

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

Name	Address	Phone	Ages	Interventions/ Specialties	Payment Methods
<b>Kris Abrams, LPC</b> <a href="http://www.cedartreehealing.org">www.cedartreehealing.org</a>	Mancos; In person in nature, and/or by telephone	970-403-5018	20+	Individual, Couples, Trauma, Internalized oppression, Life transitions, Nature-based, CBT, EMDR, EFT, Internal Family Systems, Emotion Focused	Self-pay, Sliding scale
<b>Eileen Andricovich, LMFT</b> admin@spiralsofeternity.com	Durango Telehealth only	970-426 9865	16+	Relationship Issues, Loss & ADHD, Family Conflict/trauma/holistic approach individuals/couples	United, Anthem/BCBS, Aetna, Cigna, Self-pay
<b>Animas Valley Counseling</b> Chari Perce, LMFT	1911 Main Ave. Durango & Telehealth	970-400-1038	4+	EMDR, Brainspotting, DBT, TF-CBT, Domestic Violence, Complex Trauma	<b>Medicaid</b> , Self-pay, Sliding Scale
<b>Joel Berdie, LSW</b> <i>Bilingual (English/Español)</i> <a href="https://joelberdie.wixsite.com/sol-community-salud">https://joelberdie.wixsite.com/sol- community-salud</a>	In-home, Community-based, Walk-and-talk, Telehealth, or Office at 150 E 9th St., Suite #205, Durango	970-444-5117	16+	Immigration, Cross-cultural issues, Substance misuse, Domestic violence, Trauma processing including sexual abuse, Somatic Experiencing, Narrative Therapy, Counseling to undocumented/uninsured individuals	<b>Medicaid</b> , Self-pay, Sliding Scale
<b>Amie Bryant, LCSW, CAS</b> <a href="http://fourcornerscounseling.com">http://fourcornerscounseling.com</a> amie@fourcornerscounseling.com	1800 E. 3rd Ave, Suite 106 Durango, CO & Telehealth	970-946-8004	18+	EMDR, CBT, ACT, Depression, Anxiety, Anger, Addiction, Self-esteem, Stress, Relational conflict, Life transition/identity work/personal growth, Trauma, Support for helping professionals	Self-pay
<b>Brian Arens, LPC</b> <a href="https://brianarencounseling.org">https://brianarencounseling.org</a>	2243 Main Avenue #8, Durango	970-749-9597	18+	Depression, Anxiety, Trauma, PTSD, Relationships, Addiction	Cigna, Self-pay, Sliding scale
<b>Marisa Asplund, LPC</b> <a href="https://marisaasplund.com/">https://marisaasplund.com/</a>	2855 Main Ave Suite B 103 Durango	970-769-8856	18+	Disordered eating, Body image, Sports related issues	Self-pay, Sliding scale

<b>Cole Awdish, LPC</b> <a href="http://www.coleawdish.com">www.coleawdish.com</a>	954 E. 2nd Ave Suite 106 Durango  112 S Main St Suite 3 Mancos, CO	970-403-5488	16+	EMDR including EMDR intensives, DBT, Mindfulness-based CBT, Complex trauma (childhood abuse, relational trauma, etc.), Dissociation, Ego state Parts work	Self-pay, Sliding Scale, VA Referral (Triwest)
<b>Kati Bachman, LPC</b> openheartgriefcounseling@gmail.com	Durango	970-759-9981	18+	Grief related to death	Self-pay
<b>Gabriel Bernier, LPCC</b> Fox & the Crow Counseling <a href="http://www.foxandcrowcounseling.com">www.foxandcrowcounseling.com</a> gabriel@foxandcrowcounseling.com	2243 Main Ave #4H Durango	970-426-5859	16+	Relationship issues, Life transitions, Anxiety, Depression, Existential issues, Men's issues, LGBTQ+, Couples	Self-pay, Sliding scale
<b>Rowan Blaisdell, LCSW</b> <a href="http://www.durangopsychotherapy.com">www.durangopsychotherapy.com</a>	Durango, Walk and Talk, Remote	970-903-3893	18+	Men's Issues, LGBTQ+, Grief, Anxiety, Depression, Couples	Self-pay
<b>Shayla Walker, LCSW</b> Worthy Hearts, LLC and Aldergrove Wellness group	555 Camino Del Rio 2B or 231 S Clover Suite 5 Bayfield, Co	970-759-8040 OR 303-975-6142	18-30	Women's issues, Postpartum support, Anxiety, Depression, Trauma, Tele therapy, relationship issues	Self-pay, Sliding scale, <b>Medicaid, most insurances</b>
<b>Bruce Blanchard, LPC, PhD</b>	Durango & Bayfield	970-946-3486	10+	General mental health (anxiety, depression, life transitions, etc.)	CHP+, <b>Medicaid</b> , Tricare, Anthem/BCBS, United/UMR, Aetna and Profile EAPs
<b>Nurtured Counseling and Massage</b> Laurie Boyer, LCSW nurturedcounseling@gmail.com	100 Jenkins Ranch Road E6	970-551-6155	16+	Women's Issues, Pregnancy and Postpartum Support, Disordered Eating, Family Conflict, Grief, Anxiety, Personal Growth, Somatic Services, Trauma Recovery, Chronic Pain, Life transitions	<b>Medicaid</b> , CHP+, BCBS/Anthem, United, Optum, Aetna, Self-pay
<b>Jeni Breezley, LPC, NCC</b> Clear Water Counseling <a href="http://www.clearwaterdurango.com">www.clearwaterdurango.com</a> jeni@clearwaterdurango.com	2243 Main Ave, Ste 4H Durango	303-579-4104	17+	Anxiety, Depression, Relationship issues, Sexual identity, Life transitions, Women's issues, Eating disorders, Existential issues, ACT, Mindfulness, Dreamwork, Sand tray, Jungian, Narrative	Aetna, United Health Care, Self-pay

<b>Sarah "Sam" Conti, MA, LPC, CAS, LLC</b>	543 Park Ave. Pagosa Springs, CO & Telehealth	970-731-2114	12+	Cognitive Behavioral Therapy, Mindfulness Based Cognitive Therapy, Mediation, Intimate Partner Abuse, Divorce Counseling, Parent Education, Parent/Child Reunification Therapy, Child/Family Investigator, Parental Responsibility Evaluator, Supervised Therapeutic Visitation	Aetna, BCBS/Anthem, Cigna, United/UMR, Self-pay
<b>Marianne Crom, LPC, NCC</b> <a href="http://www.animasfamilytherapy.com">www.animasfamilytherapy.com</a> Animas Family Therapy LLC	2243 Main Ave #5 Durango	970-749-1927	25+	DBT, EMDR, Couples, Addiction	Self-pay, Sliding scale, EAP
<b>Anja Davis, LCSW</b> Alpine Start Counseling	270 E 8th Ave A- 206 Durango	970-239-3853	18+	Attachment, Anxiety, Depression, Relationship issues, Identity Development, Self-esteem, Trauma, Emotionally Focused Therapy	Self-pay, Sliding scale
<b>Mark Dickmann, LCSW</b> <a href="http://www.wintersuncounseling.com">www.wintersuncounseling.com</a> markdickmanncounseling@gmail.com	2855 Main Avenue, Suite #107A Durango	970-769-1569	18+	Couples Work, Depression, Anxiety, Grief, Life transition, Trauma, EMDR	Self-pay, EAPs
<b>Lisa Donelan, NLC</b>	15 Mills St. #106 Bayfield	970-946-7933	18+	Trauma, Intimate Partner Violence, PTSD, Anxiety, EMDR, PTG Somatic therapy, Alternative Horizons Therapist	Self-pay
<b>Durango Family Therapy</b> Brent Dixon, LPC, Renee Dixon, LSW Sierra Williams, LPC Chelsi Hower, LPC <a href="http://www.durangofamilytherapy.com">www.durangofamilytherapy.com</a>	2243 Main Ave, Suite #16, 18, and 20 Durango	970-422-7334	12+	Couples, Family, EMDR, Anxiety, Depression, Trauma, Grief, Transitions, Parenting support	Self-pay, EAPs
<b>Tracy Farmer, LCSW</b> <a href="http://www.durangofamilycounseling.com">www.durangofamilycounseling.com</a>	Durango	970-739-9438	10+	Adjustment, Divorce, Co-parenting, Step-parenting, Family therapy, Mediation, Parent coordination, Supervised visitation, Parental Responsibilities Evaluator (PRE)	Self-pay, Sliding scale
<b>High Country Counseling</b> Dana Conner, LSW highcountrycounseling@gmail.com	Telehealth only	970-779-9072	13+	Anxiety, Depression, Adjustment, Transitions	<b>Medicaid</b>
<b>Fort Lewis College Counseling Center</b>	260 Noble Hall and Telehealth	970-247-7212	17+	Individual, Group and Couples, Psychiatry	No charge for 5 sessions for FLC students

<b>Jenny Fiebig, LPC</b>	227 E 14th St, Suite 202, Durango, CO	406-290-0210	18+	Trauma (Specialize in Outdoor Trauma), Couples, Cultural and Legacy/Systemic Issues, LGBTQ+, Life transitions, primary modality is Internal Family Systems (IFS)	Anthem/BCBS, Self Pay
<b>Nicole Fuller MA, DVAP, CAC III</b> <a href="http://www.nicolefuller.com">www.nicolefuller.com</a>	Durango & Bayfield 1911 Main Ave #234	970-769-2435	10+	Anxiety, Depression, Substance Abuse, Parenting	Self-pay, Sliding scale
<b>Mimi Gates, LPC, CHT</b> <a href="http://www.mimigates.com">www.mimigates.com</a> mimihgates@gmail.com	1199 Main Ave Ste. 220, Durango	970-799-7777	18+	Addictions, Eating Disorders, Depression, Stress, Anxiety, Mood disorders, Trauma, Relationships, Life transitions, Couples, Women's Group	Self-pay
<b>The Grief Center of SW Colorado</b> Judy Austin, LPC Julie Madden, MA Melinda Jameson, LPC Caleb Speas, LPC Julie Hutson, LPCC Paige MacKenzie, LPCC Anne Bartlett, LSW <a href="http://www.griefcenterswco.org">www.griefcenterswco.org</a> griefcenterswco@gmail.com	2243 N Main Ave Suite 4F Durango  Telehealth options available	970-764-7142	All ages	Grief, Individual and Family Grief Therapy, Survivors of Suicide, Pre-Neo Natal Grief Support, GRASP group, children's grief camps, parenting grieving children support, pet loss	Sliding scale, some insurances and EAP plans accepted
<b>Nikki Gillespie</b> <a href="http://www.nikkig-origins.com">www.nikkig-origins.com</a>	18483 Hwy 145 Dolores	970-882-8850	18+	Trauma coach, Hakomi Practitioner, Rolfer, Doula, Childbirth Educator and Somatic Sex Educator	Self-Pay
<b>Sean Hein, LCSW</b>	2243 Main Ave #4B	970-446-1160	15+	Anxiety, Addiction, Bipolar Disorder, Depression, Family Conflict, Peer Relationships, Substance Use, Trauma, CBT, DBT, Structural Family Therapy	<b>Medicaid</b> , Self-pay
<b>Anne Hosey, LPC</b> Juniper Tree Mental Health	2243 Main Avenue Durango	anne@junipert reemmentalheal th.com	20+	Early adulthood, Life transitions, Shame and Self-worth, Anxiety, Depression, Trauma, Attachment, ACT, EMDR	BCBS/Anthem, Self-pay

<b>Julie Hutson, LPCC</b> <a href="mailto:julie@therapydurango.com">julie@therapydurango.com</a> <a href="http://www.TherapyDurango.com">www.TherapyDurango.com</a>	2646 County Road 228 Durango	970-880-4676	5+	Grief, Trauma, Life transitions, Anxiety, Depression, Suicide loss survivors, Attachment difficulties, Developmental delays, Art, Play, Parent education regarding child grief.	Self-pay, sliding scale
<b>Jacqueline Juliana, LPC</b> <a href="http://www.jjlpccounselor.com">www.jjlpccounselor.com</a>	Durango Telehealth	970-519-2690	14+	Parent coaching, Family transitions, Anxiety, Depression, ADHD, Identity	Anthem/BCBS, United Healthcare, Cigna, Oscar, Oxford, Aetna, Self pay
<b>Kasey Hall, registered psychotherapist</b> Durango Walk and Talk Therapy <a href="mailto:kaseyjo.hall@naropa.edu">kaseyjo.hall@naropa.edu</a>	Durango Telehealth options	909-939-3550	18+	Walk and Talk Therapy, Mindfulness, Positive Psychology, Relationship issues, Self-worth and Personal Growth	Self-pay, Sliding scale
<b>Mary Katherine, Ph.D, LAC, MAC</b>	1911 Main Ave. Room 206 Durango, Co.	970-769-6907	12+	Motivational therapy, DBT, CBT, Trauma, Anxiety, Depression, PTSD, Addiction (substance use, gambling, etc.), Accudetox (acupuncture for mental health)	RMHP Medicare, <b>Medicaid</b> , CHP+, Triad EAP, Sonder Mind, Self-pay, Sliding scale, other insurances (call to ask)
<b>KidStuff Counseling</b> Rachel Alber, MSW, CSWC Cailea Eisenberg, MSW, SWC Heidi Compagni, SWC Mandy Sproul, MAAT, LPC, ATR Telehealth providers available <a href="http://www.kidstuffcounseling.com">www.kidstuffcounseling.com</a>	555 S. Camino Del Rio, Suite C1-B Durango	970-775-7061	All ages	Music, Art, CBT, Family Therapy, Group Therapy, EMDR, DBT, Gottman, Parent Coaching <i>Spanish Speaking available via telehealth</i>	Self-pay, CHP+, RMHP, <b>Medicaid</b> , Beacon Health, Anthem/BCBS, Cigna, United/UMR
<b>Julie Kostuch, MA, LPC</b>	128 W 14 <sup>th</sup> St, Suite 201B Durango	970-799-0807	2+	Young Adults, Anxiety, EMDR, EFT, Mindfulness, Polyvagal, Art Therapy	CHP+, <b>Medicaid</b> , RMHP, BCBS/Anthem, most insurance through Sondermind, Self-pay
<b>Erica Kelly, LCSW</b> Mindful Listening <a href="mailto:mindful@ericakelly.org">mindful@ericakelly.org</a>	Telehealth	970-317-0220	16+	CBT, DBT, Mindfulness, Solution focused, and Motivational Interviewing, Anxiety, Depression, Parenting, Life transitions, Grief, Divorce	Medicare, most insurance through Sondermind, Triad EAP, Self-pay
<b>Abby Kubicek, LCSW</b> Durango Relationship Counseling <a href="mailto:abby@durangorelationshipcounseling.com">abby@durangorelationshipcounseling.com</a>	270 E 8th Ave A-206 Durango	970-403-5663	13+	Addictions, Couples CBT, DBT, Gottman, LGBTQ+, Sexual Health, Sex Therapy, Alternative Relationships	Self-pay

<b>Joanna Laprade, Ph.D</b> joanna@aionpsychotherapy.com <a href="http://www.aionpsychotherapy.com">www.aionpsychotherapy.com</a>	1309 E 3rd Ave #8 Durango	970-769-0259	18+	Dream Analysis, Unconscious Dynamics, Jungian, Trauma, Grief, Transitions	Self-Pay
<b>La Plata Family Therapy</b> <a href="http://www.laplatafamily.com">www.laplatafamily.com</a> <a href="mailto:admin@laplatafamily.com">admin@laplatafamily.com</a> Colin Ferring	135 Burnett Dr, Durango	970-769-0131	All ages	Young Adults  Mid teens to mid thirties	<b>Medicaid</b>
<b>Felicia Libo, LPC</b> <a href="http://felicialibo.com">http://felicialibo.com</a>	Durango Telehealth only	970-759-2678	17+	Life transitions, Women's Issues, Sensory Issues/High Sensitivity, Attention/Focus, ADHD, Anxiety, Autism, Relationships, LGBTQ+	Self-pay, Anthem/BCBS, EAP
<b>Gaylene Ludwig, LPC</b> lifeupdatedcounseling@gmail.com	100 Jenkins Ranch Rd, Unit E-1, Durango	970-216-5524	16+	Trauma, Childhood Abuse, Depression, Women's Issues, EMDR, Couples, Families	<b>Medicaid</b> , United, Aetna, RMHP, BCBS
<b>Megan McCartney, LCSW</b>	Durango	847-445-2777	13+	Eating Disorders, Trauma, Anxiety, Depression	Self-pay
<b>Darren Mckinnis, LCSW, Higher Ground Counseling</b> hg counseling@yahoo.com	Telehealth	970-676-1029	18+	Marriage, Relationships, Gottman	Self-pay
<b>Liv Mackenzie, LPC</b> www.counselordurango.com livmackenzie1@gmail.com	1309 E. 3rd. Smiley Building	970-259-4497	18+	Anxiety, Depression, Trauma, Grief, Life Adjustment, Postpartum, Adoption, EMDR, CBT, Insight, Mindfulness, Holistic	Self-pay
<b>Brit Meiers, LCSW</b> brit@britneymeierslcsw.com	202 W. 22nd St. Durango	970-903-8018	13+	Anxiety, Depression, Trauma, Life transitions, Women's issues, LGBTQ+, Relationship issues, EMDR, SE, DBT, ACT	United, BSBC, <b>Medicaid</b> , Self-pay, Sliding scale
<b>Mind Body Connections Counseling</b> Russ Patten, LPC <a href="http://www.russpatten.com">www.russpatten.com</a>  Renee Podunovich, LPC	321 E. North St Cortez  Licensed in CO and UT	385-743-0251  385-232-3671	12+  13+	Anxiety, Depression, Trauma, DBT, CBT, EMDR, Motivational Interviewing, Solutions Focused, Veterans, Couples  Women, Trauma, Grief and loss, Anxiety, Mood disorders, Life transitions, Mindful Self- Compassion Therapy, Somatic therapies, EMDR, Athletes and professionals performance.	BCBS/Anthem, Behavioral Health Systems, Chip+ Plan, ERS EAP, <b>Medicaid</b> , MultiPlan, Optum, RMHP, Second Wind Fund, TRIAD EAP, UMR

<b>Kiira Moore, LPC, IMH-E®</b> kiiramoorelpc@gmail.com	270 E 8th Ave, Suite 206, Durango	970-414-0803	Infant +	Perinatal issues, postpartum, attachment, trauma, LGBTQ+, EMDR, parent/child work, depression/anxiety, self-esteem	Most private insurances, Self-pay
<b>Caitlin Morris, LCSW</b> <a href="mailto:trueselfdurango@gmail.com">trueselfdurango@gmail.com</a> Trueselfdurango.com	679 E. 2nd Ave, Suite E-1, Office 6, Durango	970-508-6159	7+	Women's issues, Relational issues, Anxiety, Grief, Integrated Health, Trauma-informed yoga, EMDR	Self-pay
<b>Stephanie Mueller, BS, CAC III</b> preferredcounselingservices@gmail.com	1315 Main Avenue, Suite 212 Durango	970-259-3952	18+	Addiction, Substance Use, Trauma, Anxiety	Self-pay, Sliding scale
<b>Karen Nakayama, PsyD</b> knpsychology7@gmail.com	755 E. 2nd Ave Durango	knpsychology7 @gmail.com	17+	LGBTQ+, Transgender, Life transitions	Self-pay, Sliding scale
<b>Amanda Nooter</b> <a href="mailto:amanda@anooter.com">amanda@anooter.com</a>	1309 E 3rd Ave Suite B-5 Durango CO 81301	970-715-1792	19+	Young Adulthood, Life transitions, Anxiety, Relationship issues	United, Aetna, Anthem, Friday, Bright, Cigna, Optum, Oscar, <b>Medicaid</b>
<b>Kaitlyn O'Sullivan, LSC, LPCC</b> <a href="mailto:kaitlynO@protonmail.com">kaitlynO@protonmail.com</a>	Durango	918-720-5758	7+	Self-esteem, Social/peer issues, Family struggles, Adjusting to big life changes, LGBTQ+	<b>Medicaid</b> , Self-pay
<b>Pura Vida</b> Shelley Nielsen, LCSW <a href="http://www.thrivingtherapyyoga.com">www.thrivingtherapyyoga.com</a> <a href="https://puravidahealthcare.com">https://puravidahealthcare.com</a>	160 East 12th St, Suite 1 Durango	970-946-1383 970-426-1684	13+	Body-centered, IFS, Trauma-informed yoga, Yoga nidra, Healing Through Yoga Series for Adults, SASO Healing Trauma group facilitator	Self-pay, Sliding scale
<b>Stephanie Pace, LCSW</b> <a href="http://www.Pace-Wellness.com">www.Pace-Wellness.com</a> <a href="mailto:Stephanie@Pace-Wellness.com">Stephanie@Pace-Wellness.com</a>	48 CR 250, Ste 8 Durango	970-769- 7522	12+	Mindfulness-based, Life transitions, Depression, Anxiety, Grief, Strengths-based, Body-centered, EFT, Biofeedback	Aetna, Anthem BCBS, Cigna, Optum/United, TriWest, United
<b>Nancy Raffaele, MA, LPCC, NCC</b> <a href="mailto:nancy@westernskies.care">nancy@westernskies.care</a>	2855 Main Avenue, Ste A103, Durango	970-799-2202	16+	Trauma, SI, Grief, Addictions, Self-harm, Depression, Anxiety, Psychosis, DID, Hallucinations, CBT, DBT, ACT, Client-centered	Self-pay, Sliding scale
<b>Russ Pool, LPC</b> <a href="http://www.russpool.com">www.russpool.com</a>	1911 Main Ave #258, Durango	970-375-7777	17+	Couples/Relationships, Trauma, Family therapy, Anxiety, Depression, using psycho-education, DBT, EMDR, IFS and Sensorimotor therapies	Self-pay

<b>Emily Prigmore, LSW</b> <a href="https://www.highdesertpsychotherapy.com/">https://www.highdesertpsychotherapy.com/</a>	Durango	970-764-7870	13+	Anxiety, Life Transitions, Anger Management, Behavioral Issues, Trauma, Abuse, Sexual Violence, CBT, DBT, Polyvagal	Self-pay
<b>Katy Pytte, LPC</b> <a href="http://www.Katypytte.com">www.Katypytte.com</a> <a href="mailto:kpytte00@gmail.com">kpytte00@gmail.com</a>	2243 Main Ave #4C Durango	970-903-4769	8-22	Anxiety, Depression, Life Transitions, Self-Esteem, Divorce, Parenting issues, Trauma, Sex abuse, Play Therapy, EMDR, CBT, Therapy Dog	<b>Medicaid</b> , Tricare, BCBS, Assurant, CHP+, CIGNA, RMHP, Cofinity, Humana, Life Sync, Aetna, United/UMR, Friday Health
<b>Jessica Reed, LCSW</b> <a href="http://www.mountainmentalhealthclinic.com">www.mountainmentalhealthclinic.com</a>	Creekside Offices 2257 Main Ave Durango	970-426-9221	All ages	Depression, Anxiety, High Functioning Autism Spectrum, ADHD, Defiance and behavior issues, Trauma, Transgender, EFT, Hakomi, Play therapy, EMDR, Neurofeedback, Internal Family Systems	Self-pay, Anthem, Cofinity, Cigna
<b>Riversage Family Counseling</b>		970-422-3830	All ages	General phone for inquiries	
Anne Bartlett, RSMT, LSW (she/her) <a href="mailto:anne@riversagecounseling.com">anne@riversagecounseling.com</a>	1309 East 3rd Ave #10 Durango	970-799-3522	20+	Comprehensive DBT/DBT skills groups, Somatic therapy, EMDR, Mindfulness, Grief, Loss, Trauma, Anxiety, Depression, BPD/emotion dysregulation	Self-pay, Sliding scale, Medicaid
Lillian Ramey, LCSW	100 Jenkins Ranch	970-749-4491	14+	EMDR, trauma, grief, anxiety, body image, depression, complex issues	BCBS, <b>Medicaid</b> , Medicare, Aetna, TriCare, United
Randy Stueve, LPC <a href="mailto:randy@riversagecounseling.com">randy@riversagecounseling.com</a>	100 Jenkins Ranch Road	970-422-3830 x4	14+	ACT, Neurofeedback, EMDR, Performance Improvement. Anxiety, Depression, Anger, Trauma, Life Transitions.	Self-pay, Sliding scale, EAPs
Laurie Boyer, LSW <a href="mailto:laurie@riversagecounseling.com">laurie@riversagecounseling.com</a>	100 Jenkins Ranch	970-749-6067	16+	EMDR, body image, relationships to food, chronic pain, health diagnosis, depression, trauma, grief, and loss as well as major life transitions i.e. relationship change, pregnancy, divorce, or retirement.	Self-pay, Sliding scale
<b>Kelly Pipkins-Burt, M.Ed, LPC</b>	2800 Cornerstone Pagosa Springs 81147	970-507-0436			Cigna, Medicaid, Fridays, UHC, Optimum.



Meghan Doenges, LPCC meghan@riversagecounseling.com	100 Jenkins Ranch Road	630-962-1305	18+	EMDR, anxiety, depression, existential concerns, life transitions, relationship difficulties, ACT, Jungian dream analysis, mindfulness	Self-pay, <b>Medicaid</b> , BCBS
<b>Misty Mountain Therapy</b> Jennifer Diethrich, LPC <a href="mailto:mistymountaintherapy@gmail.com">mistymountaintherapy@gmail.com</a> & Rio my therapy dog	100 Jenkins Ranch Road	970-946-7002	10+	Solution Focused, CBT, anxiety, depression, trauma, life transitions, school issues, relationships, self esteem, personal growth, Equine Assisted Psychotherapy	Self-Pay <b>Medicaid</b> CHP+
Doug Hunderman, M.Div.	100 Jenkins Ranch Road	970-764-0083	15+	Christianity, Pastoral Counseling, Couples, Family Conflict, Grief and Loss, Anxiety, Personal Growth	Self-pay
<b>Phoenix Rising, LSW</b> <a href="http://www.theartofselfhealing.org">www.theartofselfhealing.org</a> <a href="mailto:phoenix@theartofselfhealing.org">phoenix@theartofselfhealing.org</a>	48 CR 250, Suite 8 or telehealth	720-312-3278	10-24	ADHD, Autism, Highly Sensitive People, LGBTQ+, BIPOC, Neurodivergent-identifying, Solution focused, Nervous system recovery, coping skill building, Lifestyle changes (ex: diet, exercise and sleep)	Self-pay, IMatter (6 free sessions)
<b>Jenny Rogers, MS, ABP</b> jenny@durangoadventuretherapy.com <a href="http://www.durangoadventuretherapy.com">www.durangoadventuretherapy.com</a>	213 Oxford Place, Durango 81303	970-769-2563	11+	Adventure Therapy, Therapaddle (SUP), Talki'n and Tubi'n, Art Therapy	Self-Pay, Sliding scale
<b>Riese Rose, LPCC</b> <a href="http://www.rieserose.com">www.rieserose.com</a> riese@rieserose.com	Telehealth and nature-based out of Durango	720-310-5082	18+	Trauma/PTSD, Grief, Couples, Transitions, Attachment, Self-worth, Anxiety, Depression, LGBTQ2IA+, Internal Family Systems, Mindfulness, Ecotherapy, internalized oppression	Self-Pay, Sliding scale
<b>Morgan Seymour, LCSW</b> <a href="mailto:Morganl.seymour@gmail.com">Morganl.seymour@gmail.com</a>	Telehealth out of Durango	970-844-4838	12+	Families, Couples, Tech addiction, Autism, Postpartum support, Depression, Anxiety, ADHD	Aetna, BCBS, Cigna, Friday, Optum, TriWest, UMR/United, Self-pay
<b>Denise Schenk, MA, LPC, CAC III</b> The Rooted Heart Healing Center <a href="http://www.deniseschenktherapy.com">www.deniseschenktherapy.com</a>	telehealth + in-person options 102 East 8th St. #209 Durango 81301	970-749-4049	13+	Body centered, somatic, Hakomi, Mindfulness, Trauma, EMDR, Addictions, Dual diagnosis, Mood disorders, Relationships, Life transitions, self-mastery, Couples	Self-pay
<b>Caleb Speas, LPCC</b> Dropping In Counseling	755 East 2nd Avenue Durango, 81301	970-903-4231	8+	Grief, Trauma, Anxiety	Self-Pay, Sliding scale

<b>Matt Smith, LPCC</b> Collaborative Counseling <a href="mailto:winchestercounseling@gmail.com">winchestercounseling@gmail.com</a>	2243 Main Ave, Durango	405-664-7519	10+	Trauma, Anxiety, Depression, ADHD, Autism Spectrum Disorder, Parent-child Conflict, Substance Use, ACT, Narrative	Self-Pay, Sliding scale
<b>Stephanie Smith, LCSW, LAC</b> A Wild Hope Counseling <a href="http://www.awildhope.com">www.awildhope.com</a> stephanie@awildhope.com	Telehealth	970-426-5354	13+	Anxiety, Depression, Loss and grief, Low self-esteem, Phase of life issues, Family and relationship challenges, Parent Coaching, and Substance use	Self-pay
<b>Sarah St. John LPCC</b> Sarah St. John Counseling, Coaching, and Healing <a href="https://sarahstjohncounseling.com">https://sarahstjohncounseling.com</a>	Durango	970-946-8456	11+	Depression, Anxiety, Self-esteem, Women's Issues, Parenting, Navigating support in public schools (504 or IEP), Spirituality, LGBTQ, Relationship conflicts	Self-Pay
<b>Rhiannon Stone-Miller, LPCC</b> Rhiannon Stone-Miller Art Therapy <a href="http://www.rhiannonstonemiller.com">www.rhiannonstonemiller.com</a>	Telehealth throughout the state, based out of Durango	720-281-9657	18+	Art Therapy, Social justice oriented, Somatic, Mindfulness, Anxiety, Depression, PTSD, Life transitions, and Relationship issues, LGBTQ + neurodiversity affirming	Self-Pay, Sliding scale
<b>Studio B</b> <a href="https://studiob.life/">https://studiob.life/</a>	1305 Escalante Dr. #203 Durango 81303	970-422-1761	All Ages	Individuals, Groups, Integrated Health	Self-pay, Most Insurances / Workers Comp
Miranda Day, LPC			14+	Chronic illness, trauma, anxiety/depression, relationships, personal growth, and spirituality	Friday Health, Pinnacol, Self-pay, Sliding scale, Cigna, Second Wind Fund
Aaron Thomas, registered psychotherapist			18+	Somatic Therapy, Hakomi, Body-centered Therapy, Meditation Teacher	Self-pay, Second Wind Fund
Haley Wiedenman, LPCC Serenity Mountain Therapy Haley@serenitymountaintherapy.com		720-383-4886	16+	Wilderness Therapy, Women, Abuse, Trauma, Grief, Depression, Anxiety, Domestic Violence, Couples, Family	Self-pay, Sliding scale, BCPS, RMHP, UHC, Cigna, Second Wind Fund
Megan Oberholtzer, PhD Intern			13+	Cognitive behavioral Therapy, anxiety, depression, PTSD, ADHD, Mind/body health, Trauma, Mood Disorders, Life Transition, Adjustment Issues, Conduct Disorders, EMDR.	Self-pay, sliding scale, BCBS, Aetna, Cofinity, UHC, Cigna, Medicare, <b>Medicaid</b> , RMHP, Friday, Optum, Second Wind Fund

Lisa Turcott-Gutt, LPCC			4+	Play Therapy, Child, Adolescent, Young Adult, Family, Trauma, Grief & Loss, Anxiety, Depression, Transition & Adjustment, Attachment Issues, LGBTQ+ supports, Body-centered Holistic Approach.	Self-pay, Sliding scale, BCBS, Medicare, <b>Medicaid</b> , RMHP, UHC, Cigna, Pinnacol, Friday Health, Second Wind Fund
Stacy Reuille-Dupont, PhD, LAC			16+	PTSD & Trauma, Somatic Psychology, ADHD, Addiction, Disordered Eating Behavior, Dealing with Autoimmune Disorders, Depression/Anxiety, Hakomi/EMDR, Life balance, Weight Loss/Gain, Leadership Development, Personal Growth, Nutrition and Movement for Mental Health. Certified personal trainer and nutrition coach.	BCBS, Aetna, Self-pay, Sliding Scale, UHC, Cigna, Medicare, <b>Medicaid</b> , RMHP, Pinnacol, Friday Health, Coventry, Tricare, workers comp, Second Wind Fund
Shari Fitzgerald, LPCC			15+	Trauma, Sexual Assault, Grief, Relationships	Self-pay, Sliding scale, BCBS, Medicare, <b>Medicaid</b> , RMHP, UHC, Cigna, Pinnacol, Second Wind Fund
Joshua Coon, Ed.D, LPCC			10+	Youth, Young Adults, Academic Intervention, Counseling, Academic Assessments	Self pay, sliding scale, UHC, Medicare, <b>Medicaid</b> , RMHP, Second Wind Fund
<b>Panveda Counseling</b> Ryan Sullivan, LPC <a href="http://www.panvedacounseling.com">www.panvedacounseling.com</a> <a href="mailto:ryan@panvedacounseling.com">ryan@panvedacounseling.com</a>	2257 Main Ave. Durango, CO 81301	207-451-8540	17+	Nature Based counseling. Humanistic, Existential, Gestalt, Mindfulness. Offering guided wilderness interventions	Cigna, Anthem BC+BS, Aetna, Oxford, United, Oscar, self-pay, sliding scale
<b>Thrive Wellness</b> Elizabeth Davis, LCSW Mesa Owen, SWC	1555 Summit St., Norwood Telehealth available	970-759-0533	10+	Trauma informed, EMDR, IFS informed, DBT, ACT, Solution-Focused Brief Therapy, Mindfulness, Skills-based treatment.	Most insurance plans - <b>Medicaid</b> , Medicare, Anthem BCBS, RMHP, Cigna, Aetna, UMR/UBH/Optum, Triad EAP, Humana
<b>Linza Vargas, LCSW</b> <a href="http://www.holisticallyrootedcounseling.com">www.holisticallyrootedcounseling.com</a>	2243 Main Ave, suite 3B Durango	610-563-9758	All ages	Somatic Experiencing, Polyvagal, Art Therapy, Anxiety, Depression, Trauma, Family Therapy, Play Therapy, Attachment Issues, Reparenting and Inner Child work	Self-Pay, Sliding scale

<b>Julie Viscnich, LCSW, LAC</b>	1053 Main Ave #109a Durango	970-710-3894	15+	Life transitions, anxiety, self-esteem, families, trauma, Mood, interpersonal communication, hypnosis, emotional freedom technique	Self-pay
<b>Ruby Jo Walker, LCSW</b> <a href="https://www.swtraumatraining.com/">https://www.swtraumatraining.com/</a>	2855 Main Avenue, Suite 107A Durango & Telehealth	970-259-5711	18+	Trauma, Mindfulness-based/somatic, Neurobiology/polyvagal, Post-traumatic growth, Grief/loss, Anxiety, Depression, Adoption, Somatic Experiencing, Hakomi, Organic Intelligence, Trauma Trainings	Self-pay
<b>Haley Wiedenman, LPCC</b> haley@serenitymountaintherapy.com <a href="http://www.serenitymountaintherapy.com">www.serenitymountaintherapy.com</a>	Durango	720-383-4886	16+	Grief, Trauma, Domestic violence, and Intimate partner violence, Wilderness Therapy, Backcountry immersion trips	Self-pay
<b>Authentic Solutions Consulting</b> Stacey Foss, LAC Erik Foss, LPC, LAC Lacy Brown, LPCC Stacey Lewis, MS Brittiany Newsome, FNP-C	2800 Cornerstone Drive Building B, Suite 201 Pagosa Springs/Telehealth	970-398-0964	All Ages	Substance Use Disorders, Co-Occurring Disorders, General behavioral health issues, Trauma, EMDR, DBT, Families, Couples, Licensed DUI treatment provider, Medication management for Behavioral Health and Substance Use, Medication Assisted Therapies, Approved Domestic Violence Treatment.	Most insurance accepted, <b>Medicaid</b> , BCBS/Anthem, Aetna, EAPs, United/UMR, Optum
<b>Western Skies Counseling</b> <a href="http://www.westernskiescounseling.com">www.westernskiescounseling.com</a> Joseph Prekup, LPC joseph@westernskies.care Nancy Raffaele- Ilic, LPCC	2855 Main Ave #A103  1911 Main Avenue, Suite 246	970-281-5550  970-799-2202	16+  13+	Cognitive Behavioral Therapy, Solution-focused, Narrative Therapy, Christian, Mood Disorders, Personality Disorders, Families Trauma, SI, Grief, Addictions, Self-harm, Depression, Anxiety, Psychosis, DID, Hallucinations, CBT, DBT, ACT, Client-centered	Self-pay, Sliding scale
<b>Silas Wright, LPC</b> silas@rhizomecounseling.com	2257 Main Avenue Durango, CO	720-441-4552	14+	Trauma, Pain management, Chronic Illness, Severe and Persistent Mental Illness, LGBTQ+, Mindfulness, DBT, Gestalt, IFS, EMDR, Young Adults, Veterans	Aetna, Optum, TriWest, UMR/United, Self-pay
<b>Southern Ute Health Center - Behavioral Health Division</b> – Variety of therapists available for all age groups Website: <a href="http://Behavioral Health – Southern Ute Indian Tribe (southernute-nsn.gov)">Behavioral Health – Southern Ute Indian Tribe (southernute-nsn.gov)</a>  <a href="https://www.southernute-nsn.gov/tribal-health/behavioral-health">https://www.southernute-nsn.gov/tribal-health/behavioral-health</a>	Physical Address: 4101 County Road 222, Durango, CO 81303  Mailing: PO Box 737, #97 – Ignacio, CO 81137	970-563-5700	All ages	Intervention / Specialties: Serving Native Americans from any Federally Recognized Tribe; Substance Use Services; Mental Health therapy and Psychiatry services; In-person and Telehealth; Individual, couples and groups; Trauma; MAT / MOUD	Most insurance accepted, <b>Medicaid</b> , Medicare. If no third party insurance, services are free for all Native Americans who enroll as patients of the Southern Ute Health Center.

<p><b>Axis Health System</b> Community Mental Health Services <b>CRISIS LINE</b> <b>970-247-5245</b> <i>Spanish speaking provider available</i></p>	<p><b>Durango</b> 691 E. Empire <b>Cortez</b> 475 Lewis St <b>Pagosa Springs</b> 52 Village Dr <b>Dove Creek</b> 495 W 4<sup>th</sup> St</p>	<p><b>Durango:</b> 970-259-2162 <b>Cortez:</b> 970-565-7946 <b>Pagosa Springs:</b> 970-264-2104 <b>Dove Creek:</b> 970-677-2291</p>	<p>All ages</p>	<p>Individual and Group therapy Case management Vocational rehabilitation Medication management <i>Spanish Speaking clinicians</i></p>	<p><b>Medicaid</b>, Most insurances, Self-pay, Sliding scale</p>
<p>Telehealth Options</p> <ul style="list-style-type: none"> <li>- Sondermind (local therapists)</li> <li>- Live Health</li> <li>- Talk Space</li> <li>- Good Therapy</li> <li>- Very Well Mind</li> </ul>	<p>Telehealth</p>	<p>Online through the various websites or your insurance</p>	<p>16+</p>	<p>Depression, Anxiety, Social Anxiety, Relationship challenges</p>	<p>Typically available for most private insurance and EAPs</p>
<p><b>Paragon Behavioral Health Connections</b> <a href="https://www.paragonbhc.org/">https://www.paragonbhc.org/</a> Haley Chatwin, MSW, SWC Mashi Salomon, Care Manager</p>	<p>In family home Community Telehealth</p>	<p>303-243-0270</p>	<p>All Ages</p>	<p>Supports youth and families in their home or community to increase skills for healthy communication and improve regulatory skills of each individual family member. Reduce symptoms associated with emotional/mental health concerns, substance use, and trauma responses. Increase access to basic needs such as benefits, food, employment, safe housing, and quality childcare</p>	<p><b>Medicaid</b>, RMHP, CHP+, Self-pay</p>