER TELEHEALTH
Practice Name:	Guiding Light Counseling, LLC
Profession:	Social worker
Credentials:	LCSW
Address:	PO Box 32, Raymond, ME 04071
Email:	sarah.mildrum@gmail.com
Phone Number:	207-318-9403
Web Site:	N/A
Professional Bio:	I have been in the social work profession for almost 10 years. I found my passion for helping public safety members after watching my own firefighter husband and friends struggle to find qualified providers who understand the job. Seeking help is difficult, and I respect each individual's journey to healing.
Accepted Insurance:	Aetna, Anthem, Blue Cross and Blue Shield (HMO), Cigna, CIGNA HealthCare (PPO), Medicaid
Professional License:	Yes, in Maine
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Career/employment concerns • Depression • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis

	<ul style="list-style-type: none"> • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

MARYLAND

Baltimore

Provider Name:	John Caruso LICENSED PROVIDER TELEHEALTH
Practice Name:	Freestate Behavioral Health
Profession:	Clinical social worker
Credentials:	LCSW-C
Address:	3455 Wilkens Ave., Suite 308, Baltimore, MD 21229
Email:	john@johnacaruso.com
Phone Number:	443-744-0126
Web Site:	N/A
Professional Bio:	John Caruso is a former firefighter and EMS in a Baltimore metro fire department. He has been a licensed clinical social worker in private practice for over 10 years, focusing on care for fire service members, EMS, police, and military.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Magellan Behavioral Health, Medicare, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Maryland
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Bipolar disorder • Depression • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Ellerslie

Provider Name:	Rayelle T. Davis LICENSED PROVIDER TELEHEALTH
Practice Name:	Rayelle Davis Counseling and Consultation
Profession:	Licensed clinical professional counselor
Credentials:	LCPC
Address:	P.O. Box 394, Ellerslie, MD 21529
Email:	rayelletdavis@gmail.com
Phone Number:	240-986-1176
Web Site:	N/A

Professional Bio:	
Accepted Insurance:	Offers a sliding scale
Professional License:	Yes, in Maryland
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/Substance Abuse • ADHD • Anger Management • Anxiety • Career/Employment Concerns • Depression • Grief and Loss • Multicultural Issues • Obesity/Weight Loss • PTSD/Trauma • Sexual Abuse/Rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/Behavioral Therapy • Crisis Intervention • Evaluation/Diagnosis • Existential Psychotherapy • Humanistic • Short-Term (Brief Treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Hagerstown

Provider Name:	Richard Bower TELEHEALTH
Practice Name:	N/A
Profession:	Board certified clinical chaplain, director of clinical chaplain services at Western MD Hospital Center, Maryland Health Department
Credentials:	MDiv, MT(ASCP), BCCC, BCPC, BCC, BCCS
Address:	13211 Fairfax Road, Hagerstown, MD 21742-2639
Email:	chappy.bower@gmail.com
Phone Number:	845-598-1737
Web Site:	N/A
Professional Bio:	NY State interior firefighter and chaplain (11 years); Hagerstown, MD, fire/EMS chaplain (10 years); the CISM/CRISIS Team, Region 2 of Maryland; retired chaplain (COL) the U.S. Army; currently the director of pastoral care at a Maryland Health Department medical center, with a broad and effectual experience in the psycho, social, and spiritual fields of crisis, trauma, anger, loss and grief, suicidal ideations, and family relationships. Remember, you do not have to go through this alone.
Accepted Insurance:	None
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Chronic illness • Depression • Grief and loss • Spiritual/religious • Stress

Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Pastoral counseling • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Julie Kugler-Bentley LICENSED PROVIDER TELEHEALTH
Practice Name:	Meritus Behavioral Health
Profession:	EAP coordinator, social worker
Credentials:	RN, LCSW-C, CEAP
Address:	11116 Medical Campus Rd., Suite 2989, Hagerstown, MD 21742
Email:	sw8437@aol.com
Phone Number:	301-766-7615
Web Site:	N/A
Professional Bio:	Julie Kugler-Bentley is the regional coordinator of the Maryland CISM Team for over 25 years. She has experience in emergency room, hospital, and out-patient services from both the medical and behavioral health provider standpoint. She has been married to a firefighter for 25 years and has USAR family training and experience. She is an experienced EAP provider and trainer and has advanced experience with grief, PTSD, and mood disorders.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Compsych, Horizon Behavioral Services, Humana, Kaiser Permanente, Magellan Behavioral Health, Medicare, Medicaid, TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Maryland
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Career/employment concerns • Chronic illness • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Middletown

Provider Name:	David Baker
Practice Name:	
Profession:	Clinical chaplain, MFT, pastoral counselor
Credentials:	PhD
Address:	5 Lamar Lane, Middletown, MD 21769
Email:	drdcbaker@gmail.com
Phone Number:	240-818-9230
Web Site:	
Professional Bio:	I am a retired Lutheran minister who provided institutional pastoral care and education. I was a board-certified clinical chaplain, clinical fellow (American Association of Pastoral Counselors), and clinical pastoral educator (College of Pastoral Supervision and Psychotherapy). I hold a PhD in marriage and family therapy and was an LPC in Texas.
Accepted Insurance:	None
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Alzheimer's/dementia • Geriatric pastoral care • Grief and loss • Marriage, divorce, and relationships • Spiritual/religious
Methods or Approaches Used:	<ul style="list-style-type: none"> • Geriatric consultation • Marriage and family therapy • Pastoral counseling
Telehealth Services:	No
Accepting New Patients:	No

Salisbury

Provider Name:	Chaplain Cooper LICENSED PROVIDER TELEHEALTH
Practice Name:	Cooper's
Profession:	Counselor/social worker/marriage and family
Credentials:	LBSW
Address:	Salisbury, MD
Email:	tc04236@yahoo.com
Phone Number:	410-845-8305
Web Site:	N/A
Professional Bio:	My name is Chaplain Cooper. I have a master of divinity in chaplaincy from Liberty University. I am a licensed social worker and a fire department chaplain. I currently work as a hospital chaplain. My book is called <i>Cooper's Morning Inspirations</i> . I am also a clinical pastoral counselor.
Accepted Insurance:	None
Professional License:	Yes, in Maryland
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Chronic illness • Depression

	<ul style="list-style-type: none"> • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Parenting issues • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Marriage and family therapy • Pastoral counseling • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Michael Finegan LICENSED PROVIDER TELEHEALTH
Practice Name:	Peninsula Police Psychological Services
Profession:	Psychologist
Credentials:	PhD
Address:	PMHS, 102 West Market St., Salisbury, MD 21801
Email:	mfinegan@pmhs.co
Phone Number:	410-546-2322
Web Site:	http://www.pmhs.co
Professional Bio:	Michael Finegan, PhD, is the lead psychologist for the Maryland State Police. See http://www.penaddictions.com/about-2/staff/ for full bio. Peninsula Police Psychological Services is a multi-specialty behavioral health practice that serves needs of government and the private sector both nationally and internationally.
Accepted Insurance:	None, but all other members of the clinical team take CareFirst
Professional License:	Yes, in Maryland, DC, Delaware, and Virginia
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Depression • Grief and loss • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Forensic evaluation • Psychological testing and evaluation • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Kelly Hawkins LICENSED PROVIDER TELEHEALTH
Practice Name:	Balanced Life Counseling Services
Profession:	Social worker
Credentials:	LCSW-C
Address:	560 Riverside Drive, Suite B101, Salisbury, MD 21801
Email:	kelly@yourbalancedlife.net

Phone Number:	443-978-8688
Web Site:	https://www.yourbalancedlife.net/
Professional Bio:	I have worked in the field for nearly 20 years and have developed a love of working with first responders during my time working in our local ER. I have the upmost respect for the work that they do and want to support them in any manner I can.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Coventry Health Care (PPO), Humana, Magellan Behavioral Health, Medicare, Medicaid, TRICARE, UMR, United Behavioral Health, United Healthcare
Professional License:	Yes, in Maryland
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Depression • Domestic violence • Marriage, divorce, and relationships • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention
Telehealth Services:	Yes
Accepting New Patients:	Yes

MASSACHUSETTS

Canton

Provider Name:	Lisa MacDonald LICENSED PROVIDER TELEHEALTH
Practice Name:	InnerSight Psychotherapy
Profession:	Social worker
Credentials:	LICSW
Address:	779 Washington Street, Suite 3C, Canton, MA 02021
Email:	Lmacdonald@inersightpsychotherapy.com
Phone Number:	781-806-0336
Web Site:	https://inersightpsychotherapy.com/
Professional Bio:	Lisa MacDonald is a private practice clinician specializing in trauma, adjustment, and mood disorders with first responders. She is the clinical director of the Bristol Norfolk Critical Incident Team and is certified in crisis intervention and critical incident stress management.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), United Behavioral Health
Professional License:	Yes, in Massachusetts
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships

	<ul style="list-style-type: none"> • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Holyoke

Provider Name:	Karen Kieffer TELEHEALTH
Practice Name:	Embodied Dialogics
Profession:	Clinical social worker and somatic coach
Credentials:	LCSW
Address:	650 Dwight St., Ste. 704, Holyoke, MA 01040
Email:	Karen@CatalystCH.com
Phone Number:	617-221-6655
Web Site:	N/A
Professional Bio:	Karen Kieffer is a somatic coach, clinical social worker, and instructor for master's level students. She provides coaching in management of acute stress and that supports clients to gain skills for immediate use to manage stress and anxiety as well as strong emotions like grief and anger. Karen supports people to gain practical new skills for immediate use, and then learn what kinds of ongoing therapy options might be best for their unique situation. Karen has supported hundreds of people to get out of distress, to get unstuck, and to meet their next challenges.
Accepted Insurance:	None
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Depression • Marriage, divorce, and relationships • Multicultural issues • Neuropsychology • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual health • Sleep disorders • Somatic wellness approaches • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Ludlow

Provider Name:	Lisa Knowles LICENSED PROVIDER TELEHEALTH
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Practice Name:	The Watch Wellness Group, Inc.
Profession:	Therapist/counselor
Credentials:	LMHC
Address:	104 Moody St., Ste.1, Ludlow, MA 01056
Email:	Lisaknowles1125@protonmail.com
Phone Number:	413-610-0500
Web Site:	https://www.thewatchwellness.com/
Professional Bio:	Lisa is a licensed mental health counselor, certified tobacco treatment practitioner, and holistic stress management instructor with 20 years clinical experience and 14 years serving law enforcement/first responders and their families. She has dedicated her private practice to those who selflessly serve the community and does so with purpose and conviction because, as her clients have said, "she gets it."
Accepted Insurance:	Aetna, Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), GIC, Health New England, Optum, private pay
Professional License:	Yes, in Massachusetts
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Stress • Tobacco cessation
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Evaluation/diagnosis • Existential psychotherapy • Humanistic • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Medway

Provider Name:	Kathryn Branca LICENSED PROVIDER TELEHEALTH
Practice Name:	F.I.R.S.T. MA, LLC
Profession:	Alcohol and drug counselor
Credentials:	LADC I
Address:	4 Lincoln Street, Medway, MA 02053
Email:	kathryn@firstmallc.com
Phone Number:	508-203-1413
Web Site:	https://www.firstmallc.com/
Professional Bio:	Kathryn is a licensed alcohol and drug counselor and certified nutrition coach specializing in the treatment of substance use stemming from stress and trauma. Her private practice serves first responders, veterans, and their families, and she is passionate about providing support to these communities.

Accepted Insurance:	None, but can provide a superbill to clients to submit to their provider for potential reimbursement
Professional License:	Yes, in Massachusetts
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Certified nutrition coach • Depression • PTSD/trauma • Stress • Suicide prevention
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Crisis intervention • Evaluation/diagnosis • Forensic evaluation
Telehealth Services:	Yes
Accepting New Patients:	Yes

MICHIGAN

Provider Name:	Marla Friedman LICENSED PROVIDER TELEHEALTH
Practice Name:	Dr. Marla W. Friedman PC
Profession:	Police psychologist
Details:	Marla Friedman offers telehealth services in Michigan. See full listing under Wheaton, IL.

Alpena

Provider Name:	Larry LaCross LICENSED PROVIDER TELEHEALTH
Practice Name:	Catholic Human Services, Inc.
Profession:	Master social worker
Credentials:	LMSW, CAADC, CCS
Address:	154 S. Ripley Blvd., Alpena, MI 49707
Email:	llacross@catholichumanservices.org
Phone Number:	989-356-6385
Web Site:	https://www.catholichumanservices.org/
Professional Bio:	I am a licensed master social worker specializing with 13 years of experience in behavioral health, trauma, and substance use disorders. I also serve as a paid/on call firefighter and medical first responder (FF I/II, MFR) with Presque Isle Township Fire Department.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicare, Medicaid, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Michigan
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Bipolar disorder • Career/employment concerns • Depression • Disability • Grief and loss

	<ul style="list-style-type: none"> • Marriage, divorce, and relationships • Obsessive-compulsive disorder • Pain management • Parenting issues • PTSD/trauma • Spiritual/religious
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Clarkston

Provider Name:	Adam Pasciak LICENSED PROVIDER TELEHEALTH
Practice Name:	Lake Orion Counseling Center
Profession:	Clinical psychologist
Credentials:	PhD, LP
Address:	3604 Clarkston Rd., Suite 102, Clarkston, MI 48348
Email:	DocAdam@lakeorioncc.com
Phone Number:	248-595-9969
Web Site:	http://www.lakeorioncc.com
Professional Bio:	Adam Pasciak is a former police officer with 20 years of experience. He is currently a licensed psychologist working with first responders dealing with trauma, and he is trained in EMDR, which is a recognized treatment for trauma. Our facility is currently using telehealth with a HIPPA-compliant server to aid in convenience and privacy.
Accepted Insurance:	Aetna, Blue Care Network, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), HAP, Health Plus, Humana, Magellan Behavioral Health, Medicare, Meridian, Molina, TRICARE, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Michigan
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Marriage, divorce, and relationships • Obsessive-compulsive disorder • Pain management • Parenting issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing)

Telehealth Services:	Yes
Accepting New Patients:	Yes

Detroit

Provider Name:	Eric L. Wilkins LICENSED PROVIDER TELEHEALTH
Practice Name:	Intersectional Insight, PLLC
Profession:	Licensed clinical social worker
Credentials:	LMSW
Address:	26711 Woodward Ave., Suite #208, Huntington Woods, MI 48070
Email:	ELWprivatepractice@intersectionalinsight.com
Phone Number:	248-965-4575
Web Site:	https://www.intersectionalinsight.com/
Professional Bio:	I have come into the clinical therapy profession later in life. This has allowed me to add life experience to professional training as I meet with clients to support them through life challenges. Cultivating self empowerment is a critical element in working with anyone seeking treatment.
Accepted Insurance:	BCBS PPO, out of pocket
Professional License:	Yes, in Michigan
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Depression • Grief and loss • Life transitions • Marriage, divorce, and relationships • PTSD/trauma • Stress
Methods or Approaches Used:	Cognitive/behavioral therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Douglas

Provider Name:	Darion Oberle LICENSED PROVIDER TELEHEALTH
Practice Name:	Forward Edge Services
Profession:	Social worker
Credentials:	LLMSW
Address:	45 Blue Star Highway, Douglas, MI 49406
Email:	darion@forwardedgeservices.com
Phone Number:	906-450-1249
Web Site:	https://forwardedgeservices.com/
Professional Bio:	See bio on web site.
Accepted Insurance:	None
Professional License:	Yes, in Michigan
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Children and adolescents

	<ul style="list-style-type: none"> • Depression • Marriage, divorce, and relationships • Sexual abuse/rape
Methods or Approaches Used:	<ul style="list-style-type: none"> • Marriage and family therapy • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Kalamazoo

Provider Name:	Eric Stezowski LICENSED PROVIDER TELEHEALTH
Practice Name:	Kerby Psychological Services
Profession:	Counselor
Credentials:	TLLP
Address:	5595 W. Main St., Kalamazoo, MI 49009
Email:	eric@kerbypsych.com
Phone Number:	269-716-2209
Web Site:	N/A
Professional Bio:	I have been a first responder (firefighter, paramedic, and police officer) for over 20 years before I became a counselor. I specialize in working with first responders, trauma, and addictions.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicare, Meridian, Messa, TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Michigan
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Psychological testing and evaluation • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Lansing

Provider Name:	Mark Cannizzaro LICENSED PROVIDER TELEHEALTH
Practice Name:	Greenbridge Psychological Services
Profession:	Clinical psychologist

Credentials:	PhD
Address:	120 North Washington Square, Suite 300, Lansing, MI 48933-1658
Email:	greenbridgepsychological@gmail.com
Phone Number:	734-210-1854
Web Site:	N/A
Professional Bio:	My name Mark Cannizzaro, PhD. I have been a clinical psychologist for 19 years. I gain rapport easily with children/adults/families and have worked with a firefighter for over 12 years with good success. I engage in individual/family/couples therapy. I'm eclectic in my therapy approach, primarily CBT.
Accepted Insurance:	Aetna, BCN, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), McLaren, Medicare, Medicaid
Professional License:	Yes, in Michigan
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Evaluation/diagnosis • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

MINNESOTA

Provider Name:	Margaret Gavian LICENSED PROVIDER TELEHEALTH
Practice Name:	Blue Peak Consulting; PAR360
Profession:	Psychologist
Credentials:	PhD, LP
Address:	Minneapolis, MN
Email:	bluepeakconsulting@gmail.com
Phone Number:	703-447-8428
Web Site:	http://www.bluepeak.one/
Professional Bio:	See web site.
Accepted Insurance:	BCBS, HealthPartners, Medica, Optum
Professional License:	Yes, in Minnesota
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching

	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Evaluation/diagnosis
Telehealth Services:	Yes
Accepting New Patients:	Yes

Oakdale

Provider Name:	Carla McKean LICENSED PROVIDER TELEHEALTH
Practice Name:	Counseling Kids and Adults LLC
Profession:	Marriage and family therapist
Credentials:	MA, LMFT, LADC
Address:	6230 10th St. N, Unit 220, Oakdale, MN 55128 12814 Lake Blvd #974, Lindstrom, MN 55045
Email:	cmckean@counselingkidsandadults.com
Phone Number:	651-755-4276
Web Site:	https://counselingkidsandadults.com/
Professional Bio:	Carla McKean is a marriage and family therapist who is also licensed in addiction counseling. She worked for years in Hazelden’s health care professionals/first responder addiction treatment program.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Comppsych, Health EZ, Health Partners, Magellan Behavioral Health, Medicaid, PreferredOne, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Minnesota. In the process of getting licensed in WI.
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Chronic illness • DBT • Depression • Disability • Domestic violence • Grief and loss • Learning disabilities • Marriage, divorce, and relationships • Meditation • Multicultural issues • Obesity/weight loss • Obsessive-compulsive disorder • Pain management • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Sleep disorders • Spiritual/religious

	<ul style="list-style-type: none"> • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Humanistic • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Roseville

Provider Name:	Denise Williams LICENSED PROVIDER TELEHEALTH
Practice Name:	Life Curation, PLLC
Profession:	Licensed marriage and family therapist
Credentials:	LMFT
Address:	2233 Hamline Avenue North, Ste. 512, Roseville, MN 55113
Email:	beintentional@lifecurationllc.com
Phone Number:	651-243-2328
Web Site:	https://lifecurationpllc.com/
Professional Bio:	Denise Williams is the owner of Life Curation, PLLC group practice. She is a LMFT specializing in systems (families, couples, workplace, friend groups, other communities) and has 13 years of counseling experience working in non-profits focusing on crisis intervention, chronic pain, dual diagnosis, homelessness, and complex systems. She currently serves unionized workers and dependents. She is a low barrier, highly empathetic provider.
Accepted Insurance:	Beacon Health Options, Compsych, Curalink, Empathia, ESI, Horizon Behavioral Services, LifeWorks, Magellan Behavioral Health, PacifiCare Behavioral Health, SpringHealth
Professional License:	Yes, in Minnesota
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Pain management • Parenting issues • PTSD/trauma • Sexual health • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching

	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Humanistic • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Wayzata

Provider Name:	Angela Nelson LICENSED PROVIDER TELEHEALTH
Practice Name:	Angela R. Nelson, PsyD, LP
Profession:	Clinical psychologist
Credentials:	PsyD
Address:	801 Twelve Oaks Ctr Dr., Suite 803D, Wayzata, MN 55391
Email:	anelsonpsyd@gmail.com
Phone Number:	763-355-4558
Web Site:	https://drangelanelson.com/
Professional Bio:	With over 20 years of experience, I bring straightforward, compassionate care to stressed out individuals. I am well versed in suicide assessment and crisis management. Having worked through my own trauma history related to fire, I can bring a helpful understanding to our work together.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), Preferred One
Professional License:	Yes, in Minnesota
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Bipolar disorder • Chronic illness • Grief and loss • Learning disabilities • Obsessive-compulsive disorder • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Psychological testing and evaluation
Telehealth Services:	Yes
Accepting New Patients:	Yes

MISSISSIPPI

Provider Name:	Carlye Hutchinson LICENSED PROVIDER TELEHEALTH
Practice Name:	Carlye Hutchinson, LPC-MHSP
Profession:	Counselor
Details:	Carlye Hutchinson offers telehealth services in Mississippi. See full listing under Collierville, TN.

Biloxi

Provider Name:	Catherine Rogers LICENSED PROVIDER TELEHEALTH
Practice Name:	Psycamore Psychiatric Programs, LLC
Profession:	Psychiatrist
Credentials:	MD
Address:	2620 Executive Place, Biloxi, MS 39531
Email:	N/A
Phone Number:	228-385-7744
Web Site:	https://psycamore.com/
Professional Bio:	Dr. Rogers completed her medical school and psychiatry residency at UNC – Chapel Hill. She is board certified through the American Board of Psychiatry and Neurology. She has served as an active duty military psychiatrist in the USAF. Her interests include mood/anxiety disorders, PTSD, and military/veteran/first responder issues.
Accepted Insurance:	Aetna, American LIFECARE, Inc., Beacon Health Options, BestCare, Inc., Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Compsych, Coventry Health Care, Coventry Health Care (PPO), FARA PPO Network, Health Plus, Horizon Behavioral Services, Humana, Kaiser Permanente, Magellan Behavioral Health, Managed Health Network, Ochsner Health Plan, PacifiCare Behavioral Health, PPOplus, LLC, Private Healthcare Systems, Tenet Choices, Inc., TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), Vantage Health Plan, Inc., most private insurances
Professional License:	Yes, in Mississippi
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Bipolar disorder • Depression • Obsessive-compulsive disorder • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Dialectical behavior therapy • Evaluation/diagnosis
Telehealth Services:	Yes
Accepting New Patients:	Yes

Clinton

Provider Name:	Kelly White LICENSED PROVIDER TELEHEALTH
Practice Name:	Kelly White Counseling and Consulting, LLC
Profession:	Licensed Professional Counselor
Credentials:	LPC
Address:	118 Red Oak Rd., Clinton, MS 39056
Email:	kellywhitecc@gmail.com
Phone Number:	318-278-7904
Web Site:	N/A

Professional Bio:	Kelly White is the chief development officer for The Center for Children and Families, Inc. Her educational background includes master's degrees in criminal justice and counseling from the University of Louisiana Monroe. She is a licensed professional counselor in Louisiana and Mississippi and also certified in telehealth in both states.
Accepted Insurance:	None, sliding scale
Professional License:	Yes, in Louisiana and Mississippi
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Family and children related concerns • Marriage, divorce, and relationships • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Louisville

Provider Name:	Linda Strickland LICENSED PROVIDER TELEHEALTH
Practice Name:	Step of Faith Counseling
Profession:	Counselor
Credentials:	LPC
Address:	1203 N Columbus Ave., Louisville, MS 39339
Email:	darlene.strickland@icloud.com
Phone Number:	662-803-5377
Web Site:	N/A
Professional Bio:	I opened Step of Faith Counseling in October 2021. Prior to opening, I worked as the counselor at Care Lodge Domestic Violence Shelter and at Christian Changes Counseling and Recovery. While I was in graduate school I did my Internship at Christian Changes Counseling and Recovery and French Camp Academy.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Humana, United Healthcare, United Healthcare (Options PPO), sliding scale for those who do self-pay and cannot afford full cost
Professional License:	Yes, in Mississippi
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Domestic violence • Grief and loss • PTSD/trauma • Spiritual/religious • Trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Dialectical behavior therapy

Telehealth Services:	Yes
Accepting New Patients:	Yes

MISSOURI

Provider Name:	Belinda Barnett LICENSED PROVIDER TELEHEALTH
Practice Name:	Belinda Barnett, PhD
Profession:	Clinical psychologist
Details:	Dr. Belinda Barnett offers online services in Missouri through certification with PsyPact. See full listing under Pittsburg, PA.

Ballwin

Provider Name:	Gina Rivera Sokolich LICENSED PROVIDER TELEHEALTH
Practice Name:	Responding First, LLC
Profession:	Counselor
Credentials:	LPC, CCTP, MA, EMT
Address:	930 Kehrs Mill Rd., Suite 325-13, Ballwin, MO 63011
Email:	respondingfirstcounseling@gmail.com
Phone Number:	314-649-0277
Web Site:	https://respondingfirst.com/
Professional Bio:	I have more than eight years of experience in EMS and have been in the mental health field for four years, with two years in private practice. I see a variety of clients from 12 years and older. I use a variety of modalities, including EMDR, brainspotting, CBT, and mindfulness meditation.
Accepted Insurance:	HSA and sliding scale, usually low for first responders
Professional License:	Yes, in Missouri
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Domestic violence • Grief and loss • Obesity/weight loss • Obsessive-compulsive disorder • PTSD/trauma • Sexual abuse/rape • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Humanistic • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Creve Coeur

Provider Name:	Shelley Stretch LICENSED PROVIDER TELEHEALTH
Practice Name:	Authentic Being Therapy & Wellness
Profession:	Licensed professional counselor
Credentials:	LPC
Address:	655 Craig Rd., Suite 320, Creve Coeur, MO 63141
Email:	Sstretchlpc@gmail.com
Phone Number:	314-882-0619
Web Site:	http://bit.ly/2KyTm55
Professional Bio:	See bio on web site.
Accepted Insurance:	United Health Care, can also provide a super bill to clients who are on another insurance
Professional License:	Yes, in Missouri
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive behavior therapy • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Gallatin

Provider Name:	Grace Carder LICENSED PROVIDER TELEHEALTH
Practice Name:	Corner Street Counseling
Profession:	Social work
Credentials:	LCSW
Address:	109E Jackson, Gallatin, MO 64640
Email:	gmcarder@windstream.net
Phone Number:	660-605-2443
Web Site:	N/A
Professional Bio:	
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Compsych, TRICARE, United Healthcare
Professional License:	Yes, in Missouri
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Depression • Domestic violence

	<ul style="list-style-type: none"> • Grief and loss • Sexual abuse/rape • Spiritual/religious
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Springfield

Provider Name:	Stephanie Basham LICENSED PROVIDER TELEHEALTH
Practice Name:	Own Your Story
Profession:	Individual and couple's counselor
Credentials:	LPC
Address:	1736 E Sunshine, Suite 811, Springfield, MO 65804
Email:	ownyourstory100@gmail.com
Phone Number:	417-719-1441
Web Site:	https://www.ownyourstorycounseling.com/
Professional Bio:	I have been in the mental health field for over 30 years. I specialize in trauma using mainly EMDR and CBT. My husband is a fire marshal, so I have had a passion for helping first responders because they don't get the care that they need.
Accepted Insurance:	None
Professional License:	Yes, in Missouri
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

St. Charles

Provider Name:	Linda Denison LICENSED PROVIDER TELEHEALTH
Practice Name:	Linda Denison, LPC
Profession:	Counselor
Credentials:	LPC, CFRC

Address:	621 South Fifth Street, St. Charles, MO 63301
Email:	Idenisonlpc@gmail.com
Phone Number:	636-328-1185
Web Site:	N/A
Professional Bio:	Linda has been in private practice for nearly 11 years and works with individuals 18 and older. Linda has many trainings in trauma and has a true passion for assisting first responders and their families.
Accepted Insurance:	Aetna, Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Coventry Health Care, Magellan Behavioral Health, TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Missouri
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

St. Louis

Provider Name:	W. Grant Ellis LICENSED PROVIDER TELEHEALTH
Practice Name:	William Grant Ellis, LPC
Profession:	Licensed professional counselor
Credentials:	LPC
Address:	10820 Sunset Office Drive, Suite 204, St. Louis, MO 63127
Email:	GrantEllis59@yahoo.com
Phone Number:	314-898-5538
Web Site:	http://serenitygranted.com/
Professional Bio:	I have a diversity of experience counseling individuals, couples, and groups. Having worked as a paramedic for 22+ years, I feel most comfortable working with EMT/paramedics, police, firefighters, and the families that love and care for them. I've been in practice since 2008 and am accepting new clients. Video telehealth is available.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), employee assistance programs (EAP), HealthLink, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO),
Professional License:	Yes, in Missouri
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns

	<ul style="list-style-type: none"> • Depression • Domestic violence • Financial management • Grief and loss • Marriage, divorce, and relationships • Parenting in blended families • Parenting issues • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Humanistic • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Casey Thompson LICENSED PROVIDER TELEHEALTH
Practice Name:	Coffee with Casey Counseling
Profession:	Mental health counselor
Credentials:	LPC
Address:	Saint Louis County
Email:	coffeewithcaseycounseling@gmail.com
Phone Number:	314-502-1103
Web Site:	http://coffeewithcaseycounseling.com/
Professional Bio:	See bio on web site.
Accepted Insurance:	None
Professional License:	Yes, in Missouri
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Chronic illness • Depression • Disability • Grief and loss • Marriage, divorce, and relationships • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Evaluation/diagnosis • Existential psychotherapy

	<ul style="list-style-type: none"> • Humanistic • Marriage and family therapy • Pastoral counseling • Psychodynamic therapy • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

MONTANA

Bozeman

Provider Name:	Carol Staben Burroughs LICENSED PROVIDER TELEHEALTH
Practice Name:	Carol Staben Burroughs Counseling
Profession:	Licensed clinical professional counselor
Credentials:	LCPC
Address:	2023 Stadium Drive, Suite 2B, Bozeman, MT 59715
Email:	carolatwork@montana.net
Phone Number:	406-585-3743
Web Site:	http://www.carolstabenburroughs.com/
Professional Bio:	I have been working with first responders for over 25 years, doing counseling and training in peer support and critical incident stress management.
Accepted Insurance:	Aetna, BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Coventry Health Care, Coventry Health Care (PPO), Managed Health Network, Medicaid, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Montana
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Relational therapy • Short-term (brief treatment)

Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Vivienne Riseley LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Social worker
Credentials:	MSW, SWLC
Address:	PO Box 10516, Bozeman, MT 59719
Email:	vivienneriseley@gmail.com
Phone Number:	406-282-3055
Web Site:	https://www.psychologytoday.com/us/therapists/vivienne-riseley-bozeman-mt/744420
Professional Bio:	I help people understand the neuroscience of stress and trauma on the brain, how this can impact daily lives, and how they can start to work through what's challenging them to get their life to a place they want it to be. I use talk, mindfulness, and somatic interventions.
Accepted Insurance:	Aetna, Allegiance, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Health Partners, Montana Coop, Pacific Source, United
Professional License:	Yes, in Montana
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Bipolar disorder • Depression • Domestic violence • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Humanistic • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Great Falls

Provider Name:	Ryanne Stellingwerf LICENSED PROVIDER TELEHEALTH
Practice Name:	Solutions Counseling
Profession:	Psychotherapist
Credentials:	MS, LCPC
Address:	18 6th Street North, Suite 200, Great Falls, MT 59401
Email:	solutionscounseling@protonmail.com
Phone Number:	406-272-4545
Web Site:	https://www.solutionscounselingmt.com/
Professional Bio:	Ryanne Stellingwerf has an MS in mental health counseling from Capella University with an educational focus on combat trauma, is certified in the emotional freedom technique, is a clinical trauma professional and a

	mental health integrated medicine practitioner, and served seven years (2004 – 2011) in Iraq and Afghanistan as a military contractor.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), InterWest Health
Professional License:	Yes, in Montana
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Chronic illness • PTSD/trauma • Sleep disorders
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

NEBRASKA

Provider Name:	Belinda Barnett LICENSED PROVIDER TELEHEALTH
Practice Name:	Belinda Barnett, PhD
Profession:	Clinical psychologist
Details:	Dr. Belinda Barnett offers online services in Nebraska through certification with PsyPact. See full listing under Pittsburg, PA.

Lincoln

Provider Name:	Jamie Heng LICENSED PROVIDER TELEHEALTH
Practice Name:	New Outlook Counseling
Profession:	Mental health therapist
Credentials:	LIMHP
Address:	610 J St, Ste 300, Lincoln, NE 68508
Email:	jamie@jamiehengcounseling.com
Phone Number:	402-413-6247
Web Site:	https://jamiehengcounseling.com/
Professional Bio:	Jamie Heng has her master's degree in community counseling and has been practicing counseling since 2012. She is certified in perinatal mental health and is a certified disordered gambling counselor. Additionally, she is provisionally licensed as an alcohol and drug counselor. She is trained in cognitive behavioral therapy and cognitive processing therapy, among other therapeutic modalities.
Accepted Insurance:	Aetna, Auxiant/Midland's Choice, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicaid, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Nebraska
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Marriage, divorce, and relationships • Obsessive-compulsive disorder

	<ul style="list-style-type: none"> • Perinatal • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Dialectical behavior therapy • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Omaha

Provider Name:	Leah O'Brien LICENSED PROVIDER TELEHEALTH
Practice Name:	Thin Line Therapy
Profession:	Mental health practitioner
Credentials:	LIMHP, CPC, LADC
Address:	10605 Burt Circle, Omaha, NE 68114
Email:	leah@thinlinetherapy.com
Phone Number:	402-440-9168
Web Site:	https://www.thinlinetherapy.org/
Professional Bio:	I grew up the daughter of a Lincoln firefighter and am currently married to a Council Bluffs firefighter. I hold degrees in psychology and clinical mental health counseling and independent licensure in both mental health and substance use. I am also trained in EMDR and brainspotting.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), GPA, Medicaid, Midlands Choice, TRICARE, UMR, United Healthcare
Professional License:	Yes, in Nebraska and Iowa
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Bipolar disorder • Depression • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Victoria Stegall LICENSED PROVIDER TELEHEALTH
Practice Name:	
Profession:	Mental health therapist
Credentials:	LMHP, LADAC
Address:	11905 Arbor St., Omaha, NE 68022
Email:	starlessky1@aol.com
Phone Number:	541-232-5506

Web Site:	
Professional Bio:	Victoria Stegall is a dually Licensed therapist in private practice with 20 years of experience who specializes in PTSD, trauma, grief, depression, and anxiety. She utilize brainspotting, DBT, CBT, and psychedelic assisted therapy.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare)
Professional License:	Yes, in Nebraska
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Jason Workman LICENSED PROVIDER TELEHEALTH
Practice Name:	First Responders Foundation
Profession:	Licensed mental health practitioner
Credentials:	LIMHP, LMHP, LADC, LMHC
Address:	10605 Burt Circle, Omaha, NE 68114
Email:	Jason@firstrespondersfoundation.org
Phone Number:	402-320-3875
Web Site:	https://firstrespondersfoundation.org/
Professional Bio:	I have worked with first responders in Nebraska for the last 13 years as a law enforcement chaplain, as part of the state CISM team, and as a clinician. My past experiences include serving as a firefighter/EMT in Northern California, Child Protective Services (investigations), Nebraska Department of Correctional Services, and State Probation.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Coventry Health Care, Coventry Health Care (PPO), Horizon Behavioral Services, TRICARE, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Nebraska and Iowa
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Depression • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention

	<ul style="list-style-type: none"> • EMDR (eye movement desensitization and reprocessing) • Pastoral counseling • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

NEVADA

Provider Name:	Belinda Barnett LICENSED PROVIDER TELEHEALTH
Practice Name:	Belinda Barnett, PhD
Profession:	Clinical psychologist
Details:	Dr. Belinda Barnett offers online services in Nevada through certification with PsyPact. See full listing under Pittsburg, PA.

Provider Name:	Cara Elliott LICENSED PROVIDER TELEHEALTH
Practice Name:	Cara M Elliott
Profession:	Marriage family therapist, licensed clinical alcohol and drug counselor
Details:	Cara Elliott offers telehealth services in Nevada. See full listing under California.

Henderson

Provider Name:	Dr. Debra A. Tolliver LICENSED PROVIDER TELEHEALTH
Practice Name:	Matias Interventions
Profession:	Psychology, counselor, substance abuse professional
Credentials:	PsyD, LPC, SAP, CPC, MAC, CDCI
Address:	Henderson, NV (telehealth only)
Email:	ltolli2112@aol.com
Phone Number:	907-317-6306
Web Site:	N/A
Professional Bio:	
Accepted Insurance:	Beacon Health Options, Curalinc, Kepro, Lifeworks, Workplace Options
Professional License:	Yes, in Nevada and Alaska
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Parenting issues • PTSD/trauma • Sexual abuse/rape
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention

	<ul style="list-style-type: none"> • Dialectical behavior therapy • Marriage and family therapy • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Las Vegas

Provider Name:	Kasia Caldwell LICENSED PROVIDER TELEHEALTH
Practice Name:	Intentional Living Academy
Profession:	Social worker
Credentials:	MSW, LCSW
Address:	801 S. Rancho Dr., Ste. E-3A, Las Vegas, NV 89106
Email:	therapy@kasiacaldwell.com
Phone Number:	702-620-9354
Web Site:	https://www.kasiacaldwell.com/
Professional Bio:	Kasia is a professional in the treatment of trauma, addictions, family relationships, and couple's treatment. She uses evidence based best practices to provide the gold standard in treatment to her clients. Her skills based, solution focused approach to identifying issues related to communication, connection, and self-regulation make all the difference.
Accepted Insurance:	Aetna, Cigna, Medicare, Medicaid, Tricare West, United Healthcare, cash pay and out-of-network clients also welcome
Professional License:	Yes, in Nevada and Utah
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Career/employment concerns • Chronic illness • Depression • Disability • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Obesity/weight loss • Pain management • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sleep disorders • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy

	<ul style="list-style-type: none"> • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Forensic evaluation • Marriage and family therapy • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Tony Martinez LICENSED PROVIDER TELEHEALTH
Practice Name:	Collective Mind Therapy
Profession:	Marriage and family therapist
Credentials:	Ph.D., LMFT
Address:	7495 W. Azure Drive #204, Las Vegas, NV 89130
Email:	tony.martinez@gmx.com
Phone Number:	310-500-5645
Web Site:	https://www.collectivemindtherapy.com/
Professional Bio:	I believe that effective psychotherapy begins with a great relationship between the therapist and client. I have worked in this field for 15 years and enjoy helping people live better lives. I have extensive experience in working with trauma and other concerns. I look forward to serving you soon.
Accepted Insurance:	None
Professional License:	Yes, in Nevada and California
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Depression • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Humanistic
Telehealth Services:	Yes
Accepting New Patients:	Yes

Reno

Provider Name:	Elizabeth Dear LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Marriage and family therapist, licensed clinical alcohol and drug counselor
Credentials:	LMFT, LCADC
Address:	527 Plumas Street, Reno, NV 89509
Email:	zabethdear@gmail.com
Phone Number:	775-348-4696
Web Site:	https://beyondcbt.com
Professional Bio:	A clinician for 20 years, I work with individuals, couples, and families. I work with my clients to identify what they want to address. I attend to the unique perspective of each person, respecting the autonomy and wisdom of the individual, as well as offering specific practices and tools.

Accepted Insurance:	ACI Specialty Benefits EAP, Healthscope, Hometown Health, Prominence, possibility of single case agreements with others
Professional License:	Yes, in Nevada and California
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Humanistic • Marriage and family therapy • Psychodynamic therapy • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	John Krogh LICENSED PROVIDER TELEHEALTH
Practice Name:	John H. Krogh, Ph.D., P.L.L.C./Clinic AD
Profession:	Psychologist
Credentials:	PhD
Address:	10631 Professional Circle, Suite A, Reno, NV 89521
Email:	ClinicADNV@gmail.com
Phone Number:	775-826-6218
Web Site:	N/A
Professional Bio:	I am a licensed psychologist with over a decade of experience training mental health professionals and helping people manage distressing/difficult experiences that life brings our way. I am a military veteran and have extensive experience treating first responders and veterans as well as over a decade providing crisis and mental health training to first responders. I was trained by the FBI in crisis/hostage negotiation and have been on a Hostage Negotiation Team since 2015. I was a member of the Nevada Board of Psychological Examiners from 2017-2022. I have expertise in treatment of trauma-related disorders, such as posttraumatic stress disorder, as well as insomnia, stress, anxiety, depression, and substance use treatment.
Accepted Insurance:	Aetna, Anthem BC/BS, Hometown Health, Prominence, United Healthcare
Professional License:	Yes, in Nevada
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Depression • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention

	<ul style="list-style-type: none"> • Evaluation/diagnosis • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Erika Mellor LICENSED PROVIDER TELEHEALTH
Practice Name:	Erika M. Mellor, M.A.
Profession:	Licensed marriage and family therapist, licensed clinical alcohol and drug counselor, national certified counselor
Credentials:	MA, MFT, LCADC, NCC
Address:	1010 Caughlin Crossing, Suite 200, Reno, NV 89519
Email:	
Phone Number:	775-622-9900
Web Site:	http://emmnv.com/
Professional Bio:	Erika Mellor has 18 years in private practice providing individual, couple, and family psychotherapy addressing mental health and substance abuse concerns. She has a professional interest in acute stress, post-traumatic stress, and post-traumatic growth. She also has 17 years of experience with regional EAP work predominately with first responders and professional speaking on resilience in the first responder community.
Accepted Insurance:	Aetna, Anthem, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Hometown Health Plan, Prominence Health Plan, TRICARE
Professional License:	Yes, in Nevada
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Steve Nicholas LICENSED PROVIDER TELEHEALTH
Practice Name:	Dr. Steve Nicholas
Profession:	Marriage and family therapist
Credentials:	EdD, LMFT
Address:	543 Plumas St., Reno, NV, 89509
Email:	swnicholas@gmail.com
Phone Number:	775-335-5746
Web Site:	N/A
Professional Bio:	I am an embedded clinician with the Truckee Meadows Fire/Protection District. I am also a CISM/CISD contractor with BLM Fire & Aviation. My copyrighted model, Living Ideation, aims to discover existing strengths within a person and then amplify those abilities and resilience.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), Hometown Health Plan, Prominence, Saint Mary's, UMR

Professional License:	Yes, in Nevada
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Suicide prevention/intervention • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Crisis intervention • Evaluation/diagnosis • Existential psychotherapy • Humanistic • Marriage and family therapy • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Chauncey Parker LICENSED PROVIDER TELEHEALTH
Practice Name:	Chauncey Parker, PhD
Profession:	Clinical psychologist
Credentials:	PhD
Address:	200 S. Virginia St., Fl 8, Reno, NV 89501
Email:	chauncey@chaunceyparker.org
Phone Number:	530-536-6690
Web Site:	N/A
Professional Bio:	After nearly 20 years as a rock/ice climbing instructor and guide and member of mountain rescue teams around the country, I wanted to work with people in a different way. I have a BA in psychology from the University of Nevada and a PhD in clinical psychology from the University of Washington. I'm experienced with emergency response, law enforcement, and military.
Accepted Insurance:	Hometown Health, Medicare, Prominence, check with practice for additional information
Professional License:	Yes, in Nevada
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Obesity/weight loss • Pain management • PTSD/trauma • Sexual abuse/rape • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy

	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Melissa Petersen LICENSED PROVIDER TELEHEALTH
Practice Name:	Sierra Family Wellness
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	543 Plumas St., Reno, NV 89509
Email:	melissapetersenmft@gmail.com
Phone Number:	775-825-2503
Web Site:	N/A
Professional Bio:	Melissa Petersen, LMFT, specializes in the treatment of trauma, anxiety, depression, ADHD, and family/relationship distress. She is accepting new patients: individuals, families, couples, and children. She utilizes EMDR, trauma-focused CBT, child-centered play therapy, etc. Telehealth is available for residents of Nevada. Melissa is a former wildland firefighter, dispatcher, and fire information officer.
Accepted Insurance:	Anthem, Blue Cross and Blue Shield (HMO), CDS Group Health, Prominence Health Plan
Professional License:	Yes, in Nevada
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Career/employment concerns • Chronic illness • Depression • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Sandra Poupney LICENSED PROVIDER TELEHEALTH
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Practice Name:	Sandra Poupeney LCSW, LADC
Profession:	Licensed clinical social worker
Credentials:	LCSW, LADC
Address:	506 Holcomb Ave., Reno, NV 89502
Email:	smpoupeney@charter.net
Phone Number:	775-337-6940
Web Site:	N/A
Professional Bio:	I became an LCSW in 1995 and have been working with trauma since then. I was trained in EMDR in 1999. With continued training I am now an EMDRIA approved consultant and an EMDRIA-HAP approved facilitator. Presently about 95 percent of my practice concentrates on working with people who have experienced trauma.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicare, Private Healthcare Systems, United Healthcare
Professional License:	Yes, in Nevada
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns • Chronic illness • Depression • Domestic violence • Grief and loss • PTSD/trauma • Sexual abuse/rape • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Cory Taylor LICENSED PROVIDER TELEHEALTH
Practice Name:	Healing Hearts Therapy
Profession:	Marriage and family therapist
Credentials:	LMFT, CADC, certified EMDR therapist
Address:	126 Mt. Rose Street, Reno, NV 89509
Email:	corytaylor.mft.cadc@gmail.com
Phone Number:	775-848-7033
Web Site:	N/A
Professional Bio:	To create lasting change requires time, energy, and commitment. This works best as a collaborative partnership. I will use professional knowledge and skills to help you make the changes you want to make. Our hard work and best efforts together will help you reach your personal goals.
Accepted Insurance:	Hometown Health
Professional License:	Yes, in Nevada
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety

	<ul style="list-style-type: none"> • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Sparks

Provider Name:	Ryan Clifford LICENSED PROVIDER TELEHEALTH
Practice Name:	Silver State Counseling and Therapy
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	2125 Green Vista Dr., Ste 106, Sparks, NV 89431
Email:	silverstatecounseling@gmail.com
Phone Number:	775-622-8890
Web Site:	https://www.silverstatecounseling.com/
Professional Bio:	Ryan is a licensed marriage and family therapist. He has experience working with a spectrum of mental health issues. Ryan's current treatment passions are delivering care to those with trauma histories. He is level I and level II EMDR trained. Ryan's other specialties are anxiety, anger, and interpersonal issues.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), GEHA, Hometown Health, Prominence, TriWest, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Nevada
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Depression • Marriage, divorce, and relationships • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

NEW HAMPSHIRE

Provider Name:	Belinda Barnett LICENSED PROVIDER TELEHEALTH
Practice Name:	Belinda Barnett, PhD
Profession:	Clinical psychologist
Details:	Dr. Belinda Barnett offers online services in New Hampshire through certification with PsyPact. See full listing under Pittsburg, PA.

Provider Name:	Amy Davenport Dakin LICENSED PROVIDER TELEHEALTH
Practice Name:	New Perceptions, Inc.
Profession:	Counselor
Details:	Amy Davenport Dakin offers telehealth services in New Hampshire. See full listing under Augusta, ME.

Provider Name:	Patricia Westaway LICENSED PROVIDER TELEHEALTH
Practice Name:	Patricia R Westaway, MA, LCMHC-S
Profession:	Counselor
Details:	Patricia Westaway practices in both New Hampshire and North Carolina. See full listing under Cedar Island, NC.

Manchester

Provider Name:	Susan Brown LICENSED PROVIDER TELEHEALTH
Practice Name:	Forge VFR
Profession:	Mental health counselor
Credentials:	LCMHC, MLADC
Address:	1750 Elm St., Suite 103, Manchester, New Hampshire 03104
Email:	sbrown@forgehealth.com
Phone Number:	603-865-1706
Web Site:	N/A
Professional Bio:	Susan is a lead clinician and trainer at Forge VFR. She has worked in the mental health and substance use field for over 30 years. Her father retired from the fire service, and Susan volunteered as an EMT-I for 10 years and on CISM teams for several years.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Martin's Point, Medicaid, TRICARE
Professional License:	Yes, in New Hampshire
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Bipolar disorder • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • Obesity/weight loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis

	<ul style="list-style-type: none"> • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

NEW JERSEY

Provider Name:	Padmaja Charya LICENSED PROVIDER TELEHEALTH
Practice Name:	JFS
Profession:	Licensed professional counselor of mental health
Details:	Padmaja Charya offers telehealth services in New Jersey. See full listing under Wilmington, DE.

Cranford

Provider Name:	Ana Pais LICENSED PROVIDER TELEHEALTH
Practice Name:	Ana Pais, LPC
Profession:	Counselor
Credentials:	LPC, NCC, CFRC, CCTP
Address:	123 N. Union Ave, Ste. 302, Cranford, NJ 07016
Email:	apaislpc@gmail.com
Phone Number:	908-292-8017
Web Site:	https://www.anapaistherapy.com/
Professional Bio:	My clients would describe me as a genuine, caring, and compassionate clinician that specializes in the treatment of adverse life events and occupational stress injuries. I have over 10 years of experience working in the mental health field.
Accepted Insurance:	Out of network
Professional License:	Yes, in New Jersey
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns • Depression • Grief and loss • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Little Falls

Provider Name:	Anastasia Pytal LICENSED PROVIDER TELEHEALTH
Practice Name:	First Responders Resilience Center
Profession:	Psychologist
Credentials:	PsyD

Address:	39 E. Main Street, Second Floor, Little Falls, NJ 07424
Email:	DrPytal@gmail.com
Phone Number:	973-454-5569
Web Site:	http://www.helpingfirstresponders.com
Professional Bio:	Dr. Anastasia Pytal is a licensed psychologist and former law enforcement officer. Her area of professional interest and expertise is working with police officers and their loved ones on issues pertaining to trauma, depression, anxiety, and officer wellness. She is currently in private practice in Little Falls, NJ.
Accepted Insurance:	Out of network
Professional License:	Yes, in New Jersey
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Disability • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Marlton

Provider Name:	Dr. Francine M. Roberts LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Clinical psychologist/retired registered nurse
Credentials:	PsyD
Address:	16 Hanover Road, Marlton, NJ 08053
Email:	drfranpsyd@gmail.com
Phone Number:	513-379-7935
Web Site:	N/A
Professional Bio:	Dr. Roberts is a private practice clinical psychologist with 25+ years of experience, specializing in firefighters, police, EMS, nursing, and the military. She was a registered nurse for over 30+ years (15 years in the ER), and has 10 years of experience providing critical incident stress management
Accepted Insurance:	None. The fee is \$95 per 60- to 75-minute session. Most clients get reimbursement with out-of-network benefits.
Professional License:	Yes, in New Jersey
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns • Chronic illness • Critical incidents • Depression • Grief and loss

	<ul style="list-style-type: none"> • Marriage, divorce, and relationships • PTSD/trauma • Retirement • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Existential psychotherapy • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Mendham

Provider Name:	Christopher Waters LICENSED PROVIDER TELEHEALTH
Practice Name:	Uncommon Waters Counseling Services
Profession:	Counselor
Credentials:	LPC
Address:	85a East Main Street, Mendham, NJ 07945
Email:	uwcounselingservices@gmail.com
Phone Number:	973-306-4802
Web Site:	
Professional Bio:	I have a master's degree and am working on a doctorate in trauma studies. I am a former first responder with five years of counseling experience aiming to help others recover from the effects of trauma.
Accepted Insurance:	Aetna, Beacon Health Options, BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Horizon Behavioral Services
Professional License:	Yes, in New Jersey
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Sexual health • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Ramsey

Provider Name:	Andrew Pansky LICENSED PROVIDER TELEHEALTH
Practice Name:	Collective Mind Counseling & Recovery
Profession:	Social worker, drug and alcohol counselor
Credentials:	LCSW, LCADC
Address:	145 N. Franklin Tpke., Suite 110, Ramsey, NJ 07446
Email:	andrew@collectivemindcounseling.com
Phone Number:	201-574-7065
Web Site:	http://www.collectivemindcounseling.com
Professional Bio:	Andrew is a New York City firefighter and licensed clinician in private practice.
Accepted Insurance:	Aetna, BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, LCSW in New Jersey and New York
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Grief and loss • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

New Mexico

Albuquerque

Provider Name:	Blythe Landry LICENSED PROVIDER TELEHEALTH
Practice Name:	
Profession:	Licensed clinical social worker, grief recovery method specialist
Credentials:	LCSW, M.Ed.
Address:	1622 Vassar Dr. SE, Albuquerque, New Mexico 87106
Email:	blythecl@gmail.com
Phone Number:	773-316-0685
Web Site:	https://www.blythelandry.com/
Professional Bio:	Blythe Landry is a LCSW/M.Ed., certified grief recovery method specialist and death midwife with 22 years of experience in trauma, grief, and addictions. She is the author of "Trauma Intelligence: The Art of Helping in a World Filled with Pain," and has recently completed trauma trainings at numerous organizations.
Accepted Insurance:	None
Professional License:	Yes, in Tennessee
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Bipolar disorder

	<ul style="list-style-type: none"> • Chronic illness • Depression • Grief and loss • PTSD/trauma • Sexual abuse/rape
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Crisis intervention • Evaluation/diagnosis • Existential psychotherapy • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Las Cruces

Provider Name:	Robyn Rehbein LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Therapist
Credentials:	LPCC
Address:	255 W. Hadley Ste. 1, Las Cruces, NM 88005
Email:	robynrehbein@gmail.com
Phone Number:	575-496-8532
Web Site:	N/A
Professional Bio:	
Accepted Insurance:	Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Magellan Behavioral Health, Medicaid, TRICARE
Professional License:	Yes, in New Mexico
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Santa Fe

Provider Name:	Daniel Best LICENSED PROVIDER TELEHEALTH
Practice Name:	Daniel E. Best, LPCC LMFT
Profession:	Family therapist and psychotherapist
Credentials:	LPCC, LMFT
Address:	3 Caliente Rd, Suite 10, Santa Fe, NM 87505
Email:	danbestlmft@gmail.com

Phone Number:	505-557-7887
Web Site:	http://danbestlmft.info/
Professional Bio:	A therapist in practice for over 30 years, I serve adults, adolescents, children, couples, and families with a variety of issues. I'm also a wilderness first responder (WFR).
Accepted Insurance:	Blue Cross and Blue Shield (HMO), Magellan Behavioral Health, Medicaid, Presbyterian, True Health NM, Western Sky
Professional License:	Yes, in New Mexico
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Existential psychotherapy • Humanistic • Marriage and family therapy • Pastoral counseling
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Kelly Chisholm LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Clinical counselor
Credentials:	LPCC
Address:	3041 Sandia Cir., Santa Fe, NM, 87507
Email:	kellychis1@gmail.com
Phone Number:	505-974-1358
Web Site:	https://www.albuquerquefamilycounseling.com/
Professional Bio:	Kelly Chisholm is the president of Albuquerque Family Counseling, a board certified coach, board certified clinical counselor, and certified clinical trauma professional. She specializes in trauma, stress, first responders, and relationships. Kelly has been featured in numerous national and regional publications. She is author, trainer, professor, and speaker.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Compsych, Magellan Behavioral Health, Medicaid, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Arizona, Colorado, and New Mexico
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Depression • Domestic violence

	<ul style="list-style-type: none"> • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

NEW YORK

Provider Name:	Daisy Chow LICENSED PROVIDER TELEHEALTH
Practice Name:	Purposeful Living Mental Health Counseling
Profession:	Counselor
Details:	Daisy Chow offers telehealth services as well as has an office in New York. See full listing under Allentown, PA.

Provider Name:	Jemal Douté LICENSED PROVIDER TELEHEALTH
Practice Name:	Douté Counseling Services
Profession:	Marriage and family therapist
Details:	Jemal Douté offers telehealth services in New York. See full listing under Fayetteville, GA.

Provider Name:	Andrew Pansky LICENSED PROVIDER TELEHEALTH
Practice Name:	Collective Mind Counseling & Recovery
Profession:	Social worker, drug and alcohol counselor
Details:	Andrew Pansky offers telehealth services in New York. See full listing under Ramsey, NJ.

Averill Park

Provider Name:	Brenda Gausby LICENSED PROVIDER TELEHEALTH
Practice Name:	Cottage Counseling
Profession:	Mental health counselor
Credentials:	LMHC
Address:	2130 State Rt 43, Averill Park, NY 12018
Email:	brendagausby@cottage-counseling.com
Phone Number:	518-729-7527
Web Site:	https://cottage-counseling.com/
Professional Bio:	Brenda Gausby is a New York State licensed mental health counselor with advanced certification in disaster mental health and gambling addiction.

Accepted Insurance:	CDPHP
Professional License:	Yes, in New York
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Depression • Grief and loss • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Brooklyn

Provider Name:	Stephanie Cherry LICENSED PROVIDER TELEHEALTH
Practice Name:	Friends of Firefighters Inc.
Profession:	Licensed clinical social worker, licensed marriage and family therapist
Credentials:	LCSW-R
Address:	199 Van Brunt Street, Brooklyn, NY 11231
Email:	stephanie.cherry@friendsoffirefighters.org
Phone Number:	718-643-0980
Web Site:	https://www.friendsoffirefighters.org/
Professional Bio:	Friends of Firefighters provides mental health and wellness services to active and retired FDNY firefighters and their families free of charge and by a team of professional counselors.
Accepted Insurance:	None as services are free of charge
Professional License:	Yes, in New York
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

East Meadow

Provider Name:	Melissa McGee LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	1600 Front Street, East Meadow, NY 11554
Email:	melissamcgeelmft@gmail.com
Phone Number:	631-478-2903
Web Site:	
Professional Bio:	
Accepted Insurance:	Aetna, CIGNA HealthCare (PPO), Oscar, Oxford, United Healthcare
Professional License:	Yes, in New York
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Marriage and family therapy • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Kauneonga Lake

Provider Name:	Jill M. Holland LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Occupational Therapist
Credentials:	MS OTR/L
Address:	PO Box 764, Kauneonga Lake, NY 12749
Email:	jillhollandotr@gmail.com
Phone Number:	914-799-5024
Web Site:	N/A
Professional Bio:	<p>I am a NYS licensed and National Board certified occupational therapist. I have over 21 years of experience as an occupational therapy practitioner in the areas of mental health, wellness, and pediatrics. I am a healthier generation advisor on the Sullivan Healthier Generation Council in Sullivan County, NY, am trained in youth and adult mental health first aid, and am a blended adult mental health first aid instructor. I have completed the U.S. Fire Administration's Health and Safety Program Manager training and am a Certified QPR Gatekeeper Trainer specializing in training for fire, EMS, and 911 dispatchers. In addition to growing up in the fire service, I</p>

	am a member of the Kauneonga Lake Fire Department, a commissioner with the Kauneonga Lake Fire District, and Secretary of the Association of Fire Districts of Sullivan County. I am also a member of the Sullivan County Bureau of Fire Recruitment & Retention Task Force.
Accepted Insurance:	Will not bill for services
Professional License:	Yes, in New York
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anxiety • ASD • Disability • Learning disabilities • Obesity/weight loss • Parenting issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Crisis intervention
Telehealth Services:	Yes
Accepting New Patients:	Yes

Niskayuna

Provider Name:	Andrew Berry LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Psychologist
Credentials:	PhD, PsyD, ABPP
Address:	3010 Troy Schenectady Rd., #3, Niskayuna, NY, 12309
Email:	dr.andrew.s.berry@gmail.com
Phone Number:	518-357-8213
Web Site:	N/A
Professional Bio:	I am a board member of the World Federation for Mental Health as well as the regional vice president of North America. My specialty is veterans and first responders.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CDHP, CIGNA HealthCare (PPO), Medicare, MVP, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in New York
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Bipolar disorder • Depression • Marriage, divorce, and relationships • PTSD/trauma • Veterans
Methods or Approaches Used:	Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Owego

Provider Name:	Brian Flynn LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Clinical social worker
Credentials:	LCSW
Address:	Owego, NY
Email:	bjflynn@binghamton.edu
Phone Number:	607-222-3562
Web Site:	N/A
Professional Bio:	My clinical experience includes providing support to first responders of all kinds. I hold a certification in critical incident stress management (CCISM) and I am a New York State Troopers Police Benevolent Association mental health medical liaison, providing mental health support to law enforcement professionals and their families.
Accepted Insurance:	Private pay or pro bono
Professional License:	Yes, in New York
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Marriage, divorce, and relationships • Multicultural issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Humanistic • Marriage and family therapy • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Saratoga Springs

Provider Name:	Raymond Angelini LICENSED PROVIDER TELEHEALTH
Practice Name:	Raymond F. Angelini, Ph.D.
Profession:	Psychologist
Credentials:	PhD
Address:	648 Maple Avenue, Saratoga Springs, NY 12866
Email:	rayangel1@live.com
Phone Number:	518-583-2679
Web Site:	https://drrayangelini.com/
Professional Bio:	I am a clinical psychologist with over 30 years of experience working with law enforcement and first responders.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), Medicare, United Behavioral Health, United Healthcare
Professional License:	Yes, in New York
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety

	<ul style="list-style-type: none"> • Depression
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Vestal

Provider Name:	Jill Meskunas-Van Pelt LICENSED PROVIDER TELEHEALTH
Practice Name:	Jill Van Pelt LCSW PLLC
Profession:	Clinical social worker
Credentials:	LCSW
Address:	4513 Vestal Rd., Ste. 3, Vestal, NY 13850
Email:	jvanpeltlcswpllc@stny.rr.com
Phone Number:	607-595-9120
Web Site:	N/A
Professional Bio:	I'm a clinical social worker in private practice with 20 years of experience. I'm a great listener, and people find me easy to talk to. I have direct experience working with first responders including EMTs, police officers, active duty military, and nurses.
Accepted Insurance:	Beacon Health Options, Blue Cross and Blue Shield (HMO), Emblem, Empire Plan (NYS), Fidelis, Medicare, MVP, TRICARE
Professional License:	Yes, in New York
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Chronic illness • Depression • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • Evaluation/diagnosis • Humanistic • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

White Plains

Provider Name:	Rebecca Donahue LICENSED PROVIDER TELEHEALTH
Practice Name:	Rebecca Donahue, PhD
Profession:	Psychologist
Credentials:	PhD
Address:	280 Dobbs Ferry Rd., Suite 205, White Plains, NY 10607
Email:	Dr.RebeccaDonahue@gmail.com

Phone Number:	914-980-2726
Web Site:	https://www.rebeccadonahuephd.com/
Professional Bio:	Dr. Donahue is a licensed psychologist providing customized, evidenced-based treatment to first responders and their families. She is trained in cognitive processing therapy for post-traumatic stress disorder, cognitive behavioral therapy, interpersonal psychotherapy, and emotion-focused couples therapy.
Accepted Insurance:	Out of network
Professional License:	Yes, in New York
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Chronic illness • Depression • Grief and loss • Marriage, divorce, and relationships • Obesity/weight loss • Pain management • PTSD/trauma • Sexual abuse/rape • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

NORTH CAROLINA

Provider Name:	Laura Benslay LICENSED PROVIDER TELEHEALTH
Practice Name:	Encouraging Insight Counseling Services, LLC
Profession:	Licensed clinical social worker, certified clinical trauma professional
Details:	Laura Benslay offers telehealth services in North Carolina. See full listing under Fishers, IN.

Provider Name:	Katharine Campbell LICENSED PROVIDER TELEHEALTH
Practice Name:	Inward Bound
Profession:	Social worker
Details:	Katherine Campbell offers counseling (private pay only) in North Carolina via teletherapy. See full listing under Wilton Manors, FL.

Asheville

Provider Name:	Richard Baker LICENSED PROVIDER TELEHEALTH
Practice Name:	Responder Support Services
Profession:	Counselor
Credentials:	LCMHCS
Address:	204 Charlotte Hwy., Suite E, Asheville, NC 28803-8680

Email:	rbaker@respondersupport.com
Phone Number:	828-333-5708
Web Site:	
Professional Bio:	Responder Support Services provides evidence-based outpatient services to first responders through first responder-only outpatient clinics and embedding behavioral health clinicians within first responder agencies.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Private Healthcare Systems, TRICARE, United Behavioral Health, United Healthcare (Options PPO)
Professional License:	Yes, in North Carolina and South Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns • Depression • Marriage, divorce, and relationships • PTSD/trauma • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Psychological testing and evaluation
Telehealth Services:	Yes
Accepting New Patients:	Yes

Ayden

Provider Name:	Chandler Baggett Whitford LICENSED PROVIDER TELEHEALTH
Practice Name:	CBW Counseling
Profession:	Clinical mental health counselor
Credentials:	MA, LCMHC
Address:	5403 Weyerhaeuser Rd., Ayden, NC 28513
Email:	cbwcounseling@gmail.com
Phone Number:	252-341-7365
Web Site:	http://cbwcounseling.com/
Professional Bio:	See bio on web site.
Accepted Insurance:	MedCost
Professional License:	Yes, in North Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape • Spiritual/religious

	<ul style="list-style-type: none"> • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Evaluation/diagnosis • Existential psychotherapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Cedar Island

Provider Name:	Patricia Westaway LICENSED PROVIDER TELEHEALTH
Practice Name:	Patricia R Westaway, MA, LCMHC-S
Profession:	Counselor
Credentials:	LCMHC sup, Lpc/LCMHC-S
Address:	3242 NC-12, Cedar Island, NC 28520
Email:	prwestaway@aol.com
Phone Number:	603-494-6268
Web Site:	N/A
Professional Bio:	Patricia Westaway is licensed NH and NC and practices in both states. She is CISM-trained and has worked emergency service for three hospitals for 17 years. She has experience in debriefing for emergency hospital staff, police, fire, and EMTs and also does crisis debriefing for R3continuum. She has been in private practice for 18 years.
Accepted Insurance:	Aetna, Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Humana, Magellan Behavioral Health, Medicaid, PacifiCare Behavioral Health, TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), Vantage Health Plan, Inc.
Professional License:	Yes, in New Hampshire and North Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Clinical hypnosis • Coaching • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing)

	<ul style="list-style-type: none"> • Humanistic • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Cornelius

Provider Name:	Deborah Logan LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Marriage and family therapist
Credentials:	MS, MFT, LMFTA
Address:	18121 W. Catawba Ave., Cornelius, NC 28031
Email:	debbie@debbieloganmft.com
Phone Number:	704-677-4135
Web Site:	http://www.debbieloganmft.com/
Professional Bio:	Debbie is a licensed marriage and family therapist in private practice. She is a firefighter wife (over 20 years) and fire mom. Her work with couples is aimed at creating healthy relationships by rekindling connection, improving communication, healing past hurts, and strengthening the foundation of your marriage.
Accepted Insurance:	Aetna, Blue Cross Blue Shield PPO, Humana
Professional License:	Yes, in North Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Marriage, divorce, and relationships • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Greensboro

Provider Name:	Robert Owens LICENSED PROVIDER TELEHEALTH
Practice Name:	Resolute Bodies, LLC – Counseling & Performance Coaching Services
Profession:	Counselor
Credentials:	LCMHCA, NCC, CMPC, CSCS
Address:	12 Nandina Drive, Greensboro, NC 27455
Email:	rob@resolute-counseling.org
Phone Number:	336-396-2704
Web Site:	https://www.psychologytoday.com/us/therapists/robert-elliott-owens-greensboro-nc/871140
Professional Bio:	I am a clinical mental health counselor associate (LCMHCA) in the state of North Carolina. I am also a certified strength and conditioning coach. I am currently in post-master's supervision and can offer services pro bono for a limited number of clients.
Accepted Insurance:	BlueCross and BlueShield, Blue Cross Blue Shield of North Carolina

Professional License:	Yes, in North Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Depression • Multicultural issues • Obesity/weight loss • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Existential psychotherapy • Humanistic • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

New Bern

Provider Name:	Janet Savia LICENSED PROVIDER TELEHEALTH
Practice Name:	Sage Psychology Group
Profession:	Psychology
Credentials:	PsyD, MSPH
Address:	3012 Trent Road, Suite 3, New Bern, NC 28562
Email:	jsavia@sagepsychologygroup.com
Phone Number:	919-472-0637
Web Site:	https://sagepsychologygroup.com/
Professional Bio:	Dr. Savia has worked with adults in NC, VA, and CA in hospitals, private practice, VA, and federal prisons. Her clinical interests are depression, anxiety, medical illness, loss and grief, trauma, and suicide. She works with people in healthcare, fire/EMS, and clergy to address the unique stresses of these professions.
Accepted Insurance:	Provides invoice for clients to submit to their insurer for direct reimbursement to the client
Professional License:	Yes, in North Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Chronic illness • Depression • Grief and loss • Multicultural issues • PTSD/trauma • Reproductive mental health • Sexual abuse/rape • Spiritual/religious • Stress

Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • Existential psychotherapy • Psychodynamic therapy • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Raeford

Provider Name:	Jill Uyehara TELEHEALTH
Practice Name:	N/A
Profession:	First responder/chaplain
Credentials:	Chaplain
Address:	171 Tranquility Drive, Raeford, NC 28376
Email:	juyehara135@yahoo.com
Phone Number:	910-987-1763
Web Site:	N/A
Professional Bio:	Jill Uyehara retired as an EMT after 20 years. She is a chaplain, and is trained in crisis intervention, CISM, and ASIST suicide prevention.
Accepted Insurance:	N/A
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Depression • Domestic violence • Grief and loss • Multicultural issues • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Crisis intervention • Pastoral counseling
Telehealth Services:	Yes
Accepting New Patients:	Yes

Raleigh

Provider Name:	Consuela Chapman LICENSED PROVIDER TELEHEALTH
Practice Name:	Choices In Wellness
Profession:	Social worker and addiction counselor
Credentials:	LCSW
Address:	3719 Benson Dr., Raleigh, NC 27609
Email:	info@choicesinwellness.com
Phone Number:	919-641-2377
Web Site:	https://choicesinwellness.com/

Professional Bio:	I have over 10 years of experience helping individuals just like you improve their wellbeing. I am a dually licensed clinician and health coach that incorporates evidence-based practices to help you find joy in the journey again.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Compsych, Humana, Magellan Behavioral Health, Medicare, UMR, United Behavioral Health
Professional License:	Yes, in North Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns • Disability • Marriage, divorce, and relationships • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Evaluation/diagnosis • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

NORTH DAKOTA

Bismarck

Provider Name:	Shawn Meier LICENSED PROVIDER TELEHEALTH
Practice Name:	The Distance
Profession:	Licensed addiction counselor
Credentials:	MRC, LMAC, NCAC II, CCTP, EMDR trained
Address:	1720 Burnt Boat Rd. #204, Bismarck, ND 5850
Email:	contact@thedistanceforme.com
Phone Number:	701-450-4900
Web Site:	https://www.thedistanceforme.com/
Professional Bio:	Shawn Meier has 30+ years of experience in the behavioral health field.
Accepted Insurance:	None, but working to accept insurance in the future
Professional License:	Yes, in North Dakota
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Fargo

Provider Name:	Kari Appletoft LICENSED PROVIDER TELEHEALTH
Practice Name:	Onward Counseling
Profession:	Clinical mental health counseling
Credentials:	LPCC
Address:	3369 39th St S, Ste. 3, Fargo, ND 58104
Email:	kari@onwardcounselingfargo.com
Phone Number:	701-630-8677
Web Site:	http://onwardcounselingfargo.com/
Professional Bio:	I earned a master's in clinical mental health counseling. I am an EMDR-certified therapist, a DoD victim advocate, and am a veteran of the military with 20+ years of service. I work with veterans and current service members, law enforcement, fire departments, first responders, and assault victims.
Accepted Insurance:	Aetna, BlueCross BlueShield (Groupcare), TRICARE, United Healthcare
Professional License:	Yes, in North Dakota
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Disability • Domestic violence • Grief and loss • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Joely Davidson LICENSED PROVIDER TELEHEALTH
Practice Name:	Chrysalis Behavioral Health and Training Center
Profession:	Counselor
Credentials:	LPCC-S
Address:	1620 16th Ave S, Fargo, ND 58103
Email:	jdavidson@chrysalispc.com
Phone Number:	701-809-5370
Web Site:	https://www.chrysalispc.com/
Professional Bio:	Joely believes that therapy is tailored specifically to the individual and families that she serves. As a counselor, Joely's goal is to support individuals and families during difficult times in their lives so that they can feel empowered to reach their goals.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicaid, Sanford Health Plan
Professional License:	Yes, in North Dakota

Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Depression • Grief and loss • Infertility • Parenting issues • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Jordyn Koski LICENSED PROVIDER TELEHEALTH
Practice Name:	Solace Counseling
Profession:	Clinical social worker; individual, family, group therapy
Credentials:	LCSW
Address:	1131 Westrac Drive, Suite 107, Fargo, ND 58103
Email:	jordyn@solacecounselingfargo.com
Phone Number:	701-232-0760
Web Site:	
Professional Bio:	Jordyn Koski sees both individuals and couples.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicare, Medicaid, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in North Dakota
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Career/employment concerns • Chronic illness • Depression • Learning disabilities • Marriage, divorce, and relationships • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Patti Senn LICENSED PROVIDER TELEHEALTH
Practice Name:	Soul Solutions Recovery Center
Profession:	Licensed Addiction Counselor
Credentials:	MS, LMAC, LPCC, LADC, MAC
Address:	1801 38th Street South, Fargo, ND 58103
Email:	patti@soulsolutions.org
Phone Number:	701-356-7772
Web Site:	http://www.soulsolutions.org/
Professional Bio:	Patti Senn has over 20 years working in the field of behavioral health, primarily outpatient substance use disorder programming, and has clinical director and supervisory experience.
Accepted Insurance:	BlueCross BlueShield (Groupcare), Blue Cross and Blue Shield (HMO), Blue Cross Blue Shield Medicaid Expansion, Health Partners, Medicare, Medicaid, Sanford Health Plan
Professional License:	Yes, in North Dakota
Areas of Expertise:	Addictions/substance abuse
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Evaluation/diagnosis • Short-term (brief treatment) • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Minot

Provider Name:	Monica Olson LICENSED PROVIDER TELEHEALTH
Practice Name:	Discovery Therapeutic Services, PLLC
Profession:	Psychotherapist
Credentials:	LPCC
Address:	315 Main St S, Suite 311, Minot, ND 58701
Email:	monicalolson@protonmail.com
Phone Number:	701-248-8315
Web Site:	https://dtsminot.com/
Professional Bio:	I am an independently licensed therapist with experience working with trauma/PTSD, depression, anxiety, and emotional disturbance, with training in trauma-specific therapies, including EMDR and CPT.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Medicaid, Sanford Health, TRICARE, UMR, United Behavioral Health
Professional License:	Yes, in North Dakota
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Domestic violence • Emotional issues • Grief and loss • PTSD/trauma • Self esteem • Sexual abuse/rape • Spiritual/religious

	<ul style="list-style-type: none"> • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

OHIO

Akron

Provider Name:	Jennifer Cramer LICENSED PROVIDER TELEHEALTH
Practice Name:	Safety Forces Support Center
Profession:	Counselor
Credentials:	LPC
Address:	501 W. Market St., Akron, OH 44304
Email:	jennifer.cramer@safetyforcescenter.org
Phone Number:	234-206-0831
Web Site:	https://safetyforcescenter.org/
Professional Bio:	Jennifer Cramer is a professional counselor trained in working with first responders and their families. She is EMDR trained and specializes in trauma.
Accepted Insurance:	No insurance necessary
Professional License:	Yes, in Ohio
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Chronic illness • Depression • Disability • Domestic violence • Grief and loss • Learning disabilities • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy

	<ul style="list-style-type: none"> • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Belpre

Provider Name:	Christina L. Durham LICENSED PROVIDER TELEHEALTH
Practice Name:	Hopewell Health Center, Belpre Clinic
Profession:	Counselor
Credentials:	LPC
Address:	2434 Richmiller Lane, Suite F, Belpre, OH 45750
Email:	christina.durham@hopewellhealth.org
Phone Number:	740-423-8095
Web Site:	N/A
Professional Bio:	Christina L. Durham is a counselor in a behavioral health clinic with specialized training in PTSD and anxiety treatment. She is certified through Emory University in prolonged exposure therapy for PTSD.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Medicaid, Private Healthcare Systems, TRICARE, United Healthcare, self-pay
Professional License:	Yes, in Ohio
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Depression • Domestic violence • Grief and loss • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Evaluation/diagnosis • Psychological testing and evaluation
Telehealth Services:	Yes
Accepting New Patients:	Yes

Bethel

Provider Name:	Sabrina N. Mignerey LICENSED PROVIDER TELEHEALTH
Practice Name:	Pinpoint Behavioral Health Solutions
Profession:	Licensed professional clinical counselor
Credentials:	MA, LPCC
Address:	2943 OH 232, Bethel, OH 45106
Email:	holdthelineservices@gmail.com
Phone Number:	513-278-3074
Web Site:	https://sabinamignerey.wixsite.com/holdtheline

Professional Bio:	I became a licensed professional counselor in 2016, with a heart for serving first responders and military personnel. I specialize in equine-assisted counseling and EMDR, two of the most proven forms of therapy for military and first responders.
Accepted Insurance:	BlueCross BlueShield (Groupcare), Medicaid, TRICARE External Affiliate
Professional License:	Yes, in Ohio
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Equine-assisted counseling • Humanistic • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Cincinnati

Provider Name:	Cynthia Bowling LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Clinical social worker
Credentials:	LISW-S
Address:	2567 Erie Ave., PO Box 8524, Cincinnati, OH 45208
Email:	cinda829@gmail.com
Phone Number:	513-533-3500
Web Site:	http://www.cindybowling.com/
Professional Bio:	Cindy Bowling has been a mental health professional, specializing in trauma, for more than 30 years. Cindy is trained in EMDR (eye movement desensitization and reprocessing) therapy, and is an EAP provider for Tri Health, Humana, Health Advocates, and the Public Employees Assistance Program.
Accepted Insurance:	Humana, Tri Health
Professional License:	Yes, in Ohio
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Grief and loss • PTSD/trauma • Sexual abuse/rape

	<ul style="list-style-type: none"> • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Humanistic • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Nancy Moore LICENSED PROVIDER TELEHEALTH
Practice Name:	Moore Development Strategies
Profession:	Social worker, coach
Credentials:	LISW-S (Ohio), LCSW (Kentucky), CPCC (certified professional co-active coach)
Address:	LifeSpring Christian Church, Cincinnati, OH 45231
Email:	mooredevelopmentstrategies@gmail.com
Phone Number:	513-502-3323
Web Site:	http://www.mooredevelopmentstrategies.com
Professional Bio:	Nancy is a professional social worker and co-active coach in Cincinnati, OH. She is a firefighter wife (over 20 years). Nancy's specialty is trauma treatment, and she has written a firefighter system of care for trauma prevention and treatment.
Accepted Insurance:	Private pay only
Professional License:	Yes, in Ohio and Kentucky
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Bipolar disorder • Career/employment concerns • Depression • Grief and loss • Multicultural issues • Parenting issues • PTSD/trauma • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Jennifer Simpson LICENSED PROVIDER TELEHEALTH
Practice Name:	Thrive Therapy, Inc.
Profession:	Clinical social worker
Credentials:	LISW-S
Address:	3914 Miami Road, Suite 305, Cincinnati, OH 45227
Email:	jenn@hoffsimpson.com

Phone Number:	513-780-5313
Web Site:	http://www.thrivetherapyinc.com/
Professional Bio:	Jennifer Simpson is a clinical social worker specializing in the treatment of post-traumatic stress disorder since 2007. Populations served include first responders, combat veterans, sexual assault survivors, and child abuse survivors.
Accepted Insurance:	Private pay only. Some insurance plans have out-of-network benefits.
Professional License:	Yes, in Ohio
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Grief and loss • PTSD/trauma • Sexual abuse/rape
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Evaluation/diagnosis
Telehealth Services:	Yes
Accepting New Patients:	Yes

Cleveland

Provider Name:	Mary Gannon LICENSED PROVIDER TELEHEALTH
Practice Name:	Mary Beth Gannon LLC
Profession:	Clinical counselor
Credentials:	LPCCS
Address:	2020 W Schaaf Rd., Cleveland, OH 44109
Email:	mgannonpcc@gmail.com
Phone Number:	216-238-0828
Web Site:	https://www.psychologytoday.com/us/therapists/mary-beth-gannon-cleveland-oh/355734
Professional Bio:	I have worked trauma-specific therapies since 2009, providing counseling for ages 5+. Due to family history, I especially enjoy working with first responders/veterans, supporting the men and women in different helping fields so they can continue engaging in their positions to support the community.
Accepted Insurance:	Aetna, BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Medicaid, United Behavioral Health, United Healthcare
Professional License:	Yes, in Ohio
Areas of Expertise:	<ul style="list-style-type: none"> • Acute stress/PTSD • Anxiety • Crisis intervention • Depression • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Vandalia

Provider Name:	Carla Urbanas LICENSED PROVIDER TELEHEALTH
Practice Name:	Professional Counseling Services of Ohio, LLC
Profession:	Counselor
Credentials:	MS, LPCC-S, LICDC-CS, NCC, CTTS, EMT-P
Address:	300 James Bohanan Dr., Vandalia, OH 45377
Email:	carlaurbanas@gmail.com
Phone Number:	937-742-7516
Web Site:	http://www.procounselgroup.com/
Professional Bio:	Carla Urbanas is a licensed professional clinical counselor with supervisory designation and a licensed independent chemical dependency counselor. She is certified in EMDR, certified as a trauma treatment specialist, and is a certified paramedic in Ohio. She specializes in working with police, fire, and military personnel, critical incident stress debriefings, and trauma.
Accepted Insurance:	Aetna, Beacon, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Coventry Health Care, Coventry Health Care (PPO), Horizon Behavioral Services, Kaiser Permanente, Magellan Behavioral Health, Managed Health Network, PacifiCare Behavioral Health, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), most EAPs
Professional License:	Yes, in Ohio
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Bipolar disorder • Depression • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Public safety personnel • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

West Chester

Provider Name:	Alison Fienning LICENSED PROVIDER TELEHEALTH
Practice Name:	Pinpoint Behavioral Health Solutions
Profession:	Social worker, certified clinical trauma professional
Credentials:	LISW-S
Address:	8050 Beckett Center Dr., Suite 105, West Chester, OH 45069
Email:	alison@pinpointbhs.com
Phone Number:	513-520-2532
Web Site:	https://pinpointbhs.com

Professional Bio:	As a mental health therapist, former K9 SAR member, and a fire wife, I am determined to smash the mental health stigma. I get what it's like to have someone not understand the 'life' of a firefighter, and I'm here to help you through this.
Accepted Insurance:	Aetna, All One Health EAP, Anthem, Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Caresource, Ceridian/Lifeworks EAP, Cigna, CIGNA HealthCare (PPO), Concern EAP, Health Advocate EAP, Humana, Lifeworks EAP, Medical Mutual, Optum EAP, Tri Health EAP, UMR, United Behavioral Health, United Healthcare, Work Place Options
Professional License:	Yes, in Ohio
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Marriage, divorce, and relationships • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Dialectical behavior therapy • Evaluation/diagnosis • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Westerville

Provider Name:	Amy Bock LICENSED PROVIDER TELEHEALTH
Practice Name:	Resilience Counseling & Consultation
Profession:	Counselor
Credentials:	LPCC-S, CFRC
Address:	22 W Main Street, Westerville, OH 43081
Email:	amy@resiliencecounselingohio.com
Phone Number:	614-568-3044
Web Site:	https://www.resiliencecounselingohio.com/
Professional Bio:	Amy is an independently licensed therapist who specializes in treating first responders. She has received advanced training to ensure she can meet the unique needs of this population and is completing her training to become a certified first responder counselor (CFRC). Amy utilizes evidenced-based treatment approaches, including EMDR, cognitive processing therapy (CPT), and trauma-focused cognitive behavioral therapy (TF-CBT).
Accepted Insurance:	Aetna, CIGNA HealthCare (PPO), Humana Military/TRICARE, Magellan Behavioral Health, Medical Mutual, Meritain, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Ohio and Florida (telehealth only in Florida)
Areas of Expertise:	<ul style="list-style-type: none"> • Acute stress response • Anger management • Anxiety • Career/employment concerns

	<ul style="list-style-type: none"> • Complex trauma • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Stress • Traumatic grief
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Oklahoma

Provider Name:	Belinda Barnett LICENSED PROVIDER TELEHEALTH
Practice Name:	Belinda Barnett, PhD
Profession:	Clinical psychologist
Details:	Dr. Belinda Barnett offers online services in Oklahoma through certification with PsyPact. See full listing under Pittsburg, PA.

Blackwell

Provider Name:	Tammy Mayden LICENSED PROVIDER
Practice Name:	N/A
Profession:	Therapist
Credentials:	LPC
Address:	225 North Third, Blackwell, OK 74632
Email:	tammymayden@hotmail.com
Phone Number:	580-363-7509
Web Site:	N/A
Professional Bio:	I have been a counselor for 13 years in Kay County. I currently am on a trauma grant to provide free counseling.
Accepted Insurance:	None
Professional License:	Yes, in Oklahoma
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Domestic violence • Grief and loss • Parenting issues • PTSD/trauma • Sexual abuse/rape
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention

	<ul style="list-style-type: none"> • Marriage and family therapy
Telehealth Services:	No
Accepting New Patients:	Yes

Edmond

Provider Name:	Josh McDowell LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Licensed professional counselor
Credentials:	LPC
Address:	425 Fretz Ave., Edmond, OK 73003
Email:	joshua.mcdowell.llc@gmail.com
Phone Number:	580-402-5906
Web Site:	http://www.seasonsbs.org/
Professional Bio:	Josh McDowell is a PCIT therapist and has experience with autism spectrum disorder, ADHD, ODD, and trauma. He worked in a child trauma lab while at Oklahoma State University and has experience implementing trauma-informed therapy. He implements evidence based treatments with both children and adults free of judgement.
Accepted Insurance:	Blue Cross and Blue Shield (HMO); CIGNA HealthCare (PPO); Healthchoice; Humana, Medicaid; TRICARE; United Behavioral Health
Professional License:	Yes, in Oklahoma
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Parenting issues • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Evaluation/diagnosis
Telehealth Services:	Yes
Accepting New Patients:	Yes

Norman

Provider Name:	Craig Long LICENSED PROVIDER TELEHEALTH
Practice Name:	Restore Behavioral Health
Profession:	Counselor
Credentials:	LPC-S
Address:	1008 NW 24th Ave., Norman, OK 73069
Email:	craig@restore-bh.com
Phone Number:	405-310-3262
Web Site:	https://www.restore-bh.com/
Professional Bio:	I am a licensed professional counselor in Norman, Oklahoma. I have been counseling in various settings from inpatient, crisis, to outpatient for 15 years. My father retired from the fire service after 37 years, providing me with a strong understanding of the issues related to our first responders.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), HealthChoice, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Oklahoma

Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Grief and loss • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Oklahoma City

Provider Name:	Holly Edwards LICENSED PROVIDER TELEHEALTH
Practice Name:	Holly Edwards Counseling
Profession:	Psychotherapist
Credentials:	LPC
Address:	3120 W Britton Rd., Ste. 201, Oklahoma City, OK 73120
Email:	hollyedwardscslg@gmail.com
Phone Number:	405-896-0642
Web Site:	N/A
Professional Bio:	
Accepted Insurance:	BlueCross BlueShield (Groupcare), Bright Health, Healthcare Highways, WebTPA
Professional License:	Yes, in Oklahoma
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Existential psychotherapy • Humanistic • Marriage and family therapy • Psychodynamic therapy • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Tulsa

Provider Name:	Dawn Ferrill LICENSED PROVIDER TELEHEALTH
Practice Name:	Crossroads Counseling and Consultation
Profession:	Licensed clinical social worker
Credentials:	LCSW
Address:	9717 E 42nd St. #201, Tulsa, OK 74146
Email:	dawnferrill61@gmail.com
Phone Number:	918-270-4100
Web Site:	https://www.crossroadsoftulsa.com/
Professional Bio:	As a licensed clinical social worker, Dawn Ferrill provides that caring, non-judgmental, active listening approach that puts people at ease and helps them sort out their life issues. Dawn is also an EMDR therapist enabling clients to heal from anxiety, depression, trauma, PTSD, phobias, and many other crippling issues.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Community Care, Medicare, Resource One, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Oklahoma
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • Obesity/weight loss • Obsessive-compulsive disorder • Parenting issues • Phobias • PTSD/trauma • Sexual abuse/rape • Spiritual/religious
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Pastoral counseling
Telehealth Services:	Yes
Accepting New Patients:	Yes

OREGON

Beaverton

Provider Name:	Stephanie M. Conn LICENSED PROVIDER TELEHEALTH
Practice Name:	First Responder Psychology
Profession:	Licensed psychologist
Credentials:	PhD
Address:	12725 SW Millikan Way, Suite 300, Beaverton, OR 97005
Email:	firstresponderpsych@gmail.com
Phone Number:	971-250-1519
Web Site:	http://www.firstresponderpsychology.com/

Professional Bio:	Dr. Conn is a former police officer, as well as the daughter and wife of police officers, specializing in stress, trauma, coping, and resilience. She supports first responder agencies with CISM, peer support, and training. She has presented widely to first responders. She is the author of <i>Increasing Resilience in Police and Emergency Personnel</i> .
Accepted Insurance:	Aetna, BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Kaiser Permanente, Moda, Pacific Source, Providence, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Oregon
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Depression • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Bend

Provider Name:	R Andrew Barram LICENSED PROVIDER TELEHEALTH
Practice Name:	RiverFlow Psychology Services
Profession:	Psychologist
Credentials:	PsyD
Address:	61 NW Oregon Avenue, Suite 103 #2291, Bend, OR 97703-2739
Email:	drbarram@hotmail.com
Phone Number:	541-388-3592
Web Site:	http://www.bendpsychologist.com/
Professional Bio:	I have over 25 years of professional experience providing mental health services. My practice involves outpatient counseling, psychological evaluations, and over the last 6 years contracting directly with Bend Fire & Rescue. I provide internal crisis response, support, referral to local therapists, and mental wellness training. I also teach in other agencies.
Accepted Insurance:	PacificSource
Professional License:	Yes, in Oregon
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Disability • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy

	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Existential psychotherapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Klamath Falls

Provider Name:	Anne-Marie Wallin
Practice Name:	Unique Trinkets
Profession:	Spiritual Consultant
Credentials:	
Address:	219 S 11th St., Apt 109, Klamath Falls, OR 97601
Email:	maidenflamex@yahoo.com
Phone Number:	458-232-7211
Web Site:	https://trinkets2heaven.wordpress.com/
Professional Bio:	I have been a reverend for four years and have a master of Wicca degree. I have been practicing as a spiritual consultant since 1999.
Accepted Insurance:	None
Professional License:	
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Bipolar disorder • Depression • Disability • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Humanistic • Marriage and family therapy • Pastoral counseling • Relational therapy
Telehealth Services:	No
Accepting New Patients:	Yes

Medford

Provider Name:	Cheryl Kolevzon LICENSED PROVIDER TELEHEALTH
Practice Name:	Stage Door Healing Arts
Profession:	Licensed clinical social worker
Credentials:	LCSW
Address:	PMB 270, 711 Medford Center, Medford, OR 97504
Email:	elphabacebrant@gmail.com
Phone Number:	541-292-0403
Web Site:	N/A
Professional Bio:	Cheryl Kolevzon was an emergency department social worker for 20 years and is a mental health member of a critical incident stress debriefing team. She has been licensed since 1994 and in her current practice since January 2011.
Accepted Insurance:	None; fee of \$30 per hour
Professional License:	Yes, in Oregon
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Chronic illness • Depression • Disability • Domestic violence • Eating disorders • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder • PTSD/trauma • Sexual abuse/rape • Stress • Other
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Existential psychotherapy • Humanistic • Marriage and family therapy • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Portland

Provider Name:	Drew Prochniak LICENSED PROVIDER TELEHEALTH
Practice Name:	Drew Prochniak, LPC, LLC
Profession:	Counselor
Credentials:	LPC, LMHC
Address:	2119 NE Halsey St., Portland, OR 97232
Email:	dprochniak@hushmail.com

Phone Number:	503-308-9408
Web Site:	http://www.dprochniak.com
Professional Bio:	Drew is a therapist in private practice and the author of <i>Addiction & Recovery for First Responders</i> . He specializes in the education, training, and treatment of first responders and peer support teams. He is a former SAR professional and comes from a first responder family. He is licensed in Oregon and Washington.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), First Choice, Kaiser Permanente, MODA, Pacific Source, Providence, United Behavioral Health, United Healthcare (Options PPO), Special Districts EAP and others
Professional License:	Yes, in Oregon and Washington
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Career/employment concerns • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Michael Cady Russell LICENSED PROVIDER TELEHEALTH
Practice Name:	Russell Counseling, LLC
Profession:	Licensed professional counselor
Credentials:	LPC
Address:	1942 NW Kearney St., Portland, OR 97209
Email:	michael@russell-counseling.com
Phone Number:	503-683-2341
Web Site:	http://www.russell-counseling.com/
Professional Bio:	My experience as an educator, an associate accountant, as a firefighter, and as a counselor give me a unique perspective. I have dedicated my life to the research and clinical experience needed to be an effective counselor. I work with the entire family system to provide a comprehensive counseling experience.
Accepted Insurance:	CIGNA HealthCare (PPO), PacifiCare Behavioral Health, Regence
Professional License:	Yes, in Oregon
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Depression • Disability • Domestic violence • Grief and loss • Learning disabilities • Marriage, divorce, and relationships • Multicultural issues • Obsessive-compulsive disorder • PTSD/trauma

	<ul style="list-style-type: none"> • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Redmond

Provider Name:	Nadine Dody LICENSED PROVIDER TELEHEALTH
Practice Name:	Cline Falls Counseling
Profession:	Counselor
Credentials:	LPC
Address:	7555 Falcon Crest Dr. 205, Redmond, OR 97756
Email:	ndodylpc@gmail.com
Phone Number:	541-699-2915
Web Site:	http://www.clinefallscounseling.com/
Professional Bio:	Nadine Dody, MA, MFT, LPC specializes in trauma and working with first responders and their families for the past 14 years. She is trained in working with first responders using techniques such as EMDR, mindfulness, and CBT.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Humana, MODA, PacifiCare Behavioral Health, UMR, Pacificsource, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Oregon
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Bipolar disorder • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

PENNSYLVANIA

Provider Name:	Padmaja Charya LICENSED PROVIDER TELEHEALTH
Practice Name:	JFS
Profession:	Licensed professional counselor of mental health
Details:	Padmaja Charya offers telehealth services in Pennsylvania. See full listing under Wilmington, DE.

Aliquippa

Provider Name:	Kristin Karnos
Practice Name:	Kristin Karnos
Profession:	
Credentials:	Firefighter/EMS
Address:	1305 Mc Minn St., Aliquippa, PA 15001
Email:	kkarnos93@gmail.com
Phone Number:	724-650-7983
Web Site:	N/A
Professional Bio:	
Accepted Insurance:	None
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Alzheimer's/dementia • Anger management • Anxiety • Bipolar disorder • Depression • Disability • Domestic violence • Grief and loss • Learning disabilities • Obesity/weight loss • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Sleep disorders • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention

	<ul style="list-style-type: none"> • Dialectical behavior therapy
Telehealth Services:	No
Accepting New Patients:	No

Carlisle

Provider Name:	Karen Capone LICENSED PROVIDER TELEHEALTH
Practice Name:	KMCounseling
Profession:	Counselor
Credentials:	LPC
Address:	28 South Pitt Street, Carlisle, PA 17013
Email:	KMCounseling@outlook.com
Phone Number:	717-422-5277
Web Site:	https://simplywellcarlisle.com/
Professional Bio:	Karen practices counseling from primarily a person-centered approach to therapy, which means there is a focus on the therapeutic alliance that promotes safety and improved coping mechanisms to improve overall wellbeing.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), United Behavioral Health, United Healthcare
Professional License:	Yes, in Pennsylvania
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Humanistic
Telehealth Services:	Yes
Accepting New Patients:	Yes

Chambersburg

Provider Name:	Becky Allen LICENSED PROVIDER TELEHEALTH
Practice Name:	Cultivate Counseling, LLC
Profession:	Counselor
Credentials:	MS, LPC
Address:	1915 Lincoln Way East, Chambersburg, PA 17202
Email:	cultivatecounseling@gmail.com
Phone Number:	717-446-8332
Web Site:	N/A
Professional Bio:	With over 17 years in the mental health field, Cultivate Counseling finds value in helping each individual find their potential, new resources, and skill sets. Currently scheduling sessions for ages 12 and older. Areas of specialization include general mental health concerns, perinatal mood disorders, trauma, first responders, and military families.
Accepted Insurance:	Aetna, Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CCBH, CIGNA HealthCare (PPO), Compsych, Humana, Magellan Behavioral Health, TRICARE, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), self-pay

Professional License:	Yes, in Pennsylvania
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Domestic violence • Grief and loss • PTSD/trauma • Sexual abuse/rape • Sexual health • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Humanistic • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Easton

Provider Name:	Troy A. Longo LICENSED PROVIDER TELEHEALTH
Practice Name:	Let's Talk Health & Wellness LLC
Profession:	Licensed Professional Counselor
Credentials:	MA, Ed.S, MICP, LPC
Address:	Easton, PA (telehealth only)
Email:	TroyLongo@letstalkhw.com
Phone Number:	610-484-3411
Web Site:	https://www.letstalkhw.com/
Professional Bio:	I am a former paramedic and licensed counselor. I launched my own practice focused on helping first responders. I know you don't want to lay on a couch and answer questions from a stranger. Instead, I provide a space to talk with someone who understands the work you do. The approaches I utilize are cognitive/behavior therapy, reality therapy, and motivational interviewing.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Geisinger, Highmark, Humana, NJ BC/BS, Qualcare, United Behavioral Health, United Healthcare
Professional License:	Yes, in Pennsylvania and New Jersey
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Nutritional coaching • PTSD • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Greensburg

Provider Name:	Cassandra Hartless TELEHEALTH
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Practice Name:	Forge Health
Profession:	Art Therapist
Credentials:	MA
Address:	101 North Main Street, Suite 200, Greensburg, PA 15601
Email:	chartless@forgehealth.com
Phone Number:	724-419-8002
Web Site:	
Professional Bio:	
Accepted Insurance:	Aetna, American LIFECARE, Inc., Beacon Health Options, BestCare, Inc., Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Compsych, Coventry Health Care, Coventry Health Care (PPO), FARA PPO Network, Health Plus, Horizon Behavioral Services, Humana, Kaiser Permanente, Magellan Behavioral Health, Managed Health Network, Ochsner Health Plan, PacificCare Behavioral Health, PPOplus, LLC, Private Healthcare Systems, Tenet Choices, Inc., Tenet Choices, Inc. (Medicare PPO), TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), Vantage Health Plan, Inc.
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Depression
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Pittsburgh

Provider Name:	Belinda Barnett LICENSED PROVIDER TELEHEALTH
Practice Name:	Belinda Barnett, PhD
Profession:	Clinical psychologist
Credentials:	PhD
Address:	1017 Perry Highway, Suite 5, Pittsburgh, PA 15237
Email:	bebarnett@drbelindabarnett.com
Phone Number:	412-516-2555
Web Site:	https://drbelindabarnett.com/
Professional Bio:	Dr. Belinda Barnett is a licensed clinical psychologist who has been in practice for 19 years. She has 18 years of service with the Department of Veterans Affairs and is now exclusively in private practice. She has been a volunteer EMT for 10+ years in Pennsylvania, New York, and Texas. She specializes in trauma, suicidal ideation, and self-harm.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), out of network
Professional License:	Yes, in Pennsylvania, Kansas, and Washington
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Borderline personality disorder • Depression • Grief and loss • PTSD/trauma

	<ul style="list-style-type: none"> • Self-harm • Suicidal ideation (acute and chronic)
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Dialectical behavior therapy • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Kelli McElhinny LICENSED PROVIDER TELEHEALTH
Practice Name:	JFCS
Profession:	Social worker
Credentials:	LCSW
Address:	5753 Bartlett St., Pittsburgh, PA 15217
Email:	kmcelhinny@jfcspgh.org
Phone Number:	412-904-5963
Web Site:	https://www.jfcspgh.org/
Professional Bio:	
Accepted Insurance:	Aetna, Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Compsych, Coventry Health Care, Coventry Health Care (PPO), Highmark, Medicare, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), UPMC
Professional License:	Yes, in Pennsylvania
Areas of Expertise:	<ul style="list-style-type: none"> • Alzheimer's/dementia • Anxiety • Career/employment concerns • Grief and loss • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Geriatric consultation • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Wernersville

Provider Name:	John Becker Jr. LICENSED PROVIDER
Practice Name:	Caron Treatment Centers
Profession:	Director of Caron's First Responder Program
Credentials:	Depends on provider
Address:	243 N Galen Hall Road, Wernersville, PA 19565
Email:	john.becker@caron.org
Phone Number:	215-833-1572
Web Site:	https://www.caron.org/our-programs/inpatient-treatment/first-responders
Professional Bio:	Caron's First Responder Program (FRP) is a peer-driven, evidence-based approach to treatment. Caron's FRP is staffed by a clinical team that

	together has more than 50 years of experience treating first responders, 70 years in recovery, and over 80 years of first responder experience. Your treatment team will also include licensed professionals.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), in-network with most Blue Cross/Blue Shield Plans and Aetna soon
Professional License:	Yes, in Pennsylvania
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Bipolar disorder • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Obsessive-compulsive disorder • Pain management • Parenting issues • PTSD/trauma • Sleep disorders • Specialized residential first responder substance use disorder treatment program • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Forensic evaluation • Geriatric consultation • Marriage and family therapy • Neuropsychological testing or consultation • Pastoral counseling • Psychological testing and evaluation • Relational therapy
Telehealth Services:	No
Accepting New Patients:	Yes

Wescosville

Provider Name:	Daisy Chow LICENSED PROVIDER TELEHEALTH
Practice Name:	Purposeful Living Mental Health Counseling
Profession:	Counselor
Credentials:	LMHC, LPC, NCC, CCTP, CFRC
Address:	1011 Brookside Road, Suite 290, Wescosville, PA 18106
Email:	daisy@therapywithdaisy.com
Phone Number:	917-834-6500

Web Site:	https://www.therapywithdaisy.com/
Professional Bio:	I specialize in helping individuals struggling with trauma, anxiety, and depression. I am a certified first responder counselor and a certified clinical trauma professional.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Capital Blue Cross, CIGNA HealthCare (PPO), Empire BCBS, Highmark, Magellan Behavioral Health, Oxford, United Healthcare
Professional License:	Yes, in Pennsylvania and New York
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Bipolar disorder • Depression • Grief and loss • Multicultural issues • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Rhode Island

Cranston

Provider Name:	Anne Balboni TELEHEALTH
Practice Name:	Eustress Management
Profession:	Psychologist
Credentials:	Psy.D
Address:	22 Laura Circle, Cranston, RI 02920
Email:	anne@icisf.org
Phone Number:	401-465-2897
Web Site:	https://www.rhodeislandcism.com/
Professional Bio:	Anne Balboni is the coordinator and clinical director of the state-wide Rhode Island CISM TEAM, Inc. She is an ICISF faculty member, board of directors' member, and approved instructor for numerous Foundation courses. She is also a member of RI School Safety Task Force, the RI Local Assistance to Firefighters Team (RI LAST), and adjunct faculty CCRI Homeland Security\Emergency Management Program.
Accepted Insurance:	No fee for assessment and consultation for public safety individuals or family members
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression

	<ul style="list-style-type: none"> • Educational opportunities for public safety responders • Grief and loss • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

SOUTH CAROLINA

Aiken

Provider Name:	Helen Cotton LICENSED PROVIDER TELEHEALTH
Practice Name:	Aiken Barnwell Mental Health Center
Profession:	Social worker
Credentials:	LMSW
Address:	1135 Gregg Highway, Aiken, SC 29801
Email:	helen.cotton@scdmh.org
Phone Number:	803-508-7838
Web Site:	
Professional Bio:	I received my bachelor of education in 2005 and then my master of social work in 2016 from Winthrop University. Most of my social work experience has been mezzo practice with the United Way in their financial stability department. I am excited to work with the HERO program at ABMC.
Accepted Insurance:	Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Humana, Medicare, Medicaid, TRICARE, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in South Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Lisa Hall TELEHEALTH
Practice Name:	Aiken Barnwell Mental Health Center
Profession:	Counselor
Credentials:	LPC/A
Address:	1135 Gregg Hwy., Aiken, SC 29801

Email:	Lisa.Hall2@scdmh.org
Phone Number:	803-508-7820
Web Site:	N/A
Professional Bio:	
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Medicaid, Private Healthcare Systems, United Healthcare
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Psychological testing and evaluation • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Hillary Kierspe LICENSED PROVIDER TELEHEALTH
Practice Name:	Aiken-Barnwell Mental Health Center
Profession:	Social worker
Credentials:	LMSW
Address:	1135 Gregg Hwy., Aiken, SC 29801
Email:	hillary.kierspe@scdmh.org
Phone Number:	803-508-7841
Web Site:	N/A
Professional Bio:	Hillary Kierspe is a board-certified therapist who focuses on trauma therapy with both first responders and also families in the community. She has been working at Aiken-Barnwell since 2016 and specializes in working with trauma, stress, and family challenges.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Medicare, Medicaid, Private Healthcare Systems, Providence, United Healthcare
Professional License:	Yes, in South Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • Multicultural issues

	<ul style="list-style-type: none"> • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Charleston

Provider Name:	Kathleen G. Broughan LICENSED PROVIDER TELEHEALTH
Practice Name:	Lowcountry Equine-Assisted Psychotherapy
Profession:	Clinical psychologist
Credentials:	PhD
Address:	1847 Bugby Plantation Rd., Wadmalaw, SC 29487
Email:	kbroughan@LEAPinSC.org
Phone Number:	843-270-7988
Web Site:	http://www.leapinSC.org/
Professional Bio:	Kathleen Broughan, PhD, has over 30 years providing mental health services with emphasis on trauma. She is the founder of Lowcountry Equine-Assisted Psychotherapy, a nonprofit organization providing psychological treatment to children, adolescents, adults, and families, with programs specific to veterans, active-duty military, and first responders.
Accepted Insurance:	Provident
Professional License:	Yes, in South Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Bipolar disorder • Depression • Domestic violence • First responder, veterans, and active-duty military • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Equine-assisted psychotherapy • Evaluation/diagnosis • Marriage and family therapy • Psychodynamic therapy • Short-term (brief treatment)

Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Laura Hare TELEHEALTH
Practice Name:	First Responder Support Team with the SC Department of Mental Health
Profession:	Counselor
Credentials:	LPCA
Address:	2090 Executive Hall Rd., Suite 150, Charleston, SC 29407
Email:	laura.hare@scdmh.org
Phone Number:	843-212-8980
Web Site:	N/A
Professional Bio:	I began work in the mental health field in 2004. My focus has included individuals with severe and persistent mental illness, marriage and family, and trauma-related concerns. It is my pleasure to currently work alongside first responders and their families as a member of the First Responder Support Team.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicaid, any plans acceptable to the SC Department of Mental Health and within licensure requirements
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Kim Logan LICENSED PROVIDER TELEHEALTH
Practice Name:	First Responder Support Team
Profession:	Licensed professional counselor
Credentials:	LPC
Address:	2090 Executive Hall Rd., Suite 150, Charleston, SC 29407
Email:	kimberly.logan@scdmh.org
Phone Number:	843-513-1268
Web Site:	N/A
Professional Bio:	Kim Logan is an LPC with over 20 years of experience addressing a wide array of mental health issues, including childhood sexual and physical abuse, substance abuse, and severe, persistent mental illness. Currently, she is working with first responders and their families addressing trauma, PTSD, anxiety, and depression.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicare, Medicaid

Professional License:	Yes, in South Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Bipolar disorder • Depression • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Crisis intervention • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Family and marriage counseling
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Laura Tait LICENSED PROVIDER TELEHEALTH
Practice Name:	First Responder Support Team
Profession:	Social worker
Credentials:	LISW-CP
Address:	2090 Executive Hall Road, Suite 150, Charleston, SC 29407
Email:	laura.tait@scdmh.org
Phone Number:	843-212-8980
Web Site:	https://www.charlestondorchestertermhc.org/services/special-programs/
Professional Bio:	The First Responder Support Team was created in response to the loss of the Charleston 9 in 2007. Since that time, our team has solely provided care to first responders and their family members. We are under the Department of Mental Health and provide counseling and psychiatry.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicare, Medicaid, SC Provident
Professional License:	Yes, in South Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Bipolar disorder • Depression • First responders and their families • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Columbia

Provider Name:	Karin Brockelman LICENSED PROVIDER TELEHEALTH
Practice Name:	Brockelman Beam LLC
Profession:	Licensed professional counselor
Credentials:	PhD, CRC, LPC
Address:	1898 Calhoun St. #5, Columbia, SC 29201
Email:	docbrock@brockelmanbeam.com
Phone Number:	803-936-2461
Web Site:	https://www.calhouncounseling.org/karin-brockelman
Professional Bio:	I help people live the lives they choose. We all face detours as we pursue our life goals. My practice is based on Self-Determination Theory. We work together to expand your strategies and resilience. I work with teens and adults who wrestle with depression, anxiety, and other mental health conditions.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in South Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Disability • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Existential psychotherapy • Humanistic • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Florence

Provider Name:	Jennifer Spell LICENSED PROVIDER TELEHEALTH
Practice Name:	Spell Counseling Center, LLC
Profession:	Counselor
Credentials:	LPC
Address:	2011 B Second Loop Rd., Florence, SC 29501
Email:	spellfamily37@yahoo.com
Phone Number:	843-624-8618
Web Site:	N/A
Professional Bio:	I specialize in trauma and the symptoms that are caused by trauma. I use EMDR and other modalities as needed to address trauma and symptoms caused by it. I have practiced for 11 years and have been married to a first responder for 13 years.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicaid
Professional License:	Yes, in South Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse

	<ul style="list-style-type: none"> • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

North Charleston

Provider Name:	Peyton Weber LICENSED PROVIDER TELEHEALTH
Practice Name:	New Vision Counseling Services, LLC.
Profession:	Licensed professional counselor
Credentials:	MS, LPC, LAC, NCC
Address:	4900 O’Hear Avenue, Suite 100, PMB #315, North Charleston, SC 29405
Email:	carolpeyton.weber@gmail.com
Phone Number:	843-284-3444
Web Site:	N/A
Professional Bio:	Peyton is a licensed professional counselor and national certified counselor. She has experience in treating children and adult clients experiencing anxiety, depression, trauma, and substance abuse. She received her MS degree from Oswego State University and sixth year professional diploma of advanced studies in counseling from Southern Connecticut State University.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Medicaid, TRICARE
Professional License:	Yes, in South Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anxiety • Bipolar disorder • Depression • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Dialectical behavior therapy

	<ul style="list-style-type: none"> • Evaluation/diagnosis
Telehealth Services:	Yes
Accepting New Patients:	Yes

Summerville

Provider Name:	Heidi Cressley LICENSED PROVIDER TELEHEALTH
Practice Name:	Well Soul Counseling
Profession:	Counselor
Credentials:	LPC
Address:	1101 Old Trolley Rd., Suite 400, Summerville, SC 29485
Email:	hcressley@wellsoulcounseling.com
Phone Number:	843-990-6880
Web Site:	http://wellsoulcounseling.com
Professional Bio:	I've worked with first responders in Charleston, SC, for the last four years. My heart is for the helpers, the rescuers who sacrifice so much for others. I am trained in EMDR and trauma-focused CBT, significant in helping first responders manage and heal from trauma they witness and experience frequently.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), TRICARE Certified (out of network)
Professional License:	Yes, in South Carolina
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Depression • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

SOUTH DAKOTA

Custer

Provider Name:	Rodney Veldhuizen LICENSED PROVIDER TELEHEALTH
Practice Name:	New Trails Ministry, Inc.
Profession:	Marriage and family therapist
Credentials:	LMFT-QMHP
Address:	11455 Elliott Rd., Custer, SD 57730
Email:	newtrailsinc@gmail.com
Phone Number:	605-760-3633
Web Site:	https://newtrailsministries.org/

Professional Bio:	I have been involved in fire service since the 1980s, all in volunteer departments. I am an ordained minister as well as a licensed marriage and family therapist. I also hold master chaplain's standing with the Federation of Fire Chaplains.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Compsych, Magellan Behavioral Health, Medicaid, TRICARE, United Behavioral Health, United Healthcare
Professional License:	Yes, in South Dakota and Iowa
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Bipolar disorder • Chronic illness • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Crisis intervention • Humanistic • Marriage and family therapy • Pastoral counseling • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Hartford

Provider Name:	Danielle Hertel LICENSED PROVIDER TELEHEALTH
Practice Name:	Rising Hope Counseling, LLC
Profession:	Mental health counselor
Credentials:	LPC
Address:	304 S West St., Suite 126, Hartford, SD 57033
Email:	danielle@risinghope605.com
Phone Number:	605-681-6225
Web Site:	https://risinghope605.com/
Professional Bio:	The greatest gift a person can have in life is hope, which is the compass to help navigate through the darkest storms of life. My desire is to walk alongside clients through the hills and valleys life brings and serve them on their journey toward hope and healing!
Accepted Insurance:	Avera, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Compsych, DakotaCare, Medicaid, Sanford Health Plan, Optum VA, TRICARE, United Healthcare
Professional License:	Yes, in South Dakota
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Children/adolescents

	<ul style="list-style-type: none"> • Depression • Grief and loss • PTSD/trauma • Spiritual/religious
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Rapid City

Provider Name:	Roger Belisle LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Psychologist
Credentials:	PhD, LP
Address:	300 Kansas City Street, Rapid City, SD 57701
Email:	drbelisle@sentrypsych.com
Phone Number:	605-393-5389
Web Site:	N/A
Professional Bio:	I am a PhD licensed clinical psychologist with 25 years of experience and am currently employed as a shared resource servicing Pennington County Sheriff's Office, Rapid City Police Department, Rapid City Fire Department, ESCC, SD Highway Patrol, and the SD Division of Criminal Investigation. I also have a private practice.
Accepted Insurance:	Provides reimbursable receipts for insurance
Professional License:	Yes, in South Dakota, Texas, and Virginia
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sexual health • Sleep disorders • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Existential psychotherapy • Humanistic • Marriage and family therapy • Psychodynamic therapy • Relational therapy

	<ul style="list-style-type: none"> • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Sioux Falls

Provider Name:	Brooke Greenig LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Therapist
Credentials:	CSW-PIP
Address:	5708 South Remington Pl., Suite 200, Sioux Falls, SD 57108
Email:	brooke@riverdistrictcounseling.com
Phone Number:	605-205-8899
Web Site:	https://burroughscounseling.com/
Professional Bio:	
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicare, Medicaid, TRICARE, UMR, United Healthcare
Professional License:	Yes, in South Dakota
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Yankton

Provider Name:	Jerry Webber LICENSED PROVIDER TELEHEALTH
Practice Name:	Bridges to Hope Counseling Services LLC
Profession:	Clinical social worker
Credentials:	LCSW-PIP
Address:	100 Douglas Ave., Suite 108, Yankton, SD 57078
Email:	mrsjerrywebber@gmail.com
Phone Number:	605-857-0233
Web Site:	http://yanktontherapist.com/
Professional Bio:	See bio on web site.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicare, Medicaid, Private Healthcare Systems
Professional License:	Yes, in South Dakota

Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Career/employment concerns • Chronic illness • Depression • Disability • Domestic violence • Grief and loss • Learning disabilities • Marriage, divorce, and relationships • Obsessive-compulsive disorder • PTSD/trauma • Spiritual/religious
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

TENNESSEE

Provider Name:	Katharine Campbell LICENSED PROVIDER TELEHEALTH
Practice Name:	Inward Bound
Profession:	Social worker
Details:	Katherine Campbell offers counseling (private pay only) in Tennessee via teletherapy. See full listing under Wilton Manors, FL.

Chattanooga

Provider Name:	Janelle Edmondson LICENSED PROVIDER TELEHEALTH
Practice Name:	Phoenix Health, PLLC
Profession:	Psychiatric nurse practitioner
Credentials:	MSN, APRN, PMHNP-BC, CCTP-I/II, EMDRIA Clinician
Address:	7405 Shallowford Road, Suite 230, Chattanooga, TN 37421
Email:	contact@phoenixhealth.info
Phone Number:	423-208-8099
Web Site:	https://phoenixhealth.info/
Professional Bio:	Janelle Edmondson is a psychiatric nurse practitioner who specializes in first responder trauma as well as other complex trauma issues. She is a certified complex trauma professional and an EMDRIA approved EMDR clinician.

Accepted Insurance:	Aetna, Beacon Health Options, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Humana, Medicare, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Tennessee
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Alzheimer's/dementia • Anxiety • Bipolar disorder • Complex trauma • Depression • First responder trauma • Obsessive-compulsive disorder • PTSD/trauma • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Clarksville

Provider Name:	Rebecca Horn LICENSED PROVIDER TELEHEALTH
Practice Name:	Elu Counseling, Coaching, & Consulting
Profession:	Clinical mental health counselor
Credentials:	MA, LPC Provisionally
Address:	Clarksville, TN
Email:	rhorn@eluccc.org
Phone Number:	931-233-9499
Web Site:	https://eluccc.org/
Professional Bio:	Rebecca works with individuals on issues including PTSD, trauma, anxiety, stress, depression, grief, and anger. She holds a certification as a first responder associate counselor and has experience and understanding of the culture and experiences of first responders including police, firefighters, hospital workers, EMS, social workers, and other counselors.
Accepted Insurance:	Aetna, CIGNA, OON Tricare, self-pay on a sliding scale
Professional License:	Provisionally licensed in Tennessee
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Bipolar disorder • Depression • Domestic violence • First responders • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder

	<ul style="list-style-type: none"> • Parenting issues • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Dialectical behavior therapy • Existential psychotherapy • Psychodynamic therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Collierville

Provider Name:	Carlye Hutchinson LICENSED PROVIDER TELEHEALTH
Practice Name:	Carlye Hutchinson, LPC-MHSP
Profession:	Counselor
Credentials:	LPC-MHSP
Address:	140 South Main Street, Suite 28, Collierville, TN 38017
Email:	hutchinsonlpc@gmail.com
Phone Number:	901-610-0423
Web Site:	https://www.psychologytoday.com/us/therapists/carlye-carpenter-hutchinson-collierville-tn/307197
Professional Bio:	I am a licensed professional counselor with experience working with first responders.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO)
Professional License:	Yes, in Tennessee and Mississippi
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Depression • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Jackson

Provider Name:	Cinda Gee LICENSED PROVIDER TELEHEALTH
Practice Name:	Forward Counseling

Profession:	Licensed professional counselor with mental health service provider designation
Credentials:	LPC/MHSP
Address:	109 E. Lafayette, Jackson, TN 38301
Email:	cindagee@forwardcounseling.com
Phone Number:	901-930-7397
Web Site:	https://www.forwardcounseling.com
Professional Bio:	I am a licensed therapist with 12 years of experience and a passion for working with individuals who have experienced trauma and crisis. I am a military veteran. I am experienced working with adults experiencing other challenges including PTSD, dissociation, grief, divorce, adjustment, depression, anxiety, job loss, and other life complications.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), HealthScope, Humana, Magellan Behavioral Health, Meritan, Optum, Quantum, TRICARE Standard, TriWest/VA, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), self-pay
Professional License:	Yes, in Tennessee
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Sexual abuse/rape • Sexual health • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Lesley Rickman LICENSED PROVIDER
Practice Name:	Forward Counseling - Jackson
Profession:	Social worker
Credentials:	LMSW
Address:	109 East Lafayette, Jackson, TN 38301
Email:	lesleyrickman@forwardcounseling.com
Phone Number:	901-930-7397
Web Site:	http://forwardcounseling.com/

Professional Bio:	Lesley is trained in eye movement desensitization and reprocessing (EMDR), rapid resolution therapy, and LENS neurofeedback. Her clinical interests include untreated psychological trauma, toxic stress, anxiety, unresolved family of origin issues, and adjustment difficulties.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), HealthScope, Humana, Magellan Behavioral Health, Meidcare Advantage (BCBS), Meritan, Optum, Quantum, TennCare (Blue Care), TennCare (United Community), TRICARE, TriWest, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), self-pay
Professional License:	Yes, in Tennessee
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Grief and loss • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Psychodynamic therapy
Telehealth Services:	No
Accepting New Patients:	Yes

Maryville

Provider Name:	Jesse Williams LICENSED PROVIDER TELEHEALTH
Practice Name:	Trauma and Anxiety Center, LLC
Profession:	Licensed professional counselor
Credentials:	MS, LPC/MHSP, NCC, CCH
Address:	200 East Broadway Avenue, Suite 314b, Maryville, TN 37862
Email:	jesse@traumaanxietycenter.com
Phone Number:	865-518-9922
Web Site:	http://www.traumaanxietycenter.com
Professional Bio:	I specialize in the treatment of trauma and anxiety using a collaborative approach that honors a client's innate ability to heal self. I adjust each session to what the client needs at that time, bringing in such approaches as hypnotherapy, hike therapy, and traditional talk therapy.
Accepted Insurance:	None, self-pay only
Professional License:	Yes, in Tennessee
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Identity issues • PTSD/trauma • Spiritual/religious
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Existential psychotherapy • Humanistic

	<ul style="list-style-type: none"> • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Memphis

Provider Name:	Joy Hutchinson
Practice Name:	Forward Counseling
Profession:	Counselor
Credentials:	MA, NCC, CTP, NREMT-Paramedic
Address:	4646 Poplar Ave., Memphis, TN 38117
Email:	joyhutchinson@forwardcounseling.com
Phone Number:	901-504-5250
Web Site:	https://www.forwardcounseling.com/
Professional Bio:	I am a counselor with prior experience working in EMS from 2007-2017 in the New Orleans area. I have a passion for helping people with life's difficult situations. There is not a quick fix or a one-size-fits-all approach, so I focus on the individual to customize a therapy plan that suits your needs.
Accepted Insurance:	Private pay only
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Depression • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Existential psychotherapy • Humanistic • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Mount Juliet

Provider Name:	Patricia Laird
Practice Name:	N/A
Profession:	International Critical Stress Foundation member
Credentials:	Firefighter/EMT, ICISMF member
Address:	159 Navy Circle, Mount Juliet, TN 37122
Email:	PlairdMJ@aol.com
Phone Number:	562-884-3134
Web Site:	N/A

Professional Bio:	Patricia Laird has been a firefighter/EMT for California (1992), high school volleyball coach (1987-1994), West Orange County CERT team co-leader for operations, founding member of the Neighbor4Neighbor program, team member for West Orange County SWAT, member of ReHab 23, and member of the International Critical Stress Foundation.
Accepted Insurance:	None
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Alzheimer's/dementia • Anxiety • Grief and loss • Spiritual/religious
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Crisis intervention
Telehealth Services:	No
Accepting New Patients:	No

TEXAS

Provider Name:	Belinda Barnett LICENSED PROVIDER TELEHEALTH
Practice Name:	Belinda Barnett, PhD
Profession:	Clinical psychologist
Details:	Dr. Belinda Barnett offers online services in Texas through certification with PsyPact. See full listing under Pittsburg, PA.

Arlington

Provider Name:	Lindsey Southall LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Social worker
Credentials:	LCSW
Address:	Arlington: 750 N. Fielder Rd., Arlington, TX 76012 Southlake: 542 Silicon Dr., Suite 100, Southlake, TX 76092
Email:	lindsey.southall@gmail.com
Phone Number:	817-846-5745
Web Site:	http://lindseysouthall.com/
Professional Bio:	Lindsey Southall works with active addiction and recovery. She provided 13 years of counseling and teaching services in residential treatment centers and is the co-author of the treatment curriculum currently used in all American Addiction Centers. She is trained and certified through the Counseling Services for Fire Fighters. Modalities include CBT, DBT, SFT, MI, and EMDR.
Accepted Insurance:	Private pay only
Professional License:	Yes, in Texas
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Bipolar disorder • Depression • Grief and loss • Obesity/weight loss

	<ul style="list-style-type: none"> • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Beaumont

Provider Name:	Jeffery Manzer LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Licensed professional counselor
Credentials:	MEd, LPC, NCC
Address:	3350 Dowlen Rd, Suite J, Beaumont, TX 77706
Email:	jefferymanzer@outlook.com
Phone Number:	409-861-1100
Web Site:	http://www.jefferymanzerlpc.com
Professional Bio:	See web site for bio.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), United Behavioral Health
Professional License:	Yes, in Texas
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Depression • Domestic violence • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

De Leon

Provider Name:	Douglas E. Krug LICENSED PROVIDER TELEHEALTH
Practice Name:	Douglas E. Krug, PhD
Profession:	Psychologist
Credentials:	PhD
Address:	300 S.Texas St., De Leon, TX 76444
Email:	dr.douglaskrug@yahoo.com
Phone Number:	254-977-3731

Web Site:	N/A
Professional Bio:	
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Magellan Behavioral Health, Managed Health Network, Medicare, Medicaid, TriWest, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Texas
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Alzheimer's/dementia • Anxiety • Bipolar disorder • Chronic illness • Depression • Grief and loss • Learning disabilities • Pain management • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Humanistic • Psychological testing and evaluation • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

McKinney

Provider Name:	Lucy Underwood LICENSED PROVIDER TELEHEALTH
Practice Name:	Underwood Counseling & Consultation, PLLC
Profession:	Counseling psychologist
Credentials:	PhD, LPC-S, NCC, BC-TMH, Certified EMDR CIT, Certified ART
Address:	1402 S. Custer Road, Suite 204, McKinney, TX 75072
Email:	drlucyunderwood@underwoodcounseling.net
Phone Number:	469-712-9134
Web Site:	https://underwoodcounseling.net/
Professional Bio:	My 27 years of clinical training and the use of research supported treatments, such as accelerated resolution therapy (ART), EMDR, and cognitive behavioral therapy (CBT), have allowed me to work with first responders and their families. I have extensive experience with PTSD and adverse life events.
Accepted Insurance:	Anthem, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare)
Professional License:	Yes, in Texas
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management

	<ul style="list-style-type: none"> • Anxiety • Bipolar disorder • Career/employment concerns • Chronic illness • Depression • Disability • Grief and loss • Marriage, divorce, and relationships • Multicultural issues • Obsessive-compulsive disorder • Pain management • Parenting issues • PTSD/trauma • Sexual abuse/rape
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Equine-Assisted Therapy • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Rockwall

Provider Name:	Travis Moore LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Counselor
Credentials:	LPC
Address:	1419 Montego Ct., Rockwall, TX 75087
Email:	campfirecounseling@gmail.com
Phone Number:	972-602-5023
Web Site:	N/A
Professional Bio:	
Accepted Insurance:	None
Professional License:	Yes, in Texas
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Equine-Assisted Therapy • Humanistic
Telehealth Services:	Yes
Accepting New Patients:	Yes

San Antonio

Provider Name:	Lauri H Berkman LICENSED PROVIDER TELEHEALTH
Practice Name:	Alamo Heights Counseling
Profession:	Therapist
Credentials:	MS, LPC-S
Address:	900 NE Loop 410 Building D, Suite 200 D, San Antonio, TX 78209
Email:	mblhb@yahoo.com or lberkman@alamoheightscounseling.com
Phone Number:	210-822-2600 or 210-861-7281 (cell)
Web Site:	N/A
Professional Bio:	
Accepted Insurance:	Aetna, Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Humana, Magellan Behavioral Health, Medicaid, TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Texas
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Bipolar disorder • Chronic illness • Depression • Domestic violence • Grief and loss • Learning disabilities • Marriage, divorce, and relationships • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Sleep disorders • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Thomas Efird LICENSED PROVIDER TELEHEALTH
Practice Name:	EMDR-Counseling, PLLC
Profession:	Social worker
Credentials:	LCSW, LCDC, EMDR-Approved Consultant
Address:	18911 Hardy Oak Blvd., San Antonio, TX 78258
Email:	tbemsw@protonmail.com
Phone Number:	210-239-9597
Web Site:	

Professional Bio:	I have extensive experience working with first responders, service members, veterans, and their families for over 22 years. I am a licensed clinical social worker and an EMDR-approved provider. I served in the Air Force from 2011-2016. I am currently taking new referrals by telehealth only.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), Compsych, TRICARE, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Texas
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Childhood abuse • Depression • Grief and loss • Life coaching • Multicultural issues • PTSD/trauma • Sexual abuse/rape • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Dr. Mel McGee TELEHEALTH
Practice Name:	Covington-McGee Christian Counseling
Profession:	Pastoral Christian counselor
Credentials:	PhD, MDIV, AMP, IPHMP
Address:	8026 Vantage Drive, Suite 102, San Antonio, TX 78230
Email:	Drmelmcgee@yahoo.com
Phone Number:	480-599-9955
Web Site:	https://covington-mcgeechristiancounseling.com/
Professional Bio:	I have more than 32 years of experience working for hospitals and hospices as well as active military and veterans. I established Covington-McGee Christian Counseling to help people who need counseling. My goal is to help people overcome difficulties through Christian teachings and values.
Accepted Insurance:	None
Professional License:	No
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Grief and loss • Hospice/end-of-life • Marriage, divorce, and relationships • Military and veterans

	<ul style="list-style-type: none"> • Multicultural issues • Sexual health • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Marriage and family therapy • Pastoral counseling
Telehealth Services:	Yes
Accepting New Patients:	Yes

Victoria

Provider Name:	Brittany Proctor LICENSED PROVIDER TELEHEALTH
Practice Name:	Reclamation Counseling Center
Profession:	Licensed professional counselor, licensed chemical dependency counselor
Credentials:	LPC, LCDC
Address:	506 Glasgow, Victoria, TX 77904
Email:	brittany.proctor@rccvictoria.com
Phone Number:	361-576-3385
Web Site:	N/A
Professional Bio:	
Accepted Insurance:	Aetna, Amerigroup, BCBS TX, Beacon Health, Cigna, Compsych, Curlinc EAP, Driscoll, Magellan, Medicaid, Superior, and United Healthcare (Optum)
Professional License:	Yes, in Texas
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Chronic illness • Depression • Grief and loss • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Forensic evaluation • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

UTAH

Provider Name:	Belinda Barnett LICENSED PROVIDER TELEHEALTH
Practice Name:	Belinda Barnett, PhD
Profession:	Clinical psychologist

Details:	Dr. Belinda Barnett offers online services in Utah through certification with PsyPact. See full listing under Pittsburg, PA.
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Provider Name:	Kasia Caldwell LICENSED PROVIDER TELEHEALTH
Practice Name:	Intentional Living Academy
Profession:	Social worker
Details:	Kasia Caldwell offers telehealth services in Utah. See full listing under Las Vegas, NV.

Provider Name:	Natalie Summit LICENSED PROVIDER TELEHEALTH
Practice Name:	Stepstone Connect Counseling
Profession:	Retired law enforcement police crisis intervention specialist
Details:	Natalie Summit offers telehealth services in Utah. See full listing under Maricopa County, AZ.

Layton

Provider Name:	Jack Kettering LICENSED PROVIDER TELEHEALTH
Practice Name:	Harmony in Healing
Profession:	Professional therapist
Credentials:	LCMHC
Address:	920 Heritage Park Blvd., Suite 200 B, Layton, UT 84041
Email:	jackkcmhc@gmail.com
Phone Number:	385-240-0321
Web Site:	http://harmonyinhealingutah.com/
Professional Bio:	I am a certified EMDR therapist as well as a consultant in training for the EMDR international association, so I train other therapists to utilize EMDR. I've worked with military and first responders to deal with trauma.
Accepted Insurance:	DMBA, PEHP, EMI
Professional License:	Yes, in Utah
Areas of Expertise:	<ul style="list-style-type: none"> Anxiety Depression
Methods or Approaches Used:	
Telehealth Services:	Yes
Accepting New Patients:	Yes

VIRGINIA

Provider Name:	Karen M. Ponder LICENSED PROVIDER TELEHEALTH
Practice Name:	Karen Ponder, LCSW/Healing Within Counseling Services
Profession:	Clinical social worker
Details:	Karen M. Ponder offers telehealth services in Virginia. See full listing under Boca Raton, FL.

Amherst

Provider Name:	Christina Ferrell LICENSED PROVIDER TELEHEALTH
Practice Name:	Go With That Consulting, LLC

Profession:	Social Worker
Credentials:	LCSW
Address:	194 2nd St., Box 1705, Amherst, VA 24521
Email:	christina@gowiththatconsulting.com
Phone Number:	914-466-8495
Web Site:	http://www.gowiththatconsulting.com/
Professional Bio:	Christina is a certified first responder counselor and has been in the field of mental health since 2003. Go With That Consulting provides individual, family, and couples mental health consultation exclusively to first responders to improve and maintain balanced mental health.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), PCHP
Professional License:	Yes, in Virginia
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Bipolar disorder • Career/employment concerns • Depression • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Bridgewater

Provider Name:	Brian Strode LICENSED PROVIDER TELEHEALTH
Practice Name:	Sapphire Valley Wellness Center, LLC
Profession:	Counselor
Credentials:	LPC
Address:	105 S Main St., Bridgewater, VA 22812
Email:	info@sapphirevalleywellness.com
Phone Number:	540-908-8682
Web Site:	https://sapphirevalleywellness.com
Professional Bio:	I was a career paramedic/firefighter before becoming a counselor with the intention of working specifically with first responders. I completed my counseling training at Old Dominion University in 2009. I am a licensed professional counselor in Virginia with further certifications, including certified clinical trauma professional and certified compassion fatigue professional.
Accepted Insurance:	All Anthem Commercial insurances, Aetna is still in credentialing
Professional License:	Yes, in Virginia
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse

	<ul style="list-style-type: none"> • Anger management • Anxiety • Career/employment concerns • Compassion fatigue • Depression • Domestic violence • First responder issues • Grief and loss • Marriage, divorce, and relationships • Obesity/weight loss • Parenting issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Existential psychotherapy • Marriage and family therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Fairfax

Provider Name:	Colby Mills LICENSED PROVIDER TELEHEALTH
Practice Name:	Forge Health
Profession:	Psychologist
Credentials:	PhD
Address:	12011 Lee Jackson Memorial Hwy., Fairfax, VA 22030
Email:	cmills@forgehealth.com
Phone Number:	888-224-7312 (intake line)
Web Site:	N/A
Professional Bio:	I work with first responders, military veterans, and their families. I use common-sense, evidence-based methods to help you heal, recover, and live your life.
Accepted Insurance:	CIGNA HealthCare (PPO)
Professional License:	Yes, in Virginia
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Career/employment concerns • Cumulative trauma • Depression • Grief and loss • Marriage, divorce, and relationships • Organizational stress • PTSD/trauma • Sexual abuse/rape • Sleep disorders

	<ul style="list-style-type: none"> • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Evaluation/diagnosis • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Fredericksburg

Provider Name:	Gary Lupton LICENSED PROVIDER TELEHEALTH
Practice Name:	Solo practitioner
Profession:	Licensed professional counselor, licensed marriage and family therapist, licensed substance abuse practitioner
Credentials:	LPC, LMFT, LSATP
Address:	305 Hanson Ave. Suite 170, Fredericksburg, VA 22401
Email:	glupton12@yahoo.com
Phone Number:	540-361-4660
Web Site:	http://aquiacounseling.com/
Professional Bio:	<p>Gary Lupton career experience includes the following:</p> <ul style="list-style-type: none"> - 1977-1979 DC Metro Transit Police – Patrol - 1979-1990 Prince William County, VA Police – Patrol/Child Abuse Inv - 1990-2012 Fairfax Falls Church CSB, Fairfax VA - 1990 SA Counselor - 1992 Case Manager - 1994-1998 Supervisor Residential/Case Management Services - 1998 Manager Partial Hospitalization - 2004-2012 Director of QA - 1998-Present Part/Full Time Private Practice
Accepted Insurance:	Aetna, Beacon Health, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Horizon Behavioral Services, Humana, Tricameral
Professional License:	Yes, in Alabama
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Depression • Stress
Methods or Approaches Used:	Yes
Telehealth Services:	Yes
Accepting New Patients:	

Harrisonburg

Provider Name:	Sarah Thompson LICENSED PROVIDER TELEHEALTH
Practice Name:	Harrisonburg Center for Healing
Profession:	Licensed professional counselor
Credentials:	LPC – EMDR
Address:	1014 Reservoir Street, Ste. A, Harrisonburg, VA 22801
Email:	sarah@harrisonburgcenterforhealing.com
Phone Number:	540-830-5443

Web Site:	https://www.harrisonburgcenterforhealing.com/
Professional Bio:	Sarah is a licensed professional counselor in the state of Virginia and is trained in EMDR and first responder culture. She is also the clinical director for Virginia First Responder Support Services and is married to a career firefighter. Her private practice focuses on the helping the first responder population.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Optima, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in Virginia
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Henrico

Provider Name:	Dreamel Spady LICENSED PROVIDER TELEHEALTH
Practice Name:	Renewal, Growth, & Healing
Profession:	Social worker
Credentials:	LCSW
Address:	8545 Patterson Ave., Ste, 201, Henrico, VA 23229
Email:	dreamel@renewalgrowthhealing.com
Phone Number:	804-372-7458
Web Site:	https://www.renewalgrowthhealing.com/
Professional Bio:	See bio on web site.
Accepted Insurance:	Aetna, Beacon Health Options, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Magellan Behavioral Health, Medicare, Medicaid, UMR, United Behavioral Health, United Healthcare
Professional License:	Yes, in Virginia
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Bipolar disorder • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma

	<ul style="list-style-type: none"> • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Marriage and family therapy • Psychodynamic therapy • Relational therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Midlothian

Provider Name:	Janae W. House LICENSED PROVIDER TELEHEALTH
Practice Name:	
Profession:	Social worker in behavioral health
Credentials:	LCSW
Address:	1133 Jefferson Green Cir., Midlothian, VA 23113
Email:	jhouse207@aol.com
Phone Number:	804-794-7777
Web Site:	N/A
Professional Bio:	I'm a licensed clinical social worker with a degree from Virginia Commonwealth University. I interned and then worked with the Department of Psychiatry at VCU in affective disorders. Populations served include adults and couples. Clinical focus include depression, bipolar, anxiety, panic disorder, marital therapy, communication skills, stress management, trauma recovery, and workplace issues.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Magellan Behavioral Health, Medicare, Medicaid, United Behavioral Health, United Healthcare
Professional License:	Yes, in Virginia
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Disability • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Marriage and family therapy

	<ul style="list-style-type: none"> • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Richmond

Provider Name:	Glenna Smith LICENSED PROVIDER TELEHEALTH
Practice Name:	Neuropsychiatric & Counseling Associates
Profession:	Nurse practitioner in psych
Credentials:	MSN, APRN, FNP-C
Address:	9020 Stony Point Parkway, Suite 240, Richmond, VA 23235
Email:	ncastonypoint@gmail.com
Phone Number:	804-282-5236
Web Site:	N/A
Professional Bio:	Glenna is an AANP board certified family nurse practitioner with experience in psychiatric and mental health conditions. She has experience working with fire, police, and military. She provides mental health services such as medication management for psychiatric conditions and disorders.
Accepted Insurance:	Most private insurances
Professional License:	Yes, in Virginia
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anxiety • Bipolar disorder • Depression • Domestic violence • Eating disorders • Grief and loss • Obsessive-compulsive disorder • Postpartum • PTSD/trauma • Schizophrenia • Sexual abuse/rape • Sleep disorders • Stress
Methods or Approaches Used:	Evaluation/diagnosis
Telehealth Services:	Yes
Accepting New Patients:	Yes

Roanoke

Provider Name:	Laura Eichenlaub LICENSED PROVIDER TELEHEALTH
Practice Name:	Blue Ridge Behavioral Healthcare
Profession:	Counselor
Credentials:	LPC
Address:	611 McDowell Ave., Roanoke, VA 24015
Email:	mailto:laurino23@yahoo.comLEichenlaub@BRBH.org
Phone Number:	540-266-9200 ext. 3214

Web Site:	N/A
Professional Bio:	I have been a practicing LPC for 14 years and am EMDR certified. I have been providing counseling services to first responders for four years. I specialize in using EMDR with individuals that have experienced critical incidents and/or are experiencing the impact of cumulative stress.
Accepted Insurance:	Aetna, Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Humana, Kaiser Permanente, Magellan Behavioral Health, Medicare, Medicaid, TRICARE, United Behavioral Health, most insurances – check with office
Professional License:	Yes, in Virginia, North Carolina, and Georgia
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Career/employment concerns • Depression • Grief and loss • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	John Heil LICENSED PROVIDER TELEHEALTH
Practice Name:	Psychological Health Roanoke
Profession:	Psychologist
Credentials:	Licensed clinical psychologist
Address:	2840 Electric Road, Suite 200, Roanoke, VA 24018
Email:	KarenCook@psychhealthroanoke.com
Phone Number:	540-772-5153
Web Site:	http://www.psychhealthroanoke.com/
Professional Bio:	John Heil is a licensed clinical psychologist, certified mental performance consultant-emeritus, United States Olympic Committee Sport Psychology Registry, Association for Applied Sport Psychology fellow, American Psychological Association fellow, and past president of the Society for Sport, Exercise, and Performance Psychology.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Coventry Health Care, Coventry Health Care (PPO), Magellan Behavioral Health, Managed Health Network, Medicare, Medicaid, MultiPlan, TRICARE, United Behavioral Health, United Healthcare, VA Premier, Value Options, Virginia Health Network
Professional License:	Yes, in Virginia
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Chronic illness • Depression • Disability

	<ul style="list-style-type: none"> • Pain management • PTSD/trauma • Sleep disorders
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Forensic evaluation • Psychological testing and evaluation
Telehealth Services:	Yes
Accepting New Patients:	Yes

WASHINGTON

Provider Name:	Belinda Barnett LICENSED PROVIDER TELEHEALTH
Practice Name:	Belinda Barnett, PhD
Profession:	Clinical psychologist
Details:	Dr. Belinda Barnett offers telehealth services in Washington. See full listing under Pittsburg, PA.

Provider Name:	Drew Prochniak LICENSED PROVIDER TELEHEALTH
Practice Name:	Drew Prochniak, LPC, LLC
Profession:	Counselor
Details:	Drew Prochniak practices in both Washington and Oregon. See full listing under Portland, OR.

Bellevue

Provider Name:	Beth Murphy LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Clinical psychologist
Credentials:	PsyD
Address:	1715 114th Ave. SE, Suite 240, Bellevue, WA 98004
Email:	beth@integrativemhw.com
Phone Number:	425-281-7977
Web Site:	https://www.integrativemhw.com/
Professional Bio:	Dr. Murphy is a clinical psychologist and a retired firefighter. Her specialty is working with first responders, military, and ER providers. She treats a wide array of mental health issues, including PTSD, mood disorders, and adult ADHD. She also works with couples and families of first responders.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), HMA, First Choice, Kaiser Permanente, Premera, Regence, TPSC, WA State L&I, private pay
Professional License:	Yes, in Washington
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anxiety • Bipolar disorder • Career/employment concerns

	<ul style="list-style-type: none"> • Chronic illness • Depression • Disability • Grief and loss • Marriage, divorce, and relationships • Pain management • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Coaching • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Psychological testing and evaluation • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Eastsound

Provider Name:	Michael Elder LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	109 North Beach Rd., Eastsound, WA 98245
Email:	mailto:michaeleldermft@protonmail.com
Phone Number:	925-209-0248
Web Site:	http://michaeleldermft.com/
Professional Bio:	Michael Elder did four seasons of wildland fire suppression in the 1980s. He was licensed as MFT in 1998 and has been a clinician with the First Responders Support Network (FRSN) since 2007. He is now the Puget Sound area clinical coordinator for FRSN.
Accepted Insurance:	Aetna, First Choice, Managed Health Network, Medicaid (Apple Health), Regence
Professional License:	Yes, in Washington and California
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Domestic violence • Multicultural issues • PTSD/trauma • Sexual abuse/rape
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Graham

Provider Name:	Jennifer Kapelos LICENSED PROVIDER
Practice Name:	DREAMS
Profession:	Mental health counselor
Credentials:	LMHCA
Address:	10915 Eustis Hunt Rd. E, Graham, WA 98338
Email:	zorroturtle@yahoo.com
Phone Number:	206-712-8382
Web Site:	https://www.dreamsequineassisted.org/
Professional Bio:	Jennifer Kapelos is EAGALA model equine-assisted psychotherapy certified. She has worked in the mental health field for 30 years and did her doctoral dissertation on animal-assisted therapy. She has over 10 years working with trauma type of issues, over five years working with indigenous Alaska Native people, over five years working with suicidal clients, and over 40 years working with animals. Jennifer travels to several stables in Western Washington to make equine-assisted therapy more accessible and also provides limited language translation services.
Accepted Insurance:	None – sliding scale
Professional License:	Yes, in Washington
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Learning disabilities • Multicultural issues • Obsessive-compulsive disorder • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	Equine-Assisted Therapy
Telehealth Services:	No
Accepting New Patients:	Yes

Pasco

Provider Name:	J Jason Chastain LICENSED PROVIDER
Practice Name:	Chastain Counseling, LLC
Profession:	Social worker
Credentials:	LICSW, BCD, CCTP-II
Address:	9825 Sandifur Pkwy., Suite D, Pasco, WA 99301
Email:	jjchastain@protonmail.com
Phone Number:	509-531-6698
Web Site:	https://counselingtricity.com/
Professional Bio:	I have specialized training in PTSD and grief/loss issues. I am triple certified to bring the expertise I have to help you with your specific experiences and symptoms. I am one of very few therapists in Washington with all these qualifications, and I am experienced working with first responders.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Cigna, CIGNA HealthCare (PPO), First Choice Health, Kaiser Permanente, Regence Group Administrators, Trusted Plans Service Corporation, Uniform Medical Plan

Professional License:	Yes, in Washington
Areas of Expertise:	<ul style="list-style-type: none"> • Grief and loss • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	No
Accepting New Patients:	Yes

Port Orchard

Provider Name:	Amber Smith LICENSED PROVIDER TELEHEALTH
Practice Name:	Found Therapy Services
Profession:	Marriage and family therapist
Credentials:	LMFT
Address:	3965 Bethel Rd SE, Ste. 1 #120, Port Orchard, WA 98366
Email:	amber@foundtherapyservices.com
Phone Number:	360-919-5350
Web Site:	https://foundtherapyservices.com/
Professional Bio:	I'm an LMFT in Washington state, currently offering telehealth services to first responders and their families. I've been practicing for 8.5 years and am married to a police officer. Check out my web site for more information.
Accepted Insurance:	Blue Cross/Blue Shield, Cigna, First Choice Health, Premera, Regence, can also do sliding scale
Professional License:	Yes, in Washington
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Anger management • Anxiety • Career/employment concerns • Chronic illness • Depression • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Evaluation/diagnosis • Existential psychotherapy • Marriage and family therapy • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Redmond

Provider Name:	Brooke Lundquist LICENSED PROVIDER TELEHEALTH
Practice Name:	inLife Clinic
Profession:	Therapist
Credentials:	PhD, LMHC
Address:	16715 NE 79th St., Redmond, WA 98052
Email:	brooke@inlifeclinic.com
Phone Number:	425-822-3252
Web Site:	https://inlifeclinic.com/
Professional Bio:	Brooke Lundquist, PhD, is a licensed mental health counselor in Washington. She received an MA degree in counseling psychology from Northwest University and her PhD in counseling from Oregon State University. Brooke works with first responders who are dealing with anxiety, depression, relationship issues, and parenting challenges.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), Heritage, LifeWise, Premera, Regence Blue Cross Blue Shield
Professional License:	Yes, in Washington
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Disability • Domestic violence • First responders • Grief and loss • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Crisis intervention • Evaluation/diagnosis • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Phyllis Rogers LICENSED PROVIDER TELEHEALTH
Practice Name:	inLife Clinic
Profession:	First responder therapist
Credentials:	LMHC
Address:	16715 NE 79th St., Redmond, WA 98052
Email:	phyllis@inlifeclinic.com
Phone Number:	425-652-5559
Web Site:	http://www.inlifeclinic.com/
Professional Bio:	I have been licensed since 2002. Along with my private practice, I began working as a police, fire, and EMS chaplain in 2008, responding on-scene when dispatched. I work exclusively with the first responders impacted by critical incidents, relationship issues, and admin betrayal. I use a combination of approaches including EMDR. I also work as an LE consultant for three agencies, providing support onsite for their peer

	support teams, critical incidents, officer-involved shootings, and individual stress reducing conversations.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), Premera, Regence, United Behavioral Health
Professional License:	Yes, in Washington
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Critical incidents • Depression • First responders • Marriage, divorce, and relationships • Officer-involved shootings • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Seattle

Provider Name:	Colleen Hilton LICENSED PROVIDER TELEHEALTH
Practice Name:	Acuity Counseling
Profession:	Marriage and family therapist
Credentials:	MA, LMFT
Address:	600 Stewart St., Suite 1228, Seattle, WA 98101
Email:	colleen@acuitycounseling.net
Phone Number:	206-910-9476
Web Site:	https://www.acuitycounseling.net/
Professional Bio:	I utilize a blended approach including CBT and Bowen Family Systems to address patterns of thinking that are negatively impacting your life. Specializations include entrepreneurs/executives in leadership and high stress careers, and first responders including police, fire, and military personnel. I am an approved clinical supervisor (AAMFT) and member of the International Critical Incident Stress Foundation (ICISF).
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), First Choice, Kaiser Permanente, Lifewise, Premera
Professional License:	Yes, in Washington
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Career/employment concerns • Depression • Marriage, divorce, and relationships • PTSD/trauma
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Existential psychotherapy • Humanistic

	<ul style="list-style-type: none"> • Marriage and family therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Spokane

Provider Name:	Donnavan Leavitt LICENSED PROVIDER TELEHEALTH
Practice Name:	Praus Counseling
Profession:	Clinical mental health counselor
Credentials:	MA, NCC, LMHCA
Address:	701 W. 7th Ave., Ste. 107 C, Spokane, WA 99204
Email:	donnavanleavitt@prauscounseling.com
Phone Number:	509-608-3145
Web Site:	https://www.prauscounseling.com/
Professional Bio:	In addition to my counseling practice, I have spent over 13 years in volunteer fire and well as time as a professional EMT. While each of our experiences are unique, my background in emergency services helps facilitate understanding of the struggles we face.
Accepted Insurance:	None, self-pay or out of network (as applicable)
Professional License:	Yes, in Washington
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • PTSD/trauma • Sexual abuse/rape • Sexual health • Spiritual/religious
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • Existential psychotherapy • Humanistic • Psychodynamic therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

WEST VIRGINIA

Provider Name:	Christina L. Durham LICENSED PROVIDER TELEHEALTH
Practice Name:	Hopewell Health Center, Belpre Clinic
Profession:	Counselor
Details:	Christina L. Durham is located on the Ohio/West Virginia border and also offers telehealth services. See full listing under Belpre, OH.

Charleston

Provider Name:	Thomas Miller LICENSED PROVIDER TELEHEALTH
Practice Name:	N/A
Profession:	Counseling

Credentials:	MA, LPC, ALPS, ADC
Address:	100 Conestoga Lane, #9, Charleston, WV 25312
Email:	tomfirerescue@msn.com
Phone Number:	304-590-3684
Web Site:	N/A
Professional Bio:	
Accepted Insurance:	Aetna, BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Magellan Behavioral Health, UMR, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in West Virginia
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • ADHD • Depression • Disability • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching • Cognitive/behavioral therapy • Crisis intervention • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Huntington

Provider Name:	Matt Maynard LICENSED PROVIDER TELEHEALTH
Practice Name:	Graceway Counseling Center
Profession:	Counselor
Credentials:	LPC
Address:	4334 Piedmont Road, Huntington, WV 25704
Email:	matt@gracewaycounseling.com
Phone Number:	304-691-0873
Web Site:	https://www.gracewaycounseling.com/
Professional Bio:	Matt is a licensed professional counselor and former EMT/firefighter of nearly 10 years. He continues to serve emergency services through the local CISM Team.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
Professional License:	Yes, in West Virginia
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Grief and loss • Marriage, divorce, and relationships • PTSD/trauma • Spiritual/religious • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy

	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Humanistic • Marriage and family therapy • Pastoral counseling
Telehealth Services:	Yes
Accepting New Patients:	Yes

Hurricane

Provider Name:	Kari Mika-Lude LICENSED PROVIDER TELEHEALTH
Practice Name:	Aspire to Inspire Behavioral Health and Addiction Services, LLC
Profession:	Professional counselor
Credentials:	MA, LPC (WV), LCPC (IL), AADC-S (WV), CAADC (IL)
Address:	3847 Teays Valley Road, Hurricane, WV 25213
Email:	info@aspire-counseling.org
Phone Number:	3047609945
Web Site:	https://www.aspire-counseling.org/
Professional Bio:	Kari has been a licensed therapist since 2011 and specializes in trauma. She is also a certified EMT and the wife of a firefighter/EMT.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Humana, TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), WV PEIA
Professional License:	Yes, in West Virginia and Illinois
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Depression • Domestic violence • Grief and loss • Marriage, divorce, and relationships • Obsessive-compulsive disorder • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Evaluation/diagnosis • EMDR (eye movement desensitization and reprocessing) • Existential psychotherapy • Humanistic

	<ul style="list-style-type: none"> • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

WISCONSIN

Provider Name:	Cindy McKnight LICENSED PROVIDER TELEHEALTH
Practice Name:	Living Pono Counseling
Profession:	Mental health therapist
Details:	Cindy McKnight offers telehealth services in Wisconsin. See full listing under Libertyville, IL.

De Pere

Provider Name:	Tom Benike LICENSED PROVIDER TELEHEALTH
Practice Name:	Unleashed Performance & Counseling, LLC
Profession:	Licensed professional counselor
Credentials:	LPC
Address:	801 Heritage Rd., Suite E6, De Pere, WI 54115
Email:	tom@unleashedperformanceandcounseling.com
Phone Number:	920-770-2209
Web Site:	https://www.unleashedperformanceandcounseling.com/
Professional Bio:	I have 22 years in fire/EMS, experience in law enforcement, and am a veteran. My goal is to meet, connect, and accept you where you are at in life. I want to work with you using effective brain/body treatments to assist you in becoming a better version of you.
Accepted Insurance:	United Healthcare
Professional License:	Yes, in Wisconsin
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Grief and loss • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Grafton

Provider Name:	Erin Perez-Hughes LICENSED PROVIDER TELEHEALTH
Practice Name:	Ozaukee Community Therapies
Profession:	Licensed professional counselor
Credentials:	LPC
Address:	1245 Cheyenne Ave., Suite 200, Grafton, WI 53024
Email:	erin@ozaukeecommunitytherapies.com

Phone Number:	414-559-0050
Web Site:	http://www.ozaukeecommunitytherapies.com/
Professional Bio:	Erin has over 15 years of experience providing counseling, consultation, and trainings. She has over 10 years of training in trauma-informed care and uses this approach with the individuals that she works with. She is also trained in EMDR (eye movement desensitization and reprocessing).
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Exceedent, Medicaid, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), WEA Trust
Professional License:	Yes, in Wisconsin
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Domestic violence • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Manitowoc

Provider Name:	James "Jaime" Lammers LICENSED PROVIDER TELEHEALTH
Practice Name:	Sherman Counseling
Profession:	Licensed professional counselor
Credentials:	MA, LPC
Address:	980 Maritime Dr #6, Manitowoc, WI 54220
Email:	james_lammers@hotmail.com
Phone Number:	920-733-2065
Web Site:	
Professional Bio:	My experiences include over six years working daily with firefighters, EMS, and law enforcement as a mobile crisis counselor and crisis supervisor. I am skilled in helping individuals who are feeling overwhelmed, suicidal, and/or who have trauma due to work experiences. I will help you on your terms.
Accepted Insurance:	Aetna, Arise, BlueCross BlueShield (BCBS), Common Ground, Humana, Network Health, Quartz Unity, T19 Medicaid, WEA Trust, WPS, call for additional accepted insurance
Professional License:	Yes, in Wisconsin
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Bipolar disorder • Career/employment concerns • Chronic illness • Depression • Disability • Grief and loss

	<ul style="list-style-type: none"> • Multicultural issues • Pain management • Parenting issues • PTSD/trauma • Sleep disorders • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Cognitive/behavioral therapy • Crisis intervention • Dialectical behavior therapy • Existential psychotherapy • Humanistic • Short-term (brief treatment)
Telehealth Services:	Yes
Accepting New Patients:	Yes

Oak Creek

Provider Name:	Cathy Duchow-Cross LICENSED PROVIDER TELEHEALTH
Practice Name:	Spectrum Health Care
Profession:	Psychiatric mental health nurse practitioner (PMHNP)
Credentials:	PMHNP, FNP-BC, APNP-C, MSN, BSN
Address:	6416 South Howell Ave., Oak Creek, WI 53154
Email:	Spectrumhealthcare1@protonmail.com
Phone Number:	414-304-5713
Web Site:	N/A
Professional Bio:	I have been in the medical field for over 35 years and started my career as a volunteer firefighter and EMT. I have extensive experience as an emergency room RN and am currently licensed as PMHNP and family practice APNP.
Accepted Insurance:	Contact the office for information
Professional License:	Yes, in Wisconsin
Areas of Expertise:	<ul style="list-style-type: none"> • Addictions/substance abuse • Anxiety • Depression • PTSD • Sleep disorders
Methods or Approaches Used:	<ul style="list-style-type: none"> • Evaluation/diagnosis
Telehealth Services:	Yes
Accepting New Patients:	Yes

West Allis

Provider Name:	Carol Seydewitz LICENSED PROVIDER TELEHEALTH
Practice Name:	Pathways Counseling Center
Profession:	Licensed professional counselor
Credentials:	MS, LPC, ATR
Address:	11121 W. Oklahoma Ave. West Allis, WI 53227
Email:	EMDR@happypeoplepath.com

Phone Number:	262-754-5916
Web Site:	http://www.pathwayscounseling.com/
Professional Bio:	Carol is a practiced therapist of 15+ years who has developed a reputation of being highly skilled and results-oriented in her work with issues related to trauma. She approaches her work with respect for and personal understanding of struggles that first responders face. She is certified with EMDRIA.
Accepted Insurance:	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Humana, Managed Health Network, Medicaid, some TRICARE, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), contact her directly if your insurance company is not listed
Professional License:	Yes, in Wisconsin
Areas of Expertise:	<ul style="list-style-type: none"> • Anxiety • Depression • Grief and loss • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing)
Telehealth Services:	Yes
Accepting New Patients:	Yes

WYOMING

Casper

Provider Name:	Angela Martin LICENSED PROVIDER TELEHEALTH
Practice Name:	Integrity Mental Health, LLC
Profession:	Clinical mental health counselor
Credentials:	LPC
Address:	141 S. Center St., Suite 301, Casper, WY 82601
Email:	angie.martin.mp@gmail.com
Phone Number:	307-394-2548
Web Site:	https://www.facebook.com/angimartimp
Professional Bio:	I am a licensed professional counselor specializing in military-connected populations as well as serving first responders in Wyoming via office visits in Casper or teletherapy services throughout the state. I value and appreciate these groups of people and am passionate about serving them as a way to show my gratitude.
Accepted Insurance:	Please contact Dawn Lewis, LPC at 307-262-3309 to discuss insurance, sliding scale, and/or other payment options with our practice.
Professional License:	Yes, in Wyoming
Areas of Expertise:	I am trained to address the majority of mental/behavioral health challenges and other life challenges and goals that are brought to the table by my clients.
Methods or Approaches Used:	<ul style="list-style-type: none"> • Behavioral therapy • Coaching

	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Existential psychotherapy • Humanistic • Psychodynamic therapy • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Evanston

Provider Name:	Pamela R. Fuller LICENSED PROVIDER TELEHEALTH
Practice Name:	Frontier Psychological Associates, LC
Profession:	Psychologist
Credentials:	PhD
Address:	724 Front Street, Suite 230, Evanston, WY 82930
Email:	fuller@frontierpsych.com
Phone Number:	307-789-6773
Web Site:	http://frontierpsychological.com/
Professional Bio:	Dr. Fuller is a licensed clinical psychologist and an adjunct assistant professor in the Department of Psychiatry in the University of Utah School of Medicine. She specializes in trauma treatment, anxiety, depression, relationship issues, and crisis intervention services. She has presented nationally and internationally and written articles and a book.
Accepted Insurance:	Aetna, American Behavioral Health, Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), FEI Behavioral Health, Health Advocate EAP, Horizon Behavioral Services, Medicare, Medicaid, Multiplan, WISE Provider Network
Professional License:	Yes, in Wyoming
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Bipolar disorder • Chronic illness • Depression • Disability • Grief and loss • Marriage, divorce, and relationships • Obesity/weight loss • Pain management • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • Evaluation/diagnosis • Marriage and family therapy • Psychological testing and evaluation

Telehealth Services:	Yes
Accepting New Patients:	Yes

ALBERTA

Calgary

Provider Name:	Sara Norum LICENSED PROVIDER TELEHEALTH
Practice Name:	Norum Psychological Services
Profession:	Registered psychologist, registered social worker, registered family mediator
Credentials:	MSc (PYCL), MSc (CA&R)
Address:	#225, 280 Midpark Way S.E., Calgary, Alberta T2X 1J6, Canada
Email:	sara@norumpychservices.com
Phone Number:	587-392-1777
Web Site:	http://norumpychservices.com/
Professional Bio:	Sara Norum is a registered psychologist who specializes in PTSD, complex trauma, and other mental health difficulties. Sara has advanced training in working with first responders. She is an EMDRIA approved certified EMDR therapist and consultant and the lead psychologist at Norum Psychological Services.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Private Healthcare Systems
Professional License:	Yes, in Alberta
Areas of Expertise:	<ul style="list-style-type: none"> • Anger management • Anxiety • Depression • Marriage, divorce, and relationships • Parenting issues • PTSD/trauma • Sexual abuse/rape • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Dialectical behavior therapy • EMDR (eye movement desensitization and reprocessing) • Marriage and family therapy • Psychological testing and evaluation • Relational therapy
Telehealth Services:	Yes
Accepting New Patients:	Yes

Provider Name:	Chrissy Schlechter LICENSED PROVIDER TELEHEALTH
Practice Name:	Norum Psychological Services
Profession:	Psychologist
Credentials:	MSc, RPsych
Address:	Suite 225 - 280 Midpark Way SE, Calgary, Alberta T2X 1J6, Canada
Email:	chrissy@norumpychservices.com
Phone Number:	587-392-1777
Web Site:	http://norumpychservices.com/

Professional Bio:	I am a registered psychologist who has been in practice for over 10 years. I specialize in trauma work using EMDR therapy including biofeedback therapy and neurofeedback therapy. For more information, please check out our web site.
Accepted Insurance:	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), all Canadian insurance providers accepted and will direct bill all insurance companies that will allow it
Professional License:	Yes, in Alberta
Areas of Expertise:	<ul style="list-style-type: none"> • ADHD • Anger management • Anxiety • Depression • Grief and loss • Parenting issues • PTSD/trauma • Stress
Methods or Approaches Used:	<ul style="list-style-type: none"> • Cognitive/behavioral therapy • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Psychological testing and evaluation
Telehealth Services:	Yes
Accepting New Patients:	Yes