



Psychologically Healthy Fire Departments  
Directory of Behavioral Health Professionals



**NVFC**  
NATIONAL VOLUNTEER FIRE COUNCIL  
FIRE • EMS • RESCUE



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

# 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 vetted behavioral health professionals 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 as new providers are added. Information about each provider, their credentials, and how to contact them is included. In addition to licensed healthcare professionals, there are also other resources for assistance such as chaplains and peer support specialists.

This directory is part of the NVFC's Psychologically Healthy Fire Departments (PHFD) initiative, which is brought to you in partnership with the Firefighter Behavioral Health Alliance and the American Psychological Association. It is made possible thanks to a Fire Prevention and Safety Grant from the Federal Emergency Management Agency. Other components of the PHFD program will 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](http://www.nvfc.org/help).

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

## Psychologically Healthy Fire Department Program Partners

### About the NVFC

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](http://www.nvfc.org).

### About the 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](http://www.ffbha.org).

### About the 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 **March 1, 2021**.

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](#)
- [California](#)
- [Colorado](#)
- [Connecticut](#)
- [Delaware](#)
- [Florida](#)
- [Georgia](#)
- [Idaho](#)
- [Illinois](#)
- [Indiana](#)
- [Iowa](#)
- [Kansas](#)
- [Kentucky](#)
- [Louisiana](#)
- [Maine](#)
- [Maryland](#)
- [Massachusetts](#)
- [Michigan](#)
- [Minnesota](#)
- [Mississippi](#)
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- [Montana](#)
- [Nebraska](#)
- [Nevada](#)
- [New Hampshire](#)
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- [Ohio](#)
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- [Oregon](#)
- [Pennsylvania](#)
- [South Carolina](#)
- [South Dakota](#)
- [Tennessee](#)
- [Texas](#)
- [Utah](#)
- [Vermont](#)
- [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

### Decatur

<b>Provider Name:</b>	<b>Sherry Cohen</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Dayspring Counseling, LLC
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LICSW
<b>Address:</b>	255 Grant Street SE, Suite 303, Decatur, AL 35601
<b>Email:</b>	<a href="mailto:dayspringllcsc@gmail.com">dayspringllcsc@gmail.com</a>
<b>Phone Number:</b>	256-970-4453
<b>Web Site:</b>	<a href="https://www.dayspringcounselingllc.com/">https://www.dayspringcounselingllc.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Humana, Medicare, United Healthcare
<b>Professional License:</b>	Yes, in Alabama
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Existential psychotherapy</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Huntsville

<b>Provider Name:</b>	<b>Karen Humphrey Sullins</b> LICENSED PROVIDER TELEHEALTH
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<b>Practice Name:</b>	Helping Hands Professional Counseling & Consulting Corporation
<b>Profession:</b>	Counseling
<b>Credentials:</b>	MS, LPC
<b>Address:</b>	P.O. BOX 98, 107 Caldwell St., Greenville, AL 36037
<b>Email:</b>	<a href="mailto:info@helpinghandspcc.org">info@helpinghandspcc.org</a>
<b>Phone Number:</b>	800-484-4107
<b>Web Site:</b>	<a href="https://helpinghandspcc.org/">https://helpinghandspcc.org/</a>
<b>Professional Bio:</b>	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 ALEAPS. She graduated from Highlands College, earning her certificate in leadership and ministry.
<b>Accepted Insurance:</b>	Aetna, American Behavioral, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Medicaid, United Healthcare
<b>Professional License:</b>	Yes, in Alabama
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Neuropsychology</li> <li>• Obsessive-compulsive disorder</li> <li>• Pain management</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sexual health</li> <li>• Sleep disorders</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• Existential psychotherapy</li> <li>• Marriage and family therapy</li> <li>• Pastoral counseling</li> <li>• Psychodynamic therapy</li> <li>• Psychological testing and evaluation</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Huntsville

<b>Provider Name:</b>	<b>Joshua Howell</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Luminous Counseling
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	1428 Weatherly Rd SE, Ste. 111, Huntsville, AL 35803
<b>Email:</b>	<a href="mailto:joshua@luminouscounseling.org">joshua@luminouscounseling.org</a>
<b>Phone Number:</b>	256-686-9195
<b>Web Site:</b>	<a href="https://www.luminouscounseling.org/">https://www.luminouscounseling.org/</a>
<b>Professional Bio:</b>	See bio on web site.
<b>Accepted Insurance:</b>	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)
<b>Professional License:</b>	Yes, in Alabama
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Domestic violence</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Neuropsychological testing or consultation</li> <li>• Psychological testing and evaluation</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Sandy Johnson</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Luminous Counseling
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LICSW
<b>Address:</b>	1428 Weatherly Road SE, Ste. 111, Huntsville, AL 35803-1181
<b>Email:</b>	<a href="mailto:sandy@luminouscounseling.org">sandy@luminouscounseling.org</a>
<b>Phone Number:</b>	256-686-9195
<b>Web Site:</b>	<a href="https://www.luminouscounseling.org/">https://www.luminouscounseling.org/</a>
<b>Professional Bio:</b>	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.

<b>Accepted Insurance:</b>	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)
<b>Professional License:</b>	Yes, in Alabama
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• Marriage and family therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Alaska

### Anchorage

<b>Provider Name:</b>	<b>Debra Tolliver</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Matias Interventions
<b>Profession:</b>	
<b>Credentials:</b>	PsyD
<b>Address:</b>	1703 Sonoran Bluff Ave., Anchorage, AK 99014
<b>Email:</b>	<a href="mailto:ltolli2112@aol.com">ltolli2112@aol.com</a>
<b>Phone Number:</b>	907-317-6306
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	
<b>Accepted Insurance:</b>	Beacon Health Options, Curalinc, Kepro, Lifeworks, Workplace Options
<b>Professional License:</b>	Yes, in Alaska and Nevada
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> </ul>

	<ul style="list-style-type: none"> <li>• Multicultural issues</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## ARIZONA

<b>Provider Name:</b>	<b>Belinda Barnett</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Belinda Barnett, PhD
<b>Profession:</b>	Clinical psychologist
<b>Details:</b>	Dr. Belinda Barnett offers online services in Arizona through certification with PsyPact. See <a href="#">full listing</a> under Pittsburg, PA.

<b>Provider Name:</b>	<b>Kelly Chisholm</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Clinical counselor
<b>Details:</b>	Kelly Chisholm offers telehealth services in Arizona. See <a href="#">full listing</a> under Santa Fe, NM.

## Maricopa County

<b>Provider Name:</b>	<b>Natalie Summit</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Within Reach Summit Consulting and The River Source Addiction Treatment Facility
<b>Profession:</b>	Retired law enforcement police crisis intervention specialist
<b>Credentials:</b>	LPC since 1996
<b>Address:</b>	<b>In home:</b> Maricopa County, AZ <b>In office:</b> The River Source Facility, Gilbert, AZ
<b>Email:</b>	<a href="mailto:natalie@nataliesummit.com">natalie@nataliesummit.com</a> (Within Reach Summit Consulting); <a href="mailto:natalie.summit@theriversource.org">natalie.summit@theriversource.org</a> (The River Source Addiction Treatment Facility)
<b>Phone Number:</b>	602-699-5024 and 602-739-7701
<b>Web Site:</b>	<a href="http://www.nataliesummit.com/">http://www.nataliesummit.com/</a> and <a href="https://www.theriversource.org/">https://www.theriversource.org/</a>
<b>Professional Bio:</b>	I am a clinical supervisor at The River Source Addiction Treatment Facility providing in-office and telehealth services to the general population and first responder population. Areas of focus include addiction, mental health, and first responder-specific topics, including trauma, such as EMDR and brainspotting. Additionally, I own a small counseling business, Within Reach Summit Consulting, that focuses on first responders and provides



	in-home counseling for first responders and their families on a cash-only basis.
<b>Accepted Insurance:</b>	The River Source Addiction Treatment Facility accepts Aetna, TRICARE, United Behavioral Health, United Healthcare
<b>Professional License:</b>	Yes, in Arizona
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Alzheimer's/dementia</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• GLBTQ</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Humanistic</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes (The River Source Addiction Treatment Facility)
<b>Accepting New Patients:</b>	Yes

## Phoenix

<b>Provider Name:</b>	<b>Alana Brunacini</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Brunacini Professional Services
<b>Profession:</b>	Professional counselor, Doctor of Behavioral Health
<b>Credentials:</b>	DBH, LPC
<b>Address:</b>	10000 N 31st Drive, C100-131, Phoenix, AZ 85051
<b>Email:</b>	<a href="mailto:alana.brunacini@gmail.com">alana.brunacini@gmail.com</a>
<b>Phone Number:</b>	602-888-6044
<b>Web Site:</b>	<a href="http://www.brunaciniprofessionalservices.com/">http://www.brunaciniprofessionalservices.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	CIGNA HealthCare (PPO), Magellan Behavioral Health, United Behavioral Health
<b>Professional License:</b>	Yes, in Arizona
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Career/employment concerns</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> </ul>

	<ul style="list-style-type: none"> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Clinical hypnosis</li> <li>• Cognitive/behavioral therapy</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

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

## Yuma

<b>Provider Name:</b>	<b>Scott Long</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Yuma Vet Center
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LMSW
<b>Address:</b>	1450 E 16th St., Suite 103, Yuma, AZ 85365
<b>Email:</b>	<a href="mailto:Scott.Long4@va.gov">Scott.Long4@va.gov</a>
<b>Phone Number:</b>	928-271-8700
<b>Web Site:</b>	<a href="http://www.va.gov/">http://www.va.gov/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Contact office for information
<b>Professional License:</b>	Yes, in Iowa. Since works for the Department of Veterans Affairs, can be covered under the federal umbrella in any state.
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anger management</li> </ul>

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

## CALIFORNIA

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

<b>Provider Name:</b>	<b>Michael Elder</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Marriage and family therapist
<b>Details:</b>	Michael Elder offers telehealth services in California. See <a href="#">full listing</a> under Eastsound, WA.

<b>Provider Name:</b>	<b>Scott Long</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Yuma Vet Center
<b>Profession:</b>	Social worker

<b>Details:</b>	Scott Long is located in Yuma, AZ, but is available to treat people in California as well. See <a href="#">full listing</a> under Yuma, AZ.
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### Chula Vista

<b>Provider Name:</b>	<b>Evangelina Reynoso</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	The Counseling Team International
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	LMFT
<b>Address:</b>	46 3 <sup>rd</sup> Ave., Suite E, Chula Vista, CA 91910
<b>Email:</b>	<a href="mailto:mpasley@thecounselingteam.com">mpasley@thecounselingteam.com</a>
<b>Phone Number:</b>	800-222-9691
<b>Web Site:</b>	<a href="https://thecounselingteam.com/">https://thecounselingteam.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	Coaching
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Concord

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

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

## Folsom

<b>Provider Name:</b>	<b>Veronica Kennedy</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Associate marriage and family therapist
<b>Credentials:</b>	AMFT, Flight Paramedic
<b>Address:</b>	706 Natoma, Folsom, CA 95630
<b>Email:</b>	<a href="mailto:veronicakennedy22@gmail.com">veronicakennedy22@gmail.com</a>
<b>Phone Number:</b>	951-751-1600
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None, only cash pay. Discounted rate at this time.
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage and family</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive behavior therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Jennifer Nava</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Licensed marriage and family therapist 120754
<b>Credentials:</b>	MA, LMFT
<b>Address:</b>	1665 Creekside Dr., #106, Folsom, CA 95630-3538
<b>Email:</b>	<a href="mailto:JenniferNavaMFT@gmail.com">JenniferNavaMFT@gmail.com</a>
<b>Phone Number:</b>	916-710-0503
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Private pay. Can provide a superbill for insurance plans that accept this.
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Glendora

<b>Provider Name:</b>	<b>Brittany Bell</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Vienna Psychological Group
<b>Profession:</b>	Psychological assistant
<b>Credentials:</b>	MA, registered psychological assistant
<b>Address:</b>	2064 E. Route 66, Glendora, CA 91740
<b>Email:</b>	<a href="mailto:bbell@vpg-corp.com">bbell@vpg-corp.com</a>
<b>Phone Number:</b>	626-709-3494
<b>Web Site:</b>	<a href="https://www.viennapsychologicalgroup.com/">https://www.viennapsychologicalgroup.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Private pay
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anxiety</li> <li>• Learning disabilities</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> </ul>

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

### Irvine

<b>Provider Name:</b>	<b>Eileen S. Lenson</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Lenson Life Coaching
<b>Profession:</b>	Social worker
<b>Credentials:</b>	MSW, ACSW, BCC
<b>Address:</b>	4521 Campus Drive, Suite 522, Irvine, CA 92612
<b>Email:</b>	<a href="mailto:Eileen@LensonLifeCoaching.com">Eileen@LensonLifeCoaching.com</a>
<b>Phone Number:</b>	949-244-5100
<b>Web Site:</b>	<a href="http://www.LensonLifeCoaching.com">http://www.LensonLifeCoaching.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Private pay only
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Parenting issues</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	Coaching
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Martinez

<b>Provider Name:</b>	<b>Shaunna Murtha</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Shaunna J. Murtha, LCSW
<b>Profession:</b>	Licensed clinical social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	1134 Alhambra Avenue, Martinez, CA 94553
<b>Email:</b>	<a href="mailto:shaunna.murtha@gmail.com">shaunna.murtha@gmail.com</a>
<b>Phone Number:</b>	925-917-1112
<b>Web Site:</b>	<a href="http://alhambravalleycounseling.com/murtha.php">http://alhambravalleycounseling.com/murtha.php</a>
<b>Professional Bio:</b>	See web site for bio.
<b>Accepted Insurance:</b>	CCHP, Magellan Behavioral Health, Managed Health Network, VW
<b>Professional License:</b>	Yes, in California

<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• First responders and their families</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sexual health</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

**Monterey**

<b>Provider Name:</b>	<b>Dee Lewke</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Red Line Resilience
<b>Profession:</b>	Counselor
<b>Credentials:</b>	CADCII, SAP, CCTP, NCACI, CRPS, MATC
<b>Address:</b>	202 Watson Street, Monterey, CA 93940
<b>Email:</b>	<a href="mailto:redlineresilience@gmail.com">redlineresilience@gmail.com</a>
<b>Phone Number:</b>	831-334-9899
<b>Web Site:</b>	<a href="https://www.redlineresilience.com">https://www.redlineresilience.com</a>
<b>Professional Bio:</b>	<p>I have worked in the field of behavioral health for 26+ years. Over the past 4+ years I have had a special emphasis in working with primarily firefighters and first responders. My father was a U.S. Marine and police officer. I have also been in a relationship with a lifelong firefighter (39+ years) and have witnessed first-hand the long-term effects of a career in the fire service, not only on the body but also the mind and spirit. What I know today is that such suffering does not have to be. It's ok not to be ok. No need to suffer alone and in silence. Within first responder organizations and the military, you have a crew, a team, a platoon, a company – “no one fights alone.” Why should this be any different? Along with years of clinical training in treating first responders, I have also spent my time meeting with active firefighters and those who have retired, hearing directly from them what they need. I have spent countless hours on ride-alongs and hanging out in the station, around the dinner table, sharing stories and a great meal, learning and understanding how they</p>



	roll, thinking and processing everything they do, see, smell, and hear. As the saying goes, "You can't unsee the things you've seen." My mission: To assist first responders in minimizing the long-term effects of the job on all levels, keeping the mind as fit as the body.
<b>Accepted Insurance:</b>	None, but works on a sliding scale
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obesity/weight loss</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sleep disorders</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Novato

<b>Provider Name:</b>	<b>Jill Peeler</b> <span style="background-color: #00AEEF; color: white; padding: 2px;">TELEHEALTH</span>
<b>Practice Name:</b>	Jill Peeler Therapy supervised by Dr. Mark Kamena, PhD
<b>Profession:</b>	Associate marriage and family therapist and associate practical clinical counselor
<b>Credentials:</b>	AMFT #114808, APCC # 7039
<b>Address:</b>	1683 Novato Blvd., Ste. 1B, Novato, CA 94947
<b>Email:</b>	<a href="mailto:JillPeelerTherapy@gmail.com">JillPeelerTherapy@gmail.com</a>
<b>Phone Number:</b>	415-602-8735
<b>Web Site:</b>	<a href="https://www.jillpeelertherapy.com/">https://www.jillpeelertherapy.com/</a>
<b>Professional Bio:</b>	I am an associate 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! I am being supervised by Mark Kamena, PhD, MBA, MCrim, a licensed psychologist in California (PSY16401) who is a board-certified specialist in police and public safety psychology.
<b>Accepted Insurance:</b>	Private pay
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Couple counseling</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Families of first responders, including children</li> <li>• First responder PTSD/trauma</li> <li>• Grief counseling</li> <li>• Multicultural competence</li> <li>• One-on-one crisis intervention/counseling or psychological support</li> <li>• Resilience and hardiness</li> <li>• Self-esteem and assertiveness training Sexual assault/rape</li> <li>• Stress management</li> <li>• Suicidal ideation</li> <li>• Veterans</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Crisis intervention</li> <li>• Marriage and family therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing therapy)</li> <li>• Dialectical behavior therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Orinda

<b>Provider Name:</b>	<b>Amy Moore</b> <b>LICENSED PROVIDER</b>
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Clinical psychologist
<b>Credentials:</b>	PsyD
<b>Address:</b>	23 Altarinda Road, Ste. 102, Orinda, CA 94563
<b>Email:</b>	<a href="mailto:alfmoore4@gmail.com">alfmoore4@gmail.com</a>
<b>Phone Number:</b>	415-297-2863
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.

<b>Accepted Insurance:</b>	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)
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Disability</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Multicultural issues</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Humanistic</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	No
<b>Accepting New Patients:</b>	Yes

**Pleasant Hill**

<b>Provider Name:</b>	<b>Tom Westin</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	MFT
<b>Address:</b>	140 Mayhew Way, Suite 606, Pleasant Hill, CA 94705
<b>Email:</b>	<a href="mailto:tomwestinmft@gmail.com">tomwestinmft@gmail.com</a>
<b>Phone Number:</b>	510-224-5838
<b>Web Site:</b>	<a href="http://touchstonecounseling.com/tom-westin-mft/">http://touchstonecounseling.com/tom-westin-mft/</a>
<b>Professional Bio:</b>	See web site for bio.
<b>Accepted Insurance:</b>	Various EAPs – call or email for details
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Problem Gambling</li> <li>• PTSD/trauma</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> </ul>

	<ul style="list-style-type: none"> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Redlands

<b>Provider Name:</b>	<b>Mynda Ohs</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	LMFT, PhD
<b>Address:</b>	101 E Redlands Blvd., Redlands, CA 92373
<b>Email:</b>	<a href="mailto:mynda@fullyinvolvedlife.com">mynda@fullyinvolvedlife.com</a>
<b>Phone Number:</b>	909-725-0370
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), Empathia, Magellan Behavioral Health, Optum
<b>Professional License:</b>	Yes, California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Riverside

<b>Provider Name:</b>	<b>Deana Kahle</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Aboveboard Consulting & Marriage Counseling Services, Inc.
<b>Profession:</b>	Psychotherapist
<b>Credentials:</b>	LMFT
<b>Address:</b>	5880 Fair Isle Dr #275, Riverside, CA 92507
<b>Email:</b>	<a href="mailto:aboveboardcounseling@gmail.com">aboveboardcounseling@gmail.com</a>

<b>Phone Number:</b>	800-222-9691
<b>Web Site:</b>	<a href="https://aboveboardconsulting.com/">https://aboveboardconsulting.com/</a>
<b>Professional Bio:</b>	Deana Kahle, having worked with the unique culture of first responders for 10 years, is a California licensed clinician who gets it.
<b>Accepted Insurance:</b>	Magellan Behavioral Health
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Humanistic</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	No

### Roseville

<b>Provider Name:</b>	<b>Ariel Whitlock</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	LMFT, CEDS, NCC
<b>Address:</b>	1624 Santa Clara Dr. Suite 110, Roseville, CA 95661
<b>Email:</b>	<a href="mailto:ArielWhitlockMFT@gmail.com">ArielWhitlockMFT@gmail.com</a>
<b>Phone Number:</b>	775-351-9411
<b>Web Site:</b>	<a href="http://www.arielwhitlock.com">http://www.arielwhitlock.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Unknown
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Body image issues</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Obesity/weight loss</li> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Existential psychotherapy</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes

<b>Accepting New Patients:</b>	Yes
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### San Bernardino

<b>Provider Name:</b>	<b>Kristin Blaney</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	The Counseling Team International
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	LMFT
<b>Address:</b>	1881 Business Center Dr., Suite 11, San Bernardino, CA 92408
<b>Email:</b>	<a href="mailto:mpasley@thecounselingteam.com">mpasley@thecounselingteam.com</a>
<b>Phone Number:</b>	800-222-9691
<b>Web Site:</b>	<a href="http://www.thecounselingteam.com/">http://www.thecounselingteam.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Emily Brennan</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	The Counseling Team International
<b>Profession:</b>	Licensed clinical social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	1881 Business Center Dr., Suite 11, San Bernardino, CA 92408
<b>Email:</b>	<a href="mailto:mpasley@thecounselingteam.com">mpasley@thecounselingteam.com</a>
<b>Phone Number:</b>	800-222-9691
<b>Web Site:</b>	<a href="http://www.thecounselingteam.com/">http://www.thecounselingteam.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Clint Christie</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	The Counseling Team International
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	LMFT
<b>Address:</b>	1881 Business Center Dr., Suite 11, San Bernardino, CA 92408
<b>Email:</b>	<a href="mailto:mpasley@thecounselingteam.com">mpasley@thecounselingteam.com</a>
<b>Phone Number:</b>	800-222-9691
<b>Web Site:</b>	<a href="http://www.thecounselingteam.com/">http://www.thecounselingteam.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Andrew Clack</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	The Counseling Team International
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	LMFT
<b>Address:</b>	1881 Business Center Dr., Suite 11, San Bernardino, CA 92408
<b>Email:</b>	<a href="mailto:mpasley@thecounselingteam.com">mpasley@thecounselingteam.com</a>
<b>Phone Number:</b>	800-222-9691
<b>Web Site:</b>	<a href="http://www.thecounselingteam.com/">http://www.thecounselingteam.com/</a>
<b>Professional Bio:</b>	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).
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Magellan Behavioral Health, Managed Health Network
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Shonna Hill</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	The Counseling Team International
<b>Profession:</b>	Psychologist
<b>Credentials:</b>	PsyD
<b>Address:</b>	1881 Business Center Dr., Suite 11, San Bernardino, CA 92408
<b>Email:</b>	<a href="mailto:mpasley@thecounselingteam.com">mpasley@thecounselingteam.com</a>

<b>Phone Number:</b>	800-222-9691
<b>Web Site:</b>	<a href="https://thecounselingteam.com/">https://thecounselingteam.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Caitlyn Munger</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	The Counseling Team International
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	LMFT
<b>Address:</b>	1881 Business Center Dr., Suite 11, San Bernardino, CA 92408
<b>Email:</b>	<a href="mailto:mpasley@thecounselingteam.com">mpasley@thecounselingteam.com</a>
<b>Phone Number:</b>	800-222-9691
<b>Web Site:</b>	<a href="http://www.thecounselingteam.com/">http://www.thecounselingteam.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	TriWest
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## San Diego

<b>Provider Name:</b>	<b>Jeffery Oostyen</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	The Counseling Team International
<b>Profession:</b>	Psychologist
<b>Credentials:</b>	PsyD
<b>Address:</b>	444 Camino Del Rio South, Suite 215, San Diego, CA 92108
<b>Email:</b>	<a href="mailto:mpasley@thecounselingteam.com">mpasley@thecounselingteam.com</a>
<b>Phone Number:</b>	800-222-9691
<b>Web Site:</b>	<a href="http://www.thecounselingteam.com/">http://www.thecounselingteam.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### San Rafael

<b>Provider Name:</b>	<b>Joel Fay</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Psychologist
<b>Credentials:</b>	PsyD
<b>Address:</b>	68 Marinita Avenue, San Rafael, CA 94901
<b>Email:</b>	<a href="mailto:joel.fay@gmail.com">joel.fay@gmail.com</a>
<b>Phone Number:</b>	415-720-6653
<b>Web Site:</b>	<a href="http://joelfay.com">http://joelfay.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Magellan Behavioral Health, Managed Health Network
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Santa Clara

<b>Provider Name:</b>	<b>Nick Arnett</b> TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Firefighter, EMT, instructor, fire chaplain

<b>Credentials:</b>	CISM, peer support, resilience
<b>Address:</b>	3450 Princeton Way, Santa Clara, CA
<b>Email:</b>	<a href="mailto:nick.arnett@gmail.com">nick.arnett@gmail.com</a>
<b>Phone Number:</b>	408-888-1900
<b>Web Site:</b>	<a href="https://nickarnett.net/">https://nickarnett.net/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	N/A
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Resilience training</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Santa Rosa

<b>Provider Name:</b>	<b>Leah Weiss</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Psychotherapist
<b>Credentials:</b>	LMFT
<b>Address:</b>	1815 4th Street, Santa Rosa, CA 95465
<b>Email:</b>	<a href="mailto:leahsueweiss@gmail.com">leahsueweiss@gmail.com</a>
<b>Phone Number:</b>	707-738-5087
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Beacon Health Options, CIGNA HealthCare (PPO), Concern, Magellan Behavioral Health, United Behavioral Health
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Learning disabilities</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Spiritual/religious</li> </ul>

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

### Sausalito

<b>Provider Name:</b>	<b>Emily Brucia</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Elemental Telehealth, Inc.
<b>Profession:</b>	Clinical psychologist
<b>Credentials:</b>	PhD
<b>Address:</b>	3030 Bridgeway, Suite 101, Sausalito, CA 94965
<b>Email:</b>	<a href="mailto:emily@elementaltelehealth.com">emily@elementaltelehealth.com</a>
<b>Phone Number:</b>	626-594-6548
<b>Web Site:</b>	<a href="https://www.elementaltelehealth.com/dr-emily-brucia">https://www.elementaltelehealth.com/dr-emily-brucia</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Burnout</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Psychodynamic therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Turlock

<b>Provider Name:</b>	<b>Dusty Lockett</b> LICENSED PROVIDER
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Licensed clinical social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	384 E. Olive St. #4, Turlock, CA 95380
<b>Email:</b>	<a href="mailto:dusty@dustylockett.com">dusty@dustylockett.com</a>
<b>Phone Number:</b>	209-233-1927
<b>Web Site:</b>	<a href="https://www.dustylockettlcsw.com/">https://www.dustylockettlcsw.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	No
<b>Accepting New Patients:</b>	Yes

### Valley Village

<b>Provider Name:</b>	<b>Joanna Lovinger</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Joanna Lovinger
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	LMFT
<b>Address:</b>	Valley Village, CA
<b>Email:</b>	<a href="mailto:joanna@joannalovinger.com">joanna@joannalovinger.com</a>
<b>Phone Number:</b>	323-374-3875
<b>Web Site:</b>	<a href="http://joannalovinger.com/">http://joannalovinger.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None, but can provide superbills to submit to insurance for partial reimbursement
<b>Professional License:</b>	Yes, in California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Adoption</li> <li>• Anxiety</li> </ul>

	<ul style="list-style-type: none"> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Psychodynamic therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## COLORADO

<b>Provider Name:</b>	<b>Belinda Barnett</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Belinda Barnett, PhD
<b>Profession:</b>	Clinical psychologist
<b>Details:</b>	Dr. Belinda Barnett offers online services in Colorado through certification with PsyPact. See <a href="#">full listing</a> under Pittsburg, PA.

<b>Provider Name:</b>	<b>Kelly Chisholm</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Clinical counselor
<b>Details:</b>	Kelly Chisholm offers telehealth services in Colorado. See <a href="#">full listing</a> under Santa Fe, NM.

## Centennial

<b>Provider Name:</b>	<b>Rachael Starr</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	11th Hour Trauma Retreat
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	12354 E Caley Ave, 200, Centennial, CO 80126
<b>Email:</b>	<a href="mailto:RStarrMSW@gmail.com">RStarrMSW@gmail.com</a>
<b>Phone Number:</b>	772-475-3334
<b>Web Site:</b>	<a href="https://www.11thhourretreat.org/">https://www.11thhourretreat.org/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Yes, in Colorado
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> </ul>

	<ul style="list-style-type: none"> <li>• Chronic illness</li> <li>• Depression</li> <li>• Disability</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Neuropsychology</li> <li>• Obesity/weight loss</li> <li>• Obsessive-compulsive disorder</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sexual health</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

**Denver**

<b>Provider Name:</b>	<b>Terecita "Ti" Blair</b> TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Public safety peer support, yoga E-RYT 500 and YACEP
<b>Credentials:</b>	N/A
<b>Address:</b>	450 West 14th Ave., Unit 40861, Denver, CO 80204
<b>Email:</b>	<a href="mailto:Gobabyfitness@yahoo.com">Gobabyfitness@yahoo.com</a>
<b>Phone Number:</b>	720-588-0824
<b>Web Site:</b>	<a href="http://www.GOBABYFitness.com">http://www.GOBABYFitness.com</a>
<b>Professional Bio:</b>	Ti (sounds like "tee") is a dedicated public safety and military/veteran peer advocate and supporter. She is a national certified peer recovery support specialist and teaches about pain, trauma, and resilience. She is available for text, email, phone, and video chats. She is a suicide survivor and 10 years sober. Keep going!
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Disability</li> <li>• Grief and loss</li> <li>• Obsessive-compulsive disorder</li> </ul>

	<ul style="list-style-type: none"> <li>• Pain management</li> <li>• PTSD/trauma</li> <li>• Retirement (traditionally, medically, or otherwise)</li> <li>• Sexual abuse/rape</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	Coaching
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

**Fort Collins**

<b>Provider Name:</b>	<b>Joanne Rupert</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	First Responder Trauma Counselors
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	19 Old Town Square, Fort Collins, CO 80425
<b>Email:</b>	<a href="mailto:Joanne.frtc@gmail.com">Joanne.frtc@gmail.com</a>
<b>Phone Number:</b>	970-217-8555
<b>Web Site:</b>	<a href="http://www.911Overwatch.org">http://www.911Overwatch.org</a>
<b>Professional Bio:</b>	See web site for bio.
<b>Accepted Insurance:</b>	Will be taking insurance from Mines & Associates by the end of June 2020
<b>Professional License:</b>	Yes, in Colorado
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Disability</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Learning disabilities</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Neuropsychology</li> <li>• Obsessive-compulsive disorder</li> <li>• Pain management</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sexual Health</li> <li>• Sleep disorders</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> </ul>

	<ul style="list-style-type: none"> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Forensic evaluation</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Neuropsychological testing or consultation</li> <li>• Psychological testing and evaluation</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## CONNECTICUT

### East Hampton

<b>Provider Name:</b>	<b>Kim Novak</b> <span style="background-color: #0056b3; color: white; padding: 2px;">LICENSED PROVIDER</span> <span style="background-color: #008000; color: white; padding: 2px;">TELEHEALTH</span>
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Trauma psychotherapist
<b>Credentials:</b>	LCSW
<b>Address:</b>	26 Lakeview Street, East Hampton, CT 06424
<b>Email:</b>	<a href="mailto:kimnovaklcsw@yahoo.com">kimnovaklcsw@yahoo.com</a>
<b>Phone Number:</b>	860-365-5249
<b>Web Site:</b>	<a href="http://www.corecenterct.com/">http://www.corecenterct.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Connecticut
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Career/employment concerns</li> <li>• PTSD/trauma</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Psychodynamic therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Guilford



<b>Provider Name:</b>	<b>Leesa Sklover</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Leesa Sklover/LoveLife Counseling LLC
<b>Profession:</b>	Professional counselor
<b>Credentials:</b>	PhD, LPC
<b>Address:</b>	42 Long Hill Rd., Guilford, CT 06405
<b>Email:</b>	<a href="mailto:drsklover@gmail.com">drsklover@gmail.com</a>
<b>Phone Number:</b>	917-860-0488
<b>Web Site:</b>	<a href="http://lovelifeproductions.net/">http://lovelifeproductions.net/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicare, Medicaid
<b>Professional License:</b>	Yes, in Connecticut
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Neuropsychology</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Humanistic</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Stamford

<b>Provider Name:</b>	<b>Karen Alter-Reid</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Karen Alter-Reid, Ph.D.
<b>Profession:</b>	Clinical specialist
<b>Credentials:</b>	PhD
<b>Address:</b>	979 Summer St., Stamford, CT 06905
<b>Email:</b>	<a href="mailto:karen.alterreid@gmail.com">karen.alterreid@gmail.com</a>
<b>Phone Number:</b>	203-329-2701
<b>Web Site:</b>	<a href="http://www.alter-reid.com/">http://www.alter-reid.com/</a>
<b>Professional Bio:</b>	See web site.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Yes, in Connecticut and New York
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Crisis intervention</li> </ul>

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

## Wolcott

<b>Provider Name:</b>	<b>Kelly Lynch</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Turning Point Wellness, LLC
<b>Profession:</b>	Life coach – owner, therapist
<b>Credentials:</b>	LCSW, EMT, CPT, PN-1
<b>Address:</b>	Wolcott, CT
<b>Email:</b>	<a href="mailto:kelly@turningpointwellnessllc.com">kelly@turningpointwellnessllc.com</a>
<b>Phone Number:</b>	860-856-1696
<b>Web Site:</b>	<a href="http://www.turningpointwellnessllc.com">http://www.turningpointwellnessllc.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Connecticut
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Obesity/weight loss</li> <li>• PTSD/trauma</li> <li>• Sexual health</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## DELAWARE

<b>Provider Name:</b>	<b>Belinda Barnett</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Belinda Barnett, PhD
<b>Profession:</b>	Clinical psychologist
<b>Details:</b>	Dr. Belinda Barnett offers online services in Delaware through certification with PsyPact. See <a href="#">full listing</a> under Pittsburg, PA.

## Wilmington

<b>Provider Name:</b>	<b>Padmaja Charya</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	JFS
<b>Profession:</b>	Licensed professional counselor of mental health
<b>Credentials:</b>	LPCMH, NCC
<b>Address:</b>	99 Passmore Drive, Wilmington, DE 19803
<b>Email:</b>	<a href="mailto:pcharya@jfsdelaware.org">pcharya@jfsdelaware.org</a>
<b>Phone Number:</b>	302-478-9411
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Delaware, New Jersey, and Pennsylvania
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Child and family concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Obsessive-compulsive disorder</li> <li>• Pain management</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sleep disorders</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

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

## FLORIDA

### Ave Maria

<b>Provider Name:</b>	<b>Anette Badchkam</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Licensed clinical social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	5072 Annunciation Circle, Suite #328, Ave Maria, FL 34142
<b>Email:</b>	<a href="mailto:jolene1@bellsouth.net">jolene1@bellsouth.net</a>
<b>Phone Number:</b>	561-310-5475
<b>Web Site:</b>	<a href="http://www.pathoflifepsychotherapy.com/">http://www.pathoflifepsychotherapy.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, CIGNA HealthCare (PPO), Medicare, TRICARE

<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> </ul>
<b>Methods or Approaches Used:</b>	Cognitive/behavioral therapy
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Boca Raton

<b>Provider Name:</b>	<b>Roxanne Grobbel</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	11th Hour Trauma Retreat
<b>Profession:</b>	Clinical social worker
<b>Credentials:</b>	JD, LCSW
<b>Address:</b>	17714 Lomond Ct., Boca Raton, FL 33496
<b>Email:</b>	<a href="mailto:Center4emdr@gmail.com">Center4emdr@gmail.com</a>
<b>Phone Number:</b>	561-756-3477
<b>Web Site:</b>	<a href="https://www.11thhourretreat.org/">https://www.11thhourretreat.org/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Relational therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Luna Medina-Wolf</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Helping Moon Counseling, P.A.
<b>Profession:</b>	Licensed mental health counselor
<b>Credentials:</b>	LMHC, NCC, MCAP
<b>Address:</b>	7100 W. Camino Real, Suite 404, Boca Raton, FL 33433
<b>Email:</b>	<a href="mailto:luna@helpingmoon.com">luna@helpingmoon.com</a>
<b>Phone Number:</b>	561-571-1557
<b>Web Site:</b>	<a href="https://helpingmoon.com/">https://helpingmoon.com/</a>

<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> <li>• Couples/Marriage</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive behavior therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Karen M. Ponder</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Karen Ponder, LCSW/Healing Within Counseling Services
<b>Profession:</b>	Clinical social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	333 Camino Gardens Blvd., Suite 204A, Boca Raton, FL 33432
<b>Email:</b>	<a href="mailto:healingwithin@me.com">healingwithin@me.com</a>
<b>Phone Number:</b>	561-501-7634
<b>Web Site:</b>	<a href="http://karenponder.com/">http://karenponder.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	CIGNA HealthCare (PPO), ComPsych, Health Advocate
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Childhood trauma and abuse</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Men's mental health</li> <li>• Older adolescents</li> <li>• Parenting/Parenting with divorce</li> <li>• Relational and professional conflict</li> <li>• Stress management</li> </ul>

	<ul style="list-style-type: none"> <li>• Substance abuse</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Crisis intervention</li> <li>• Humanistic</li> <li>• Relational therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

**Bradenton**

<b>Provider Name:</b>	<b>Mary Moonen</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Mary Moonen Counseling Services
<b>Profession:</b>	Licensed clinical social worker, certified addictions professional
<b>Credentials:</b>	LCSW, CAP
<b>Address:</b>	3653 Cortez Road West, Suite 110A, Bradenton, FL 34210
<b>Email:</b>	<a href="mailto:counseling@mmoonen.com">counseling@mmoonen.com</a>
<b>Phone Number:</b>	941-962-6784
<b>Web Site:</b>	<a href="https://marymoonencounselor.com/">https://marymoonencounselor.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	LHI, UMR, sliding fee scales
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Alzheimer's/dementia</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Cancer concerns</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Disability</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Learning disabilities</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Obesity/weight loss</li> <li>• Obsessive-compulsive disorder</li> <li>• Pain management</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> </ul>

	<ul style="list-style-type: none"> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Coral Springs

<b>Provider Name:</b>	<b>Margaret Cheresnick</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Becky Cheresnick, LMHC, LMFT
<b>Profession:</b>	Mental health counselor, marriage/family therapist
<b>Credentials:</b>	LMHC, LMFT
<b>Address:</b>	706 Riverside Dr., Coral Springs, FL 33071
<b>Email:</b>	<a href="mailto:yankeejoel@aol.com">yankeejoel@aol.com</a>
<b>Phone Number:</b>	954-856-4448
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• First responders and military</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> </ul>



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

### Davie

<b>Provider Name:</b>	<b>Jessica F.B. Jefferson</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	SW Social Support
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LCSW-QS
<b>Address:</b>	8380 W. State Road 84, Davie, FL 33324
<b>Email:</b>	<a href="mailto:jessica@swsocialsupport.com">jessica@swsocialsupport.com</a>
<b>Phone Number:</b>	954-225-9851
<b>Web Site:</b>	<a href="https://www.swsocialsupport.com">https://www.swsocialsupport.com</a>
<b>Professional Bio:</b>	See <a href="https://jessjefferson.com/jess-jefferson-mental-health-advocate-therapist-supports-the-south-florida-community/">https://jessjefferson.com/jess-jefferson-mental-health-advocate-therapist-supports-the-south-florida-community/</a>
<b>Accepted Insurance:</b>	EAPs
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Humanistic</li> <li>• Pastoral counseling</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Forest Willis</b>
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Clergy
<b>Credentials:</b>	Chaplain
<b>Address:</b>	1712 SW 103rd Lane, Davie, FL 33324
<b>Email:</b>	<a href="mailto:chaplainforest@comcast.net">chaplainforest@comcast.net</a>

<b>Phone Number:</b>	252-339-0285
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	N/A
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Grief and loss</li> <li>• Spiritual/religious</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Crisis intervention</li> <li>• Pastoral counseling</li> </ul>
<b>Telehealth Services:</b>	No
<b>Accepting New Patients:</b>	Yes

### Deerfield Beach

<b>Provider Name:</b>	<b>William Glover</b> TELEHEALTH
<b>Practice Name:</b>	Public Safety Chaplains LLC
<b>Profession:</b>	Disaster chaplaincy
<b>Credentials:</b>	Chaplain
<b>Address:</b>	612 NE 20 Ave. #3, Deerfield Beach, FL, 33441
<b>Email:</b>	<a href="mailto:Glover1020@gmail.com">Glover1020@gmail.com</a>
<b>Phone Number:</b>	954-650-8724
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Crisis intervention</li> <li>• Marriage and family therapy</li> <li>• Pastoral counseling</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Fort Myers

<b>Provider Name:</b>	<b>Anthony Garcia</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	A Peaceful Mind Counseling Group
<b>Profession:</b>	Mental health counselor
<b>Credentials:</b>	LMHC, CAP
<b>Address:</b>	Fort Myers: 12381 South Cleveland Avenue, Ste 401, Fort Myers, FL 33907 Fort Lauderdale: 4901 NW 17th Way, Ste 202, Fort Lauderdale, FL 33309
<b>Email:</b>	<a href="mailto:anthony@apmcounseling.org">anthony@apmcounseling.org</a>
<b>Phone Number:</b>	Fort Myers: 239-266-2620 Fort Lauderdale: 954-595-9100
<b>Web Site:</b>	<a href="https://apmcounseling.org/">https://apmcounseling.org/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, CIGNA HealthCare (PPO)
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Jana Giliberto</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	A Peaceful Mind Counseling Group
<b>Profession:</b>	Licensed mental health counselor
<b>Credentials:</b>	LMHC
<b>Address:</b>	12381 South Cleveland Ave., Suite 401, Fort Myers, FL 33907
<b>Email:</b>	<a href="mailto:jana@apmcounseling.org">jana@apmcounseling.org</a>
<b>Phone Number:</b>	239-935-8751
<b>Web Site:</b>	<a href="http://www.apmcounseling.org/">http://www.apmcounseling.org/</a>
<b>Professional Bio:</b>	I have been a licensed mental health counselor for the past 9 years, and I have 18 years of experience in social services working in multiple community organizations. I specialize in working with adults and adolescents who are struggling with stress, anxiety, depression, and history of abuse or traumas.
<b>Accepted Insurance:</b>	CIGNA HealthCare (PPO)
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> </ul>

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

<b>Provider Name:</b>	<b>Ileana Oxley</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	A Peaceful Mind Counseling Group
<b>Profession:</b>	Licensed marriage and family therapist
<b>Credentials:</b>	LMFT
<b>Address:</b>	12381 S Cleveland Ave., Suite #401, Ft Myers, FL 33908
<b>Email:</b>	<a href="mailto:ileana@apmcounseling.org">ileana@apmcounseling.org</a>
<b>Phone Number:</b>	239-900-6788
<b>Web Site:</b>	<a href="https://apmcounseling.org/">https://apmcounseling.org/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Alzheimer's/dementia</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> <li>• Sexual health</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Lake Worth

<b>Provider Name:</b>	<b>Tricia Conlon</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Center for Trauma Counseling
<b>Profession:</b>	Licensed marriage and family therapist
<b>Credentials:</b>	LMFT
<b>Address:</b>	6801 Lake Worth Road, Suite 307, Lake Worth, FL 33467
<b>Email:</b>	<a href="mailto:triciaconlon127@gmail.com">triciaconlon127@gmail.com</a>
<b>Phone Number:</b>	561-444-3914
<b>Web Site:</b>	<a href="http://www.palmbeachmentalhealth.org/">http://www.palmbeachmentalhealth.org/</a>

<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Humana, United Healthcare
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Lakeland

<b>Provider Name:</b>	<b>Melissa DeRoxtro</b> <b>LICENSED PROVIDER</b>
<b>Practice Name:</b>	Lakeland Regional Health
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	1324 Lakeland Hills Blvd., Lakeland, FL 33805
<b>Email:</b>	<a href="mailto:melissa.deroxtro@mylrh.org">melissa.deroxtro@mylrh.org</a>
<b>Phone Number:</b>	863-603-6527
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Most major insurances and can assist with paperwork to have individuals covered through their HR or workers comp as needed
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	Coaching
<b>Telehealth Services:</b>	No
<b>Accepting New Patients:</b>	Yes

### Miami

<b>Provider Name:</b>	<b>Maria Elena Fernandez</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Maria Elena Fernandez, LCSW
<b>Profession:</b>	Clinical social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	5001 SW 74th Court, Suite 104, Miami, FL 33155
<b>Email:</b>	<a href="mailto:mariaef@citrushealth.com">mariaef@citrushealth.com</a>
<b>Phone Number:</b>	305-978-5931
<b>Web Site:</b>	N/A

<b>Professional Bio:</b>	Maria Elana Fernandez has over 30 years of experience providing outpatient psychotherapy to a diverse population.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Obsessive-compulsive disorder</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Joe Gagliano</b> TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Counselor
<b>Credentials:</b>	CAW (certified awakening coach), CKIF (certified Kiloby Inquiries facilitator)
<b>Address:</b>	13500 SW 136 Terrace, Miami, FL 33186
<b>Email:</b>	<a href="mailto:lookinski@yahoo.com">lookinski@yahoo.com</a>
<b>Phone Number:</b>	305-898-8660
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> </ul>

	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Frona Israel</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Frona P Israel MSW BBA Inc.
<b>Profession:</b>	Licensed clinical social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	Miami: 3016 NE 210th Street, Miami, FL 33180 Pembroke Pines: 1000 N Hiatus Rd., Suite 140, Pembroke Pines, FL 33026
<b>Email:</b>	<a href="mailto:counseling11@gmail.com">counseling11@gmail.com</a>
<b>Phone Number:</b>	305-494-3555
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Disability</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Learning disabilities</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Obesity/weight loss</li> <li>• Obsessive-compulsive disorder</li> <li>• Pain management</li> </ul>

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

### North Miami Beach

<b>Provider Name:</b>	<b>Alexis Cancemi</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Licensed mental health counselor
<b>Credentials:</b>	PhD, LMHC
<b>Address:</b>	17001 West Dixie Highway, Suite 108, North Miami Beach, FL 33161
<b>Email:</b>	<a href="mailto:alexis_lmhc@yahoo.com">alexis_lmhc@yahoo.com</a>
<b>Phone Number:</b>	786-408-5072
<b>Web Site:</b>	<a href="http://www.alexismentalhealth.com/">http://www.alexismentalhealth.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Magellan Behavioral Health, United Healthcare
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Humanistic</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes



## North Palm Beach

<b>Provider Name:</b>	<b>Jamie Sousa</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Pathways Consulting and Wellness Services
<b>Profession:</b>	Mental health counselor
<b>Credentials:</b>	LMHC, NBCC, EMDR, CTRS-BH
<b>Address:</b>	721 U.S. Highway 1, Suites 114-115, North Palm Beach, FL 33408
<b>Email:</b>	<a href="mailto:jamie@pathwayscws.com">jamie@pathwayscws.com</a>
<b>Phone Number:</b>	412-721-6999
<b>Web Site:</b>	<a href="https://www.pathwayscws.com/">https://www.pathwayscws.com/</a>
<b>Professional Bio:</b>	Specializing in complex trauma and PTSD, substance abuse, addictions, military/veteran, first responders, caregiver burnout, family, couples, and women-specific populations, I use loving, compassionate methods of therapy and believe that a strong relationship is one of the most important aspects of the healing process. I use EMDR, somatic, and emotionally-focused therapies.
<b>Accepted Insurance:</b>	Some EAPs
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Neuropsychology</li> <li>• Obsessive-compulsive disorder</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Neuropsychological testing or consultation</li> <li>• Psychodynamic therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Orlando

<b>Provider Name:</b>	<b>Robert Ferry</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	First Responder Mental Health Services LLC
<b>Profession:</b>	Counselor

<b>Credentials:</b>	LMHC, paramedic, NCC
<b>Address:</b>	4419 Seils Way, Orlando, FL 32812
<b>Email:</b>	<a href="mailto:robertpferry@gmail.com">robertpferry@gmail.com</a>
<b>Phone Number:</b>	407-484-0354
<b>Web Site:</b>	<a href="http://FRMHS.com">http://FRMHS.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Disability</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Sarasota

<b>Provider Name:</b>	<b>Brett Snow</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Surviving Life Ministries
<b>Profession:</b>	Pastoral counselor, Lt. Chicago Fire Department
<b>Credentials:</b>	PhD, licensed clinical pastoral counselor
<b>Address:</b>	1200 Moonmist Circle, Unit M-9, Sarasota, FL 34242
<b>Email:</b>	<a href="mailto:survivinglifem@gmail.com">survivinglifem@gmail.com</a>
<b>Phone Number:</b>	866-756-0413
<b>Web Site:</b>	<a href="http://sl-ministries.com">http://sl-ministries.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Nationally licensed as a clinical pastoral counselor through the National Christian Counseling Association
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Disability</li> <li>• Grief and loss</li> </ul>

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

### Stuart

<b>Provider Name:</b>	<b>Sarah Paulick</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Mindful Counseling Services, LLC
<b>Profession:</b>	Licensed mental health counselor
<b>Credentials:</b>	LMHC, CCTP
<b>Address:</b>	819 SW Federal Hwy., Suite 200B, Stuart, FL 34994
<b>Email:</b>	<a href="mailto:sarahpaulick.lmhc@gmail.com">sarahpaulick.lmhc@gmail.com</a>
<b>Phone Number:</b>	772-324-1950
<b>Web Site:</b>	<a href="https://www.psychologytoday.com/us/therapists/sarah-paulick-stuart-fl/285009">https://www.psychologytoday.com/us/therapists/sarah-paulick-stuart-fl/285009</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Beacon, Blue Cross and Blue Shield (HMO), Cigna HealthCare (PPO), Meritain, MINES & Associates, UMR
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Childhood trauma</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes

Accepting New Patients:	Yes
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### Sun City Center

<b>Provider Name:</b>	<b>Anna Lively</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	LivelyTherapy
<b>Profession:</b>	Licensed mental health counselor, national certified counselor
<b>Credentials:</b>	LMHC NCC
<b>Address:</b>	1210 West Del Webb Blvd., Sun City Center, FL 33573
<b>Email:</b>	<a href="mailto:livelytherapy@yahoo.com">livelytherapy@yahoo.com</a>
<b>Phone Number:</b>	813-928-5335
<b>Web Site:</b>	<a href="http://livelytherapy.net/">http://livelytherapy.net/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	BayCare, CIGNA HealthCare (PPO), Humana, TRICARE, TriWest
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Alzheimer's/dementia</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Geriatric consultation</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Tampa

<b>Provider Name:</b>	<b>Erin Saintil</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Collaborative Therapeutic Services and Neurolease
<b>Profession:</b>	Social worker, behavior analyst
<b>Credentials:</b>	LCSW, BCBA
<b>Address:</b>	8461 W. Linebaugh Ave., Tampa, FL 33625
<b>Email:</b>	<a href="mailto:erin@therapycts.com">erin@therapycts.com</a>
<b>Phone Number:</b>	813-951-7346
<b>Web Site:</b>	<a href="http://www.therapycts.com/">http://www.therapycts.com/</a>

<b>Professional Bio:</b>	I specialize in a fast track, minimal talk treatment called <b>NEUROLEASE™</b> , 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.
<b>Accepted Insurance:</b>	Humana, Tricare, donations to pay for treatment
<b>Professional License:</b>	Yes, in Florida
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• PTSD</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Forensic evaluation</li> <li>• Marriage and family therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Wilton Manors

<b>Provider Name:</b>	<b>Katharine Campbell</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Inward Bound
<b>Profession:</b>	Social worker
<b>Credentials:</b>	PhD, LCSW
<b>Address:</b>	1881 NE 26th Street, Suite 70, Wilton Manors, FL 33305
<b>Email:</b>	<a href="mailto:info@katharinecampbell.com">info@katharinecampbell.com</a>
<b>Phone Number:</b>	954-507-0137
<b>Web Site:</b>	<a href="http://www.inwardboundjourneys.com">http://www.inwardboundjourneys.com</a>
<b>Professional Bio:</b>	Dr. Katharine Campbell is an LCSW in private practice where she provides counseling services focused on LGB care, transgender care, trauma-informed care, and medical specific care. Additionally, Dr. Campbell provides nonprofit consulting and speaking services focused on increased efficient and effective clinical provisions.
<b>Accepted Insurance:</b>	Aetna, Beacon, CIGNA HealthCare (PPO), Coventry Health Care, Coventry Health Care (PPO), Humana, Magellan, Magellan Behavioral Health, Managed Health Network, Medicare, United
<b>Professional License:</b>	Yes, in Florida, North Carolina, and Tennessee
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• LGB and transgender care</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	

<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## GEORGIA

<b>Provider Name:</b>	<b>Belinda Barnett</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Belinda Barnett, PhD
<b>Profession:</b>	Clinical psychologist
<b>Details:</b>	Dr. Belinda Barnett offers online services in Georgia through certification with PsyPact. See <a href="#">full listing</a> under Pittsburg, PA.

## Cleveland

<b>Provider Name:</b>	<b>Nancy Wesselink</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	One Source Counseling
<b>Profession:</b>	Clinician, consultant, CISM instructor
<b>Credentials:</b>	LMSW, PhD
<b>Address:</b>	35 Lake Watch Point, Cleveland, GA 30528
<b>Email:</b>	<a href="mailto:docnancyw@gmail.com">docnancyw@gmail.com</a>
<b>Phone Number:</b>	770-683-1327
<b>Web Site:</b>	<a href="http://www.onesourcecounseling.com/">http://www.onesourcecounseling.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None, but provides pro bono (free) and sliding scale for first responders
<b>Professional License:</b>	Yes, in Georgia
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Pain management</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sleep disorders</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> <li>• Short-term (brief treatment)</li> </ul>

<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Cumming

<b>Provider Name:</b>	<b>Irma Christie</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	irmachristiecounseling.com LLC
<b>Profession:</b>	Licensed professional counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	107 Colony Park Dr., Suite 700, Cumming, GA 30040
<b>Email:</b>	<a href="mailto:irmachristie.counseling@gmail.com">irmachristie.counseling@gmail.com</a>
<b>Phone Number:</b>	770-733-0934
<b>Web Site:</b>	<a href="https://irmachristiecounseling.com">https://irmachristiecounseling.com</a>
<b>Professional Bio:</b>	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 18 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.
<b>Accepted Insurance:</b>	Aetna, CIGNA HealthCare (PPO), Health Savings Account cards
<b>Professional License:</b>	Yes, in Georgia
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Multicultural issues</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sleep disorders</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Psychodynamic therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Decatur

<b>Provider Name:</b>	<b>William Smith</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Greater Atlanta Family Counseling
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LCSW

<b>Address:</b>	165 DeKalb Industrial Way, Suite G-2, Decatur, GA 30030
<b>Email:</b>	<a href="mailto:wsmith@gafamilycounseling.com">wsmith@gafamilycounseling.com</a>
<b>Phone Number:</b>	770-421-5271
<b>Web Site:</b>	<a href="https://www.gafamilycounseling.com/">https://www.gafamilycounseling.com/</a>
<b>Professional Bio:</b>	I treat depression, anxiety, and psychological trauma. I also work extensively on marriage and family relationship problems.
<b>Accepted Insurance:</b>	Aetna, Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Humana, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
<b>Professional License:</b>	Yes, in Georgia
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Forensic evaluation</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Fayetteville

<b>Provider Name:</b>	<b>Jemal Douté</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Douté Counseling Services
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	LMFT
<b>Address:</b>	500 W Lanier Avenue, Suite 508, Fayetteville, GA 30214-7519
<b>Email:</b>	<a href="mailto:jdoute@yourtherapistoffice.com">jdoute@yourtherapistoffice.com</a>
<b>Phone Number:</b>	678-489-7384
<b>Web Site:</b>	<a href="http://www.doutecounselingservices.com/">http://www.doutecounselingservices.com/</a>
<b>Professional Bio:</b>	Jemal Douté is a retired U.S. Marine combat vet, retired NYPD lieutenant, and a certified trauma therapist. See full bio on web site.
<b>Accepted Insurance:</b>	Aetna, United Behavioral Health
<b>Professional License:</b>	Yes, in Georgia and New York
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sexual health</li> </ul>



	<ul style="list-style-type: none"> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Clinical hypnosis</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Savannah

<b>Provider Name:</b>	<b>LuAnn Boulio-Lucier</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Quiet Confidence, LLC
<b>Profession:</b>	Counselor
<b>Credentials:</b>	NCC, LPC
<b>Address:</b>	303 E 57th St., Savannah, GA 31405
<b>Email:</b>	<a href="mailto:LuAnn72@quietconfidencellc.com">LuAnn72@quietconfidencellc.com</a>
<b>Phone Number:</b>	912-272-4861
<b>Web Site:</b>	<a href="http://quietconfidencellc.com/">http://quietconfidencellc.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Pending insurance panels, accepting self pay
<b>Professional License:</b>	Yes, in Georgia
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Disability</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• Pain management</li> <li>• PTSD/trauma</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• Existential psychotherapy</li> </ul>

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

## IDAHO

### Boise

<b>Provider Name:</b>	<b>Kyri Azar</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	HeartBrain International, LLC
<b>Profession:</b>	Clinical counselor
<b>Credentials:</b>	LPCC, LCPC
<b>Address:</b>	9296 W Mossywood Dr., Boise, ID 83709
<b>Email:</b>	<a href="mailto:kyri@hbiproject.com">kyri@hbiproject.com</a>
<b>Phone Number:</b>	505-980-2793
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Idaho
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anxiety</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Eating disorders</li> <li>• Grief and loss</li> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Psychodynamic therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Meridian

<b>Provider Name:</b>	<b>Rikki Davlin</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	RK Counseling PLLC
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	3597 E Monarch Sky Lane, Ste. 240, Meridian, ID 83646

<b>Email:</b>	<a href="mailto:rikkidavlin@rkwellness.com">rikkidavlin@rkwellness.com</a>
<b>Phone Number:</b>	208-505-6951
<b>Web Site:</b>	<a href="https://www.rkwellness.com/">https://www.rkwellness.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Idaho
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Obesity/weight loss</li> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## ILLINOIS

<b>Provider Name:</b>	<b>Belinda Barnett</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Belinda Barnett, PhD
<b>Profession:</b>	Clinical psychologist
<b>Details:</b>	Dr. Belinda Barnett offers online services in Illinois through certification with PsyPact. See <a href="#">full listing</a> under Pittsburg, PA.

## Aurora

<b>Provider Name:</b>	<b>Dr. Kristy McKiness</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	KM Institute LLC
<b>Profession:</b>	Doctorate level licensed clinical professional counselor
<b>Credentials:</b>	EdD, LCPC, ACS
<b>Address:</b>	1444 N. Farnsworth Ave. Suite 304, Aurora, IL 60505
<b>Email:</b>	<a href="mailto:kristy@thekminstitute.com">kristy@thekminstitute.com</a>
<b>Phone Number:</b>	331-213-9706
<b>Web Site:</b>	<a href="http://www.thekminstitute.com">http://www.thekminstitute.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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)
<b>Professional License:</b>	Yes, in Illinois
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Multicultural issues</li> <li>• Obesity/weight loss</li> <li>• Obsessive-compulsive disorder</li> <li>• Pain management</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

**Bloomington**

<b>Provider Name:</b>	<b>Katie Valentino</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Vivere Counseling
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LCPC
<b>Address:</b>	121 Fairfield Way, Suite 102, Bloomington, IL 60108
<b>Email:</b>	<a href="mailto:katvalentino@me.com">katvalentino@me.com</a>
<b>Phone Number:</b>	630-946-9500
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, BCBS PPO, CIGNA HealthCare (PPO), Magellan Behavioral Health, United Behavioral Health, United Healthcare
<b>Professional License:</b>	Yes, in Illinois

<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Psychodynamic therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Burr Ridge

<b>Provider Name:</b>	<b>Sarah Gura</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	The Self-Care Path, LLC
<b>Profession:</b>	Counseling psychology professional
<b>Credentials:</b>	LCPC
<b>Address:</b>	1333 Burr Ridge Pkwy., Suite 200, Burr Ridge, IL 60527
<b>Email:</b>	<a href="mailto:selfcarepath@gmail.com">selfcarepath@gmail.com</a>
<b>Phone Number:</b>	708-429-0353
<b>Web Site:</b>	<a href="http://www.selfcarepath.com/">http://www.selfcarepath.com/</a>
<b>Professional Bio:</b>	Sarah A. Gura, MA, LCPC, EMDR, RYT 200, specializes in treating first responders. She has over 11 years of experience working with firefighters and law enforcement. She provides counseling services, trauma therapy, yoga/meditation classes, and often teaches first responder behavioral health classes at academies, departments, and first responder events.
<b>Accepted Insurance:</b>	BlueCross BlueShield (Groupcare), BlueCross BlueShield PPO
<b>Professional License:</b>	Yes, in Illinois
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• First responder specific behavioral health concerns</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sexual health</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Psychodynamic therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Champaign

<b>Provider Name:</b>	<b>Paula J. Barickman</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Creative Solutions Counseling
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LCPC
<b>Address:</b>	100 N Chestnut St., Suite 225, Champaign, IL 61821
<b>Email:</b>	<a href="mailto:paulabarickmanlcpc@gmail.com">paulabarickmanlcpc@gmail.com</a>
<b>Phone Number:</b>	217 -203-2030
<b>Web Site:</b>	<a href="https://www.creativesolutionscounselinggroup.com/">https://www.creativesolutionscounselinggroup.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Magellan Behavioral Health
<b>Professional License:</b>	Yes, in Illinois
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Joyce Bechtel</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Creative Solutions Counseling Services
<b>Profession:</b>	Licensed clinical professional counselor
<b>Credentials:</b>	MA, LCPC
<b>Address:</b>	100 N Chestnut St., Champaign, IL 61821
<b>Email:</b>	<a href="mailto:joycebechtel46@yahoo.com">joycebechtel46@yahoo.com</a>
<b>Phone Number:</b>	217-203-2030
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO)
<b>Professional License:</b>	Yes, in Illinois

<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>R.J. McNicholl</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	The Rock Counseling Group
<b>Profession:</b>	Licensed clinical social worker, owner of The Rock Counseling Group
<b>Credentials:</b>	LCSW
<b>Address:</b>	201 West Springfield Ave., Ste. 1201, Champaign, IL 61820
<b>Email:</b>	<a href="mailto:onlinereferrals@therockcg.com">onlinereferrals@therockcg.com</a>
<b>Phone Number:</b>	217-722-9079
<b>Web Site:</b>	<a href="http://www.therockcounselinggroup.com/">http://www.therockcounselinggroup.com/</a>
<b>Professional Bio:</b>	See bio at <a href="https://www.therockcounselinggroup.com/about-us/staff/r-j-mcnicholl.html">https://www.therockcounselinggroup.com/about-us/staff/r-j-mcnicholl.html</a> .
<b>Accepted Insurance:</b>	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., TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), Vantage Health Plan, Inc., self-pay rates are also available
<b>Professional License:</b>	Yes, in Illinois
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Learning disabilities</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Neuropsychology</li> <li>• Obsessive-compulsive disorder</li> <li>• Pain management</li> </ul>

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

<b>Provider Name:</b>	<b>Pamela Wendt</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Creative Solutions Counseling Group
<b>Profession:</b>	Licensed clinical professional counselor
<b>Credentials:</b>	LCPC
<b>Address:</b>	100 N Chestnut St., Ste. 225, Champaign, IL 61820
<b>Email:</b>	<a href="mailto:wendt.pamela@gmail.com">wendt.pamela@gmail.com</a>
<b>Phone Number:</b>	217-203-2030
<b>Web Site:</b>	<a href="https://www.creativesolutionscounselinggroup.com/">https://www.creativesolutionscounselinggroup.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Health Alliance
<b>Professional License:</b>	Yes, in Illinois
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obesity/weight loss</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sleep disorders</li> </ul>



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

### Fox Lake

<b>Provider Name:</b>	<b>Dana Russo</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Bailey Behavioral Health
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	34 W. Grand Ave., Suite 101, Fox Lake, IL 60020
<b>Email:</b>	<a href="mailto:danarusso@baileybehavioralhealth.com">danarusso@baileybehavioralhealth.com</a>
<b>Phone Number:</b>	847-489-2941
<b>Web Site:</b>	<a href="https://www.psychologytoday.com/us/therapists/dana-russo-fox-lake-il/457286">https://www.psychologytoday.com/us/therapists/dana-russo-fox-lake-il/457286</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, BlueCross BlueShield (Groupcare), Cigna, Magellan, Medicare, United Healthcare, United Healthcare (Options PPO)
<b>Professional License:</b>	Yes, in Illinois
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Fox River Grove

<b>Provider Name:</b>	<b>Gerald Schalk</b>
<b>Practice Name:</b>	N/A

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

### Inverness

<b>Provider Name:</b>	<b>Jodi Macaluso</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Proactive Behavioral Services
<b>Profession:</b>	Professional counselor, addictions counselor
<b>Credentials:</b>	LCPC, CADC
<b>Address:</b>	<b>Inverness:</b> 1644 W. Colonial Parkway, Inverness, IL 60067 <b>Carol Stream:</b> AMITA Health Medical Group, Behavioral Medicine, 630 E. North Ave., Carol Stream, IL 60188
<b>Email:</b>	<a href="mailto:jodimacaluso@comcast.net">jodimacaluso@comcast.net</a>
<b>Phone Number:</b>	847-812-3833
<b>Web Site:</b>	<a href="https://www.pbsdoctors.com/">https://www.pbsdoctors.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Compsych, Humana, United Healthcare
<b>Professional License:</b>	Yes, in Illinois
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obesity/weight loss</li> <li>• Process addictions</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> </ul>

	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Psychodynamic therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

**Lake Villa**

<b>Provider Name:</b>	<b>Lisa Block</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	The Therapy Tree
<b>Profession:</b>	Licensed professional counselor
<b>Credentials:</b>	MS, LPC
<b>Address:</b>	89 Cedar Ave., Lake Villa, IL 60046
<b>Email:</b>	<a href="mailto:lblockcounselor@gmail.com">lblockcounselor@gmail.com</a>
<b>Phone Number:</b>	847-495-9608
<b>Web Site:</b>	<a href="http://www.thetherapytree.org/">http://www.thetherapytree.org/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), self pay
<b>Professional License:</b>	Yes, in Illinois
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Alzheimer's/dementia</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Multicultural issues</li> <li>• Neuropsychology</li> <li>• Obesity/weight loss</li> <li>• Pain management</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• Existential psychotherapy</li> <li>• Marriage and family therapy</li> </ul>

<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Heidi Wodrich</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Heidi Seiden Wodrich Counseling & Consulting, LLC
<b>Profession:</b>	Counselor
<b>Credentials:</b>	MA, LCPC, NCC
<b>Address:</b>	Lake Villa, IL
<b>Email:</b>	<a href="mailto:heidowodrich@gmail.com">heidowodrich@gmail.com</a>
<b>Phone Number:</b>	847-354-0354
<b>Web Site:</b>	<a href="https://www.healthgrades.com/providers/heidi-wodrich-xylsmk4?referrerSource=autosuggest">https://www.healthgrades.com/providers/heidi-wodrich-xylsmk4?referrerSource=autosuggest</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	CIGNA, Optum, United Behavioral Health, self-pay
<b>Professional License:</b>	Yes, in Illinois
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Psychodynamic therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Libertyville

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

<b>Provider Name:</b>	<b>Cindy McKnight</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Living Pono Counseling
<b>Profession:</b>	Mental health therapist
<b>Credentials:</b>	MS, LCPC, CCTP, NCC, BC-TMH
<b>Address:</b>	1860 W Winchester Rd., Ste, 205 Libertyville, IL 60048
<b>Email:</b>	<a href="mailto:cindy@livingponocounseling.com">cindy@livingponocounseling.com</a>
<b>Phone Number:</b>	224-424-4194
<b>Web Site:</b>	<a href="http://www.livingponocounseling.com">http://www.livingponocounseling.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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)
<b>Professional License:</b>	Yes, in Illinois and Wisconsin
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> </ul>

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

### Lisle

<b>Provider Name:</b>	<b>Patty Dirilten</b> LICENSED PROVIDER
<b>Practice Name:</b>	The Center for Insight and Connection
<b>Profession:</b>	Clinical social worker
<b>Credentials:</b>	LCSW, CADC
<b>Address:</b>	4614 Main Street, Suite 2, Lisle, IL 60532
<b>Email:</b>	<a href="mailto:insightandconnection@gmail.com">insightandconnection@gmail.com</a>
<b>Phone Number:</b>	630-201-2856
<b>Web Site:</b>	<a href="http://insightandconnection.com">http://insightandconnection.com</a>
<b>Professional Bio:</b>	I have been helping people for over half my life. I have been serving the firefighter/paramedic community for over three years. <b>Sarah Gura</b> has been my good friend and mentor during this time. I am very passionate about bringing EMDR to the fire service.
<b>Accepted Insurance:</b>	Blue Choice PPO, BlueCross BlueShield PPO
<b>Professional License:</b>	Yes, in Illinois
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Psychodynamic therapy</li> </ul>
<b>Telehealth Services:</b>	No
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Jessica McCormack</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Center for Insight and Connection
<b>Profession:</b>	Marriage and family therapist

<b>Credentials:</b>	LMFT
<b>Address:</b>	4614 Main Street, Suite 2, Lisle, IL 60532
<b>Email:</b>	<a href="mailto:jmccormack0901@gmail.com">jmccormack0901@gmail.com</a>
<b>Phone Number:</b>	630-201-2856
<b>Web Site:</b>	<a href="https://www.insightandconnection.com/">https://www.insightandconnection.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	BlueCross BlueShield (Groupcare)
<b>Professional License:</b>	Yes, in Illinois
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Sexual health</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Relational therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Mahomet

<b>Provider Name:</b>	<b>Michael Jenkins</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	The Rock Counseling Group
<b>Profession:</b>	Licensed clinical social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	1002 Commercial Drive, Suite 2, Mahomet, IL 61853
<b>Email:</b>	<a href="mailto:onlinereferrals@therockcg.com">onlinereferrals@therockcg.com</a>
<b>Phone Number:</b>	217-722-9079
<b>Web Site:</b>	<a href="http://www.therockcounselinggroup.com">http://www.therockcounselinggroup.com</a>
<b>Professional Bio:</b>	See bio at <a href="https://www.therockcounselinggroup.com/about-us/staff/michael-jenkins.html">https://www.therockcounselinggroup.com/about-us/staff/michael-jenkins.html</a> .
<b>Accepted Insurance:</b>	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.
<b>Professional License:</b>	Yes, in Illinois
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> </ul>

	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Disability</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• Marriage and family therapy</li> <li>• Neuropsychological testing or consultation</li> <li>• Psychodynamic therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### New Lenox

<b>Provider Name:</b>	<b>Nancy Mulvihill</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	The Kennedy Center for Counseling
<b>Profession:</b>	Clinical counselor
<b>Credentials:</b>	PhD, LCPC, MA
<b>Address:</b>	1938 E Lincoln Highway, Suite 219 and 207a, New Lenox, IL 60451
<b>Email:</b>	<a href="mailto:nancy@thekennedycenter.net">nancy@thekennedycenter.net</a>
<b>Phone Number:</b>	815-320-3749
<b>Web Site:</b>	<a href="http://www.thekennedycenter.net/">http://www.thekennedycenter.net/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Magellan Behavioral Health, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
<b>Professional License:</b>	Yes, in Illinois
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> </ul>



	<ul style="list-style-type: none"> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sexual health</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Rockford

<b>Provider Name:</b>	<b>Pat Spangler</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	kp counseling
<b>Profession:</b>	Licensed therapist, certified alcohol and drug counselor
<b>Credentials:</b>	MSEd, LCPC, CADC, MAATP
<b>Address:</b>	695 N. Perryville Rd., Suite 4, Rockford, IL 61107
<b>Email:</b>	<a href="mailto:pspangler@kpcounseling.com">pspangler@kpcounseling.com</a>
<b>Phone Number:</b>	779-368-0060
<b>Web Site:</b>	<a href="https://www.kpcounseling.com/">https://www.kpcounseling.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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)
<b>Professional License:</b>	Yes, in Illinois
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• Pain management</li> <li>• Parenting issues</li> <li>• Pornography addiction</li> <li>• Process addictions</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>

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

### Sugar Grove

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

### Wheaton

<b>Provider Name:</b>	<b>Marla Friedman</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Dr. Marla W. Friedman PC
<b>Profession:</b>	Police psychologist
<b>Credentials:</b>	PsyD

<b>Address:</b>	Telehealth only
<b>Email:</b>	<a href="mailto:Booklight@att.net">Booklight@att.net</a>
<b>Phone Number:</b>	630-510-3966
<b>Web Site:</b>	<a href="http://Badgeoflife.org">http://Badgeoflife.org</a>
<b>Professional Bio:</b>	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. 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.
<b>Accepted Insurance:</b>	BCBS PPO, Medicare
<b>Professional License:</b>	Yes, in Illinois and Michigan
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> <li>• Sexual health</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## INDIANA

<b>Provider Name:</b>	<b>Beverly Swann</b> <span style="background-color: #0056b3; color: white; padding: 2px;">LICENSED PROVIDER</span> <span style="background-color: #008000; color: white; padding: 2px;">TELEHEALTH</span>
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Licensed marriage and family therapist
<b>Details:</b>	Beverly Swann offers telehealth services in Indiana. See <a href="#">full listing</a> under Concord, CA.

## Carmel

<b>Provider Name:</b>	<b>Rhonda Campbell-Minnich</b> <span style="background-color: #0056b3; color: white; padding: 2px;">LICENSED PROVIDER</span> <span style="background-color: #008000; color: white; padding: 2px;">TELEHEALTH</span>
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Licensed clinical social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	695 Pro Med Lane, Suite 203, Carmel, IN 46032
<b>Email:</b>	<a href="mailto:rkcminnich@outlook.com">rkcminnich@outlook.com</a>
<b>Phone Number:</b>	317-795-0345

<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), IU Health, UMR, United Healthcare
<b>Professional License:</b>	Yes, in Indiana
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Columbus

<b>Provider Name:</b>	<b>Charlotte Barton Coombs</b> <b>LICENSED PROVIDER TELEHEALTH</b>
<b>Practice Name:</b>	Family Service, Inc.
<b>Profession:</b>	Social worker
<b>Credentials:</b>	MSW, LSW
<b>Address:</b>	1551 13th St., Columbus, IN 47201
<b>Email:</b>	<a href="mailto:cbcoombs@familyservicebc.org">cbcoombs@familyservicebc.org</a>
<b>Phone Number:</b>	812-266-0575
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	Charlotte Barton Coombs is a licensed social worker trained to assist individuals, families, and children move through trauma, mental health, and life challenges using compassion, teaching, and mentoring in a holistic approach. As a wife to a career firefighter/paramedic who has served for 30+ years, I am keenly aware of the challenges faced by first responder families. Together, never alone.
<b>Accepted Insurance:</b>	Multiple insurances accepted, please call to inquire. EAP programs also available.
<b>Professional License:</b>	Yes, in Indiana
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Applied suicide intervention</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• CISM</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Group crisis intervention</li> <li>• Loss team</li> </ul>

	<ul style="list-style-type: none"> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Fishers

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

## Lafayette

<b>Provider Name:</b>	<b>Kelly Dardeen</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Suncrest Psychological Services, LLC
<b>Profession:</b>	Clinical psychologist
<b>Credentials:</b>	PhD, HSPP
<b>Address:</b>	674 N 36th Street, Lafayette, IN 47905
<b>Email:</b>	<a href="mailto:drdardeen@suncrestpsychologicalservices.com">drdardeen@suncrestpsychologicalservices.com</a>
<b>Phone Number:</b>	812-629-4999
<b>Web Site:</b>	<a href="http://www.suncrestpsychologicalservices.com">http://www.suncrestpsychologicalservices.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), contracts for EAP
<b>Professional License:</b>	Yes, in Indiana
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Alzheimer's/dementia</li> <li>• Anxiety</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Insomnia</li> <li>• Obesity/weight loss</li> <li>• Obsessive-compulsive disorder</li> <li>• Pain management</li> <li>• PTSD/Trauma</li> <li>• Sexual abuse/rape</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Rensselaer

<b>Provider Name:</b>	<b>Kim Denton</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Kim Denton
<b>Profession:</b>	Social work
<b>Credentials:</b>	LSW
<b>Address:</b>	131 W Drexel Parkway, Rensselaer, IN 47978
<b>Email:</b>	<a href="mailto:kdenton90@gmail.com">kdenton90@gmail.com</a>
<b>Phone Number:</b>	219-863-6854

<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), Humana, Medicaid, others upon approval
<b>Professional License:</b>	Yes, in Indiana
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## IOWA

### Iowa City

<b>Provider Name:</b>	<b>Emma Schutte</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Schutte Counseling LLC
<b>Profession:</b>	Mental health counselor
<b>Credentials:</b>	LMHCT
<b>Address:</b>	332 S. Linn St., Suite 36, Iowa City, IA 52240
<b>Email:</b>	<a href="mailto:schuttecounseling@icloud.com">schuttecounseling@icloud.com</a>
<b>Phone Number:</b>	319-930-9247
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare)
<b>Professional License:</b>	Yes, Iowa
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Chronic illness</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> </ul>

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

## KANSAS

### Independence

<b>Provider Name:</b>	<b>Megan Brown</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Four County Mental Health
<b>Profession:</b>	Social worker, addiction counselor
<b>Credentials:</b>	LMSW, LMAC
<b>Address:</b>	3751 W Main, PO Box 688, Independence, KS 67301
<b>Email:</b>	<a href="mailto:mebrown@fourcounty.com">mebrown@fourcounty.com</a>
<b>Phone Number:</b>	620-331-5151 – ask for her directly
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Kansas
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## KENTUCKY

<b>Provider Name:</b>	<b>Nancy Moore</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Moore Development Strategies
<b>Profession:</b>	Social worker and coach
<b>Details:</b>	Nancy Moore offers telehealth services in Kentucky. See <a href="#">full listing</a> under Cincinnati, OH.

### Florence



<b>Provider Name:</b>	<b>April Jones</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Positively Speaking Professional Counseling Services, PLLC
<b>Profession:</b>	Clinical counselor
<b>Credentials:</b>	LPCC-S
<b>Address:</b>	73 Cavalier Blvd., Suite 309, Florence, KY 41042
<b>Email:</b>	<a href="mailto:positivelyspeakingcounseling@gmail.com">positivelyspeakingcounseling@gmail.com</a>
<b>Phone Number:</b>	859-628-0702
<b>Web Site:</b>	<a href="http://www.positivelyspeakingcounseling.com/">http://www.positivelyspeakingcounseling.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Kentucky
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Evaluation/diagnosis</li> <li>• Marriage and family therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Louisville

<b>Provider Name:</b>	<b>Ashlee Colville</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Ashlee Colville, LLC
<b>Profession:</b>	Licensed professional counselor associate
<b>Credentials:</b>	LPCA
<b>Address:</b>	1728 Shady Lane, Louisville, KY 40205
<b>Email:</b>	<a href="mailto:ashlee.colville@psychotherapyky.com">ashlee.colville@psychotherapyky.com</a>
<b>Phone Number:</b>	502-882-0516
<b>Web Site:</b>	<a href="http://www.psychotherapyky.com/">http://www.psychotherapyky.com/</a>
<b>Professional Bio:</b>	Ashlee Colville offers 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.
<b>Accepted Insurance:</b>	Private pay only
<b>Professional License:</b>	Yes, in Kentucky
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## LOUISIANA

### Anacoco

<b>Provider Name:</b>	<b>Belinda Edwards</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Belinda Kent Edwards, LLC
<b>Profession:</b>	Licensed professional counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	160 Nicholas Cove Rd., Anacoco, LA 71403
<b>Email:</b>	<a href="mailto:belindakedwards@hotmail.com">belindakedwards@hotmail.com</a>
<b>Phone Number:</b>	228-249-2953
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	Belinda Edwards is a certified EMDR therapist, a licensed professional counselor, and a licensed addictions counselor.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Magellan Behavioral Health, United Behavioral Health, United Healthcare, Vantage Health Plan
<b>Professional License:</b>	Yes, in Louisiana
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> </ul>

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

### Eunice

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

### Harvey

<b>Provider Name:</b>	<b>Jared Hydell</b>
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Fire inspector/investigator, CISM
<b>Credentials:</b>	CISM
<b>Address:</b>	4265 Lac St. Pierre Dr., Apt. C, Harvey, LA 70058
<b>Email:</b>	<a href="mailto:jared.hydeell@hvfco2.net">jared.hydeell@hvfco2.net</a>
<b>Phone Number:</b>	504-320-4385
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	I am a professional firefighter in Louisiana and am here to help anyone in need.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Career/employment concerns</li> <li>• Grief and loss</li> </ul>

	<ul style="list-style-type: none"> <li>• PTSD/trauma</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Crisis intervention</li> </ul>
<b>Telehealth Services:</b>	No
<b>Accepting New Patients:</b>	Yes

### Houma

<b>Provider Name:</b>	<b>Adam Chauvin</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	South Central Louisiana Human Services Authority
<b>Profession:</b>	Peer support specialist
<b>Credentials:</b>	CPSS (certified peer support specialist)
<b>Address:</b>	
<b>Email:</b>	<a href="mailto:Adam.Chauvin@la.gov">Adam.Chauvin@la.gov</a>
<b>Phone Number:</b>	985-226-9243
<b>Web Site:</b>	<a href="https://sclhsa.com">https://sclhsa.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None. Offers free peer support services.
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	Crisis intervention
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Slidell

<b>Provider Name:</b>	<b>Ilsa Araki</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Northshore Family Counseling
<b>Profession:</b>	Licensed professional counselor
<b>Credentials:</b>	MA, LPC-S, NCC
<b>Address:</b>	1258 Brownswitch Rd., Suite C, Slidell, LA 70461
<b>Email:</b>	<a href="mailto:ilsa@northshorefamilycounseling.com">ilsa@northshorefamilycounseling.com</a>
<b>Phone Number:</b>	985-661-0560
<b>Web Site:</b>	<a href="https://www.northshorefamilycounseling.com/">https://www.northshorefamilycounseling.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Gilsbar, Humana, Medicaid, United Behavioral Health, United Healthcare (Options PPO)
<b>Professional License:</b>	Yes, in Louisiana

<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## MAINE

### Augusta

<b>Provider Name:</b>	<b>Amy Davenport Dakin</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	New Perceptions, Inc.
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LCPC, LCMHC
<b>Address:</b>	PO Box 5360, Augusta, ME 04332
<b>Email:</b>	<a href="mailto:amy@nperceptions.com">amy@nperceptions.com</a>
<b>Phone Number:</b>	603-257-0258
<b>Web Site:</b>	<a href="http://www.nperceptions.com/">http://www.nperceptions.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in New Hampshire and Maine
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Disability</li> <li>• Domestic violence</li> </ul>

	<ul style="list-style-type: none"> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Existential psychotherapy</li> <li>• Psychodynamic therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Bangor

<b>Provider Name:</b>	<b>Aric Rice</b> <span style="background-color: #0056b3; color: white; padding: 2px;">LICENSED PROVIDER</span> <span style="background-color: #008080; color: white; padding: 2px;">TELEHEALTH</span>
<b>Practice Name:</b>	Aric P. Rice, LCPC, LLC.
<b>Profession:</b>	Professional counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	43 Columbia Street, 12A, Bangor, ME 04401
<b>Email:</b>	<a href="mailto:aricrice@yahoo.com">aricrice@yahoo.com</a>
<b>Phone Number:</b>	207-990-0176
<b>Web Site:</b>	<a href="https://www.psychologytoday.com/us/therapists/aric-p-rice-bangor-me/109248">https://www.psychologytoday.com/us/therapists/aric-p-rice-bangor-me/109248</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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)
<b>Professional License:</b>	Yes, in Maine
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Pastoral counseling</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Brunswick

<b>Provider Name:</b>	<b>Lauren Hample</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Midcoast Counseling Group
<b>Profession:</b>	Licensed clinical social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	135 Maine St., Suite A, Box 246, Brunswick, ME 04011
<b>Email:</b>	<a href="mailto:lhample@midcoastcounselinggroup.com">lhample@midcoastcounselinggroup.com</a>
<b>Phone Number:</b>	207-200-4112
<b>Web Site:</b>	<a href="http://www.midcoastcounselinggroup.com">http://www.midcoastcounselinggroup.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Anthem, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO)
<b>Professional License:</b>	Yes, in Maine
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Raymond

<b>Provider Name:</b>	<b>Sarah Mildrum</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	At the Helm Counseling and Case Management
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	PO Box 32, Raymond, ME 04071
<b>Email:</b>	<a href="mailto:sarah.mildrum@gmail.com">sarah.mildrum@gmail.com</a>
<b>Phone Number:</b>	207-318-9403
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Medicaid
<b>Professional License:</b>	Yes, in Maine
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> </ul>

	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• PTSD/trauma</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Marriage and family therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## MARYLAND

### Baltimore

<b>Provider Name:</b>	<b>John Caruso</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Freestate Behavioral Health
<b>Profession:</b>	Clinical social worker
<b>Credentials:</b>	LCSW-C
<b>Address:</b>	3455 Wilkens Ave., Suite 308, Baltimore, MD 21229
<b>Email:</b>	<a href="mailto:john@johnacaruso.com">john@johnacaruso.com</a>
<b>Phone Number:</b>	443-744-0126
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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)
<b>Professional License:</b>	Yes, in Maryland
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Hagerstown

<b>Provider Name:</b>	<b>Richard Bower</b> TELEHEALTH
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<b>Practice Name:</b>	N/A
<b>Profession:</b>	Board certified clinical chaplain, director of pastoral care at Western MD Hospital Center, Maryland Health Department
<b>Credentials:</b>	MDiv, MT(ASCP), BCCC, BCPC, BCC, BCCS
<b>Address:</b>	13211 Fairfax Road, Hagerstown, MD 21742-2639
<b>Email:</b>	<a href="mailto:chappy.bower@gmail.com">chappy.bower@gmail.com</a>
<b>Phone Number:</b>	845-598-1737
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Pastoral counseling</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Julie Kugler-Bentley</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Meritus Behavioral Health
<b>Profession:</b>	EAP coordinator, social worker
<b>Credentials:</b>	RN, LCSW-C, CEAP
<b>Address:</b>	11116 Medical Campus Rd., Suite 2989, Hagerstown, MD 21742
<b>Email:</b>	<a href="mailto:sw8437@aol.com">sw8437@aol.com</a>
<b>Phone Number:</b>	301-766-7615
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Comppsych, Horizon Behavioral Services, Humana, Kaiser Permanente, Magellan Behavioral Health, Medicare, Medicaid, TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
<b>Professional License:</b>	Yes, in Maryland

<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Marriage and family therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Salisbury

<b>Provider Name:</b>	<b>Chaplain Cooper</b>	<b>LICENSED PROVIDER</b>	<b>TELEHEALTH</b>
<b>Practice Name:</b>	Cooper's		
<b>Profession:</b>	Counselor/social worker/marriage and family		
<b>Credentials:</b>	LBSW		
<b>Address:</b>	Salisbury, MD		
<b>Email:</b>	<a href="mailto:tc04236@yahoo.com">tc04236@yahoo.com</a>		
<b>Phone Number:</b>	410-845-8305		
<b>Web Site:</b>	N/A		
<b>Professional Bio:</b>	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.		
<b>Accepted Insurance:</b>	None		
<b>Professional License:</b>	Yes, in Maryland		
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>		
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> </ul>		

	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Marriage and family therapy</li> <li>• Pastoral counseling</li> <li>• Relational therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

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

## MASSACHUSETTS

### Canton

<b>Provider Name:</b>	<b>Lisa MacDonald</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	InnerSight Psychotherapy
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LICSW
<b>Address:</b>	779 Washington Street, Suite 3C, Canton, MA 02021
<b>Email:</b>	<a href="mailto:Lmacdonald@innersightpsychotherapy.com">Lmacdonald@innersightpsychotherapy.com</a>
<b>Phone Number:</b>	781-806-0336
<b>Web Site:</b>	<a href="https://innersightpsychotherapy.com/">https://innersightpsychotherapy.com/</a>

<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), United Behavioral Health
<b>Professional License:</b>	Yes, in Massachusetts
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## MICHIGAN

<b>Provider Name:</b>	<b>Marla Friedman</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Dr. Marla W. Friedman PC
<b>Profession:</b>	Police psychologist
<b>Details:</b>	Marla Friedman offers telehealth services in Michigan. See <a href="#">full listing</a> under Wheaton, IL.

## Clarkston

<b>Provider Name:</b>	<b>Adam Pasciak</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Lake Orion Counseling Center
<b>Profession:</b>	Clinical psychologist
<b>Credentials:</b>	PhD, LP
<b>Address:</b>	3604 Clarkston Rd., Suite 102, Clarkston, MI 48348
<b>Email:</b>	<a href="mailto:DocAdam@lakeorioncc.com">DocAdam@lakeorioncc.com</a>
<b>Phone Number:</b>	248-595-9969
<b>Web Site:</b>	<a href="http://www.lakeorioncc.com">http://www.lakeorioncc.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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)
<b>Professional License:</b>	Yes, in Michigan
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> </ul>

	<ul style="list-style-type: none"> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• Pain management</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Detroit

<b>Provider Name:</b>	<b>Eric L. Wilkins</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Intersectional Insight, PLLC
<b>Profession:</b>	Licensed clinical social worker
<b>Credentials:</b>	LMSW
<b>Address:</b>	26711 Woodward Ave., Suite #208, Huntington Woods, MI 48070
<b>Email:</b>	<a href="mailto:ELWprivatepractice@intersectionalinsight.com">ELWprivatepractice@intersectionalinsight.com</a>
<b>Phone Number:</b>	248-965-4575
<b>Web Site:</b>	<a href="https://www.intersectionalinsight.com/">https://www.intersectionalinsight.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	BCBS PPO, out of pocket
<b>Professional License:</b>	Yes, in Michigan
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Life transitions</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	Cognitive/behavioral therapy
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Douglas

<b>Provider Name:</b>	<b>Darion Oberle</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Forward Edge Services
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LLMSW

<b>Address:</b>	45 Blue Star Highway, Douglas, MI 49406
<b>Email:</b>	<a href="mailto:darion@forwardedgeservices.com">darion@forwardedgeservices.com</a>
<b>Phone Number:</b>	906-450-1249
<b>Web Site:</b>	<a href="https://forwardedgeservices.com/">https://forwardedgeservices.com/</a>
<b>Professional Bio:</b>	See bio on web site.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Yes, in Michigan
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Children and adolescents</li> <li>• Depression</li> <li>• Marriage, divorce, and relationships</li> <li>• Sexual abuse/rape</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Kalamazoo

<b>Provider Name:</b>	<b>Eric Stezowski</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Kerby Psychological Services
<b>Profession:</b>	Counselor
<b>Credentials:</b>	TLLP
<b>Address:</b>	5595 W. Main St., Kalamazoo, MI 49009
<b>Email:</b>	<a href="mailto:eric@kerbypsych.com">eric@kerbypsych.com</a>
<b>Phone Number:</b>	269-716-2209
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicare, Meridian, Messa, TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
<b>Professional License:</b>	Yes, in Michigan
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> </ul>

	<ul style="list-style-type: none"> <li>• Psychological testing and evaluation</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## MINNESOTA

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

## MISSISSIPPI

### Biloxi

<b>Provider Name:</b>	<b>Catherine Rogers</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Psycamore Psychiatric Programs, LLC
<b>Profession:</b>	Psychiatrist
<b>Credentials:</b>	MD
<b>Address:</b>	2620 Executive Place, Biloxi, MS 39531
<b>Email:</b>	N/A
<b>Phone Number:</b>	228-385-7744
<b>Web Site:</b>	<a href="https://psycamore.com/">https://psycamore.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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., TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), Vantage Health Plan, Inc., most private insurances
<b>Professional License:</b>	Yes, in Mississippi
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## MISSOURI

<b>Provider Name:</b>	<b>Belinda Barnett</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Belinda Barnett, PhD
<b>Profession:</b>	Clinical psychologist
<b>Details:</b>	Dr. Belinda Barnett offers online services in Missouri through certification with PsyPact. See <a href="#">full listing</a> under Pittsburg, PA.

## Ballwin

<b>Provider Name:</b>	<b>Gina Rivera Sokolich</b> TELEHEALTH
<b>Practice Name:</b>	Responding First, LLC
<b>Profession:</b>	Counselor
<b>Credentials:</b>	MA, EMT
<b>Address:</b>	930 Kehrs Mill Rd., Suite 325-13, Ballwin, MO 63011
<b>Email:</b>	<a href="mailto:respondingfirstcounseling@gmail.com">respondingfirstcounseling@gmail.com</a>
<b>Phone Number:</b>	314-649-0277
<b>Web Site:</b>	<a href="https://respondingfirst.com/">https://respondingfirst.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	HSA and sliding scale, usually low for first responders
<b>Professional License:</b>	Licensure expected to be completed in summer 2020
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Obesity/weight loss</li> </ul>



	<ul style="list-style-type: none"> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Creve Coeur

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

### Kansas City

<b>Provider Name:</b>	<b>Michael VanderWaal</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Moss and Main Therapy
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LMSW
<b>Address:</b>	4110 Baltimore Ave., Kansas City, MO 64120
<b>Email:</b>	<a href="mailto:michaelv@mossandmainkc.com">michaelv@mossandmainkc.com</a>
<b>Phone Number:</b>	816-200-2320
<b>Web Site:</b>	<a href="https://bit.ly/2Zf4g5d">https://bit.ly/2Zf4g5d</a>
<b>Professional Bio:</b>	See web site for bio.
<b>Accepted Insurance:</b>	Out-of-network
<b>Professional License:</b>	Yes, in Missouri
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Multicultural issues</li> <li>• Obsessive-compulsive disorder</li> <li>• Pain management</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sexual health</li> <li>• Sleep disorders</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Saint Louis

<b>Provider Name:</b>	<b>Casey Thompson</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Coffee with Casey Counseling
<b>Profession:</b>	Mental health counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	Saint Louis County
<b>Email:</b>	<a href="mailto:coffeewithcaseycounseling@gmail.com">coffeewithcaseycounseling@gmail.com</a>
<b>Phone Number:</b>	314-502-1103
<b>Web Site:</b>	<a href="http://coffeewithcaseycounseling.com/">http://coffeewithcaseycounseling.com/</a>
<b>Professional Bio:</b>	See bio on web site.

<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Yes, in Missouri
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Disability</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Evaluation/diagnosis</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Pastoral counseling</li> <li>• Psychodynamic therapy</li> <li>• Relational therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### St. Charles

<b>Provider Name:</b>	<b>Linda Denison</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Linda Denison, LPC
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	621 South Fifth Street, St. Charles, MO 63301
<b>Email:</b>	<a href="mailto:ldenisonlpc@gmail.com">ldenisonlpc@gmail.com</a>
<b>Phone Number:</b>	636-328-1185
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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)
<b>Professional License:</b>	Yes, in Missouri
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> </ul>

	<ul style="list-style-type: none"> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Webster Groves

<b>Provider Name:</b>	<b>W. Grant Ellis</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	William Grant Ellis, LPC
<b>Profession:</b>	Licensed professional counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	7526 Big Bend Blvd., Webster Groves, MO 63119
<b>Email:</b>	<a href="mailto:GrantEllis59@yahoo.com">GrantEllis59@yahoo.com</a>
<b>Phone Number:</b>	314-898-5538
<b>Web Site:</b>	<a href="http://serenitygranted.com/">http://serenitygranted.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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),
<b>Professional License:</b>	Yes, in Missouri
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Financial management</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting in blended families</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> </ul>

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

## MONTANA

### Bozeman

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

**TELEHEALTH**

<b>Provider Name:</b>	<b>Vivienne Riseley</b> LICENSED PROVIDER
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Social worker
<b>Credentials:</b>	MSW, SWLC
<b>Address:</b>	PO Box 10516, Bozeman, MT 59719
<b>Email:</b>	<a href="mailto:vivienneriseley@gmail.com">vivienneriseley@gmail.com</a>
<b>Phone Number:</b>	406-282-3055
<b>Web Site:</b>	<a href="https://www.psychologytoday.com/us/therapists/vivienne-riseley-bozeman-mt/744420">https://www.psychologytoday.com/us/therapists/vivienne-riseley-bozeman-mt/744420</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Allegiance, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Health Partners, Montana Coop, Pacific Source, United
<b>Professional License:</b>	Yes, in Montana
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Great Falls

<b>Provider Name:</b>	<b>Ryanne Stellingwerf</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Solutions Counseling
<b>Profession:</b>	Psychotherapist
<b>Credentials:</b>	MS, LCPC
<b>Address:</b>	18 6th Street North, Suite 200, Great Falls, MT 59401
<b>Email:</b>	<a href="mailto:solutionscounseling@protonmail.com">solutionscounseling@protonmail.com</a>
<b>Phone Number:</b>	406-272-4545
<b>Web Site:</b>	<a href="https://www.solutionscounselingmt.com/">https://www.solutionscounselingmt.com/</a>
<b>Professional Bio:</b>	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.

<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), InterWest Health
<b>Professional License:</b>	Yes, in Montana
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• PTSD/trauma</li> <li>• Sleep disorders</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## NEBRASKA

<b>Provider Name:</b>	<b>Belinda Barnett</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Belinda Barnett, PhD
<b>Profession:</b>	Clinical psychologist
<b>Details:</b>	Dr. Belinda Barnett offers online services in Nebraska through certification with PsyPact. See <a href="#">full listing</a> under Pittsburg, PA.

## Omaha

<b>Provider Name:</b>	<b>Jason Workman</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	First Responders Foundation
<b>Profession:</b>	Licensed mental health practitioner
<b>Credentials:</b>	LIMHP, LMHP, LADC, LMHC
<b>Address:</b>	10605 Burt Circle, Omaha, NE 68114
<b>Email:</b>	<a href="mailto:Jason@firstrespondersfoundation.org">Jason@firstrespondersfoundation.org</a>
<b>Phone Number:</b>	402-320-3875
<b>Web Site:</b>	<a href="https://firstrespondersfoundation.org/">https://firstrespondersfoundation.org/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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)
<b>Professional License:</b>	Yes, in Nebraska and Iowa
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> </ul>

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

## NEVADA

<b>Provider Name:</b>	<b>Belinda Barnett</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Belinda Barnett, PhD
<b>Profession:</b>	Clinical psychologist
<b>Details:</b>	Dr. Belinda Barnett offers online services in Nevada through certification with PsyPact. See <a href="#">full listing</a> under Pittsburg, PA.

## Reno

<b>Provider Name:</b>	<b>Elizabeth Dear</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Marriage and family therapist, licensed clinical alcohol and drug counselor
<b>Credentials:</b>	LMFT, LCADC
<b>Address:</b>	527 Plumas Street, Reno, NV 89509
<b>Email:</b>	<a href="mailto:zabethdear@gmail.com">zabethdear@gmail.com</a>
<b>Phone Number:</b>	775-348-4696
<b>Web Site:</b>	<a href="https://beyondcbt.com">https://beyondcbt.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	ACI Specialty Benefits EAP, Healthscope, Hometown Health, Prominence, possibility of single case agreements with others
<b>Professional License:</b>	Yes, in Nevada and California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• PTSD/trauma</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> <li>• Relational therapy</li> </ul>
<b>Telehealth Services:</b>	Yes



<b>Accepting New Patients:</b>	Yes
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<b>Provider Name:</b>	<b>Cara Elliott</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Cara M Elliott
<b>Profession:</b>	Marriage family therapist, licensed clinical alcohol and drug counselor
<b>Credentials:</b>	MS, MFT, LCADC, EMDR
<b>Address:</b>	543 Plumas St., Reno, NV 89509
<b>Email:</b>	<a href="mailto:elliott.mft@gmail.com">elliott.mft@gmail.com</a>
<b>Phone Number:</b>	775-583-8148
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	
<b>Accepted Insurance:</b>	Anthem Blue Cross Blue Shield, Hometown Health Plan, Multiplan, Prominence
<b>Professional License:</b>	Yes, in Nevada
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Existential psychotherapy</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>John Krogh</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	John H. Krogh, Ph.D., P.L.L.C./Clinic AD
<b>Profession:</b>	Psychologist
<b>Credentials:</b>	PhD
<b>Address:</b>	10631 Professional Circle, Suite A, Reno, NV 89521
<b>Email:</b>	<a href="mailto:ClinicADNV@gmail.com">ClinicADNV@gmail.com</a>
<b>Phone Number:</b>	775-826-6218
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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 law enforcement. I was trained by the FBI in crisis/hostage negotiation and have been on the Hostage Negotiation Team since 2015. I have been a member of the Nevada Board of Psychological Examiners since 2017. I have expertise in treatment of trauma-related disorders, such as post-traumatic stress disorder, as well as insomnia, stress, anxiety, depression, and substance use.

<b>Accepted Insurance:</b>	Anthem BC/BS, Prominence, United Healthcare
<b>Professional License:</b>	Yes, in Nevada
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Erika Mellor</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Erika M. Mellor, M.A.
<b>Profession:</b>	Licensed marriage and family therapist, licensed clinical alcohol and drug counselor, national certified counselor
<b>Credentials:</b>	MA, MFT, LCADC, NCC
<b>Address:</b>	1010 Caughlin Crossing, Suite 200, Reno, NV 89519
<b>Email:</b>	
<b>Phone Number:</b>	775-622-9900
<b>Web Site:</b>	<a href="http://emmnv.com/">http://emmnv.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Anthem, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Hometown Health Plan, Prominence Health Plan, TRICARE
<b>Professional License:</b>	Yes, in Nevada
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Chauncey Parker</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Chauncey Parker, PhD
<b>Profession:</b>	Clinical psychologist

<b>Credentials:</b>	PhD
<b>Address:</b>	200 S. Virginia St., Fl 8, Reno, NV 89501
<b>Email:</b>	<a href="mailto:chauncey@chaunceyparker.org">chauncey@chaunceyparker.org</a>
<b>Phone Number:</b>	530-536-6690
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Hometown Health, Medicare, Prominence, check with practice for additional information
<b>Professional License:</b>	Yes, in Nevada
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Obesity/weight loss</li> <li>• Pain management</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Relational therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Melissa Petersen</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Sierra Family Wellness
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	LMFT
<b>Address:</b>	543 Plumas St., Reno, NV 89509
<b>Email:</b>	<a href="mailto:melissapetersenmft@gmail.com">melissapetersenmft@gmail.com</a>
<b>Phone Number:</b>	775-825-2503
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Anthem, Blue Cross and Blue Shield (HMO), CDS Group Health, Prominence Health Plan
<b>Professional License:</b>	Yes, in Nevada

<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Obsessive-compulsive disorder</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sexual health</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Existential psychotherapy</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Sandra Poupenny</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Sandra Poupenny LCSW, LADC
<b>Profession:</b>	Licensed clinical social worker
<b>Credentials:</b>	LCSW, LADC
<b>Address:</b>	506 Holcomb Ave., Reno, NV 89502
<b>Email:</b>	<a href="mailto:smpoupenny@charter.net">smpoupenny@charter.net</a>
<b>Phone Number:</b>	775-337-6940
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicare, Private Healthcare Systems, United Healthcare
<b>Professional License:</b>	Yes, in Nevada
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Domestic violence</li> </ul>

	<ul style="list-style-type: none"> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Psychodynamic therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Cory Taylor</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Healing Hearts Therapy
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	LMFT, CADC, certified EMDR therapist
<b>Address:</b>	126 Mt. Rose Street, Reno, NV 89509
<b>Email:</b>	<a href="mailto:corytaylor.mft.cadc@gmail.com">corytaylor.mft.cadc@gmail.com</a>
<b>Phone Number:</b>	775-848-7033
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Hometown Health
<b>Professional License:</b>	Yes, in Nevada
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Sparks

<b>Provider Name:</b>	<b>Ryan Clifford</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Silver State Counseling and Therapy
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	LMFT
<b>Address:</b>	2125 Green Vista Dr., Ste 106, Sparks, NV 89431
<b>Email:</b>	<a href="mailto:silverstatecounseling@gmail.com">silverstatecounseling@gmail.com</a>
<b>Phone Number:</b>	775-622-8890
<b>Web Site:</b>	<a href="https://www.silverstatecounseling.com/">https://www.silverstatecounseling.com/</a>

<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), GEHA, Hometown Health, Prominence, TriWest, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
<b>Professional License:</b>	Yes, in Nevada
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## NEW HAMPSHIRE

<b>Provider Name:</b>	<b>Belinda Barnett</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Belinda Barnett, PhD
<b>Profession:</b>	Clinical psychologist
<b>Details:</b>	Dr. Belinda Barnett offers online services in New Hampshire through certification with PsyPact. See <a href="#">full listing</a> under Pittsburg, PA.

<b>Provider Name:</b>	<b>Amy Davenport Dakin</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	New Perceptions, Inc.
<b>Profession:</b>	Counselor
<b>Details:</b>	Amy Davenport Dakin offers telehealth services in New Hampshire. See <a href="#">full listing</a> under Augusta, ME.

## NEW JERSEY

<b>Provider Name:</b>	<b>Padmaja Charya</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	JFS
<b>Profession:</b>	Licensed professional counselor of mental health
<b>Details:</b>	Padmaja Charya offers telehealth services in New Jersey. See <a href="#">full listing</a> under Wilmington, DE.

<b>Provider Name:</b>	<b>Ana Pais</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Ana Pais, LPC
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPC, NCC, CFRC, CCTP
<b>Address:</b>	Teletherapy only
<b>Email:</b>	<a href="mailto:apaislpc@gmail.com">apaislpc@gmail.com</a>
<b>Phone Number:</b>	908-292-8017
<b>Web Site:</b>	<a href="https://www.anapaistherapy.com/">https://www.anapaistherapy.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Out of network
<b>Professional License:</b>	Yes, in New Jersey
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Little Falls

<b>Provider Name:</b>	<b>Anastasia Pytal</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	First Responders Resilience Center
<b>Profession:</b>	Psychologist
<b>Credentials:</b>	PsyD
<b>Address:</b>	39 E. Main Street, Second Floor, Little Falls, NJ 07424
<b>Email:</b>	<a href="mailto:DrPytal@gmail.com">DrPytal@gmail.com</a>
<b>Phone Number:</b>	973-454-5569
<b>Web Site:</b>	<a href="http://www.helpingfirstresponders.com">http://www.helpingfirstresponders.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Out of network
<b>Professional License:</b>	Yes, in New Jersey
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Disability</li> </ul>

	<ul style="list-style-type: none"> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Marlton

<b>Provider Name:</b>	<b>Dr. Francine M. Roberts</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Clinical psychologist/retired registered nurse
<b>Credentials:</b>	PsyD
<b>Address:</b>	16 Hanover Road, Marlton, NJ 08053
<b>Email:</b>	<a href="mailto:drfranpsyd@gmail.com">drfranpsyd@gmail.com</a>
<b>Phone Number:</b>	513-379-7935
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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
<b>Accepted Insurance:</b>	None. The fee is \$95 per 60- to 75-minute session. Most clients get reimbursement with out-of-network benefits.
<b>Professional License:</b>	Yes, in New Jersey
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Critical incidents</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Retirement</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Existential psychotherapy</li> <li>• Psychodynamic therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Ramsey



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

## NEW Mexico

### Las Cruces

<b>Provider Name:</b>	<b>Robyn Rehbein</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Therapist
<b>Credentials:</b>	LPCC
<b>Address:</b>	255 W. Hadley Ste. 1, Las Cruces, NM 88005
<b>Email:</b>	<a href="mailto:robynrehbein@gmail.com">robynrehbein@gmail.com</a>
<b>Phone Number:</b>	575-496-8532
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	
<b>Accepted Insurance:</b>	Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Magellan Behavioral Health, Medicaid, TRICARE
<b>Professional License:</b>	Yes, in New Mexico
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> </ul>

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

## Santa Fe

<b>Provider Name:</b>	<b>Kelly Chisholm</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Clinical counselor
<b>Credentials:</b>	LPCC
<b>Address:</b>	3041 Sandia Cir., Santa Fe, NM, 87507
<b>Email:</b>	<a href="mailto:kellychis1@gmail.com">kellychis1@gmail.com</a>
<b>Phone Number:</b>	505-974-1358
<b>Web Site:</b>	<a href="https://www.albuquerquefamilycounseling.com/">https://www.albuquerquefamilycounseling.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Compsych, Magellan Behavioral Health, Medicaid, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
<b>Professional License:</b>	Yes, in Arizona, Colorado, and New Mexico
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sexual health</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## NEW YORK

<b>Provider Name:</b>	<b>Daisy Chow</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Otto Psychological Associates
<b>Profession:</b>	Counselor
<b>Details:</b>	Daisy Chow offers telehealth services in New York. See <a href="#">full listing</a> under Allentown, PA.

<b>Provider Name:</b>	<b>Jemal Douté</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Douté Counseling Services
<b>Profession:</b>	Marriage and family therapist
<b>Details:</b>	Jemal Douté offers telehealth services in New York. See <a href="#">full listing</a> under Fayetteville, GA.

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

## Brooklyn

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

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

### Kauneonga Lake

<b>Provider Name:</b>	<b>Jill M. Holland</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Occupational Therapist
<b>Credentials:</b>	MS OTR/L
<b>Address:</b>	PO Box 764, Kauneonga Lake, NY 12749
<b>Email:</b>	<a href="mailto:jillhollandotr@gmail.com">jillhollandotr@gmail.com</a>
<b>Phone Number:</b>	914-799-5024
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	I have over 21 years of experience as an occupational therapy practitioner in the areas of mental health and pediatrics. I am a healthier generation advisor on the Sullivan Healthier Generation Council. I grew up in the fire service. I currently serve as a commissioner in my local fire district.
<b>Accepted Insurance:</b>	Will not bill for services
<b>Professional License:</b>	Yes, in New York
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anxiety</li> <li>• ASD</li> <li>• Disability</li> <li>• Learning disabilities</li> <li>• Obesity/weight loss</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Crisis intervention</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Niskayuna

<b>Provider Name:</b>	<b>Andrew Berry</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Psychologist
<b>Credentials:</b>	PhD, PsyD, ABPP
<b>Address:</b>	3010 Troy Schenectady Rd., #3, Niskayuna, NY, 12309
<b>Email:</b>	<a href="mailto:dr.andrew.s.berry@gmail.com">dr.andrew.s.berry@gmail.com</a>
<b>Phone Number:</b>	518-587-4161
<b>Web Site:</b>	N/A

<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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)
<b>Professional License:</b>	Yes, in New York
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Veterans</li> </ul>
<b>Methods or Approaches Used:</b>	Psychodynamic therapy
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Saratoga Springs

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

### Vestal

<b>Provider Name:</b>	<b>Jill Meskunas-Van Pelt</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Jill Van Pelt LCSW PLLC
<b>Profession:</b>	Clinical social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	4513 Vestal Rd., Ste. 3, Vestal, NY 13850

<b>Email:</b>	<a href="mailto:jvanpeltlcswp LLC@stny.rr.com">jvanpeltlcswp LLC@stny.rr.com</a>
<b>Phone Number:</b>	607-595-9120
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Beacon Health Options, Blue Cross and Blue Shield (HMO), Emblem, Empire Plan (NYS), Fidelis, Medicare, MVP, TRICARE
<b>Professional License:</b>	Yes, in New York
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• Humanistic</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### White Plains

<b>Provider Name:</b>	<b>Rebecca Donahue</b> <span style="background-color: #0056b3; color: white; padding: 2px;">LICENSED PROVIDER</span> <span style="background-color: #0070c0; color: white; padding: 2px;">TELEHEALTH</span>
<b>Practice Name:</b>	Rebecca Donahue, PhD
<b>Profession:</b>	Psychologist
<b>Credentials:</b>	PhD
<b>Address:</b>	280 Dobbs Ferry Rd., Suite 205, White Plains, NY 10607
<b>Email:</b>	<a href="mailto:Dr.RebeccaDonahue@gmail.com">Dr.RebeccaDonahue@gmail.com</a>
<b>Phone Number:</b>	914-980-2726
<b>Web Site:</b>	<a href="https://www.rebeccadonahuephd.com/">https://www.rebeccadonahuephd.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Out of network
<b>Professional License:</b>	Yes, in New York
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> </ul>

	<ul style="list-style-type: none"> <li>• Obesity/weight loss</li> <li>• Pain management</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## NORTH CAROLINA

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

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

## Ayden

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

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

### Cornelius

<b>Provider Name:</b>	<b>Deborah Logan</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	MS, MFT, LMFTA
<b>Address:</b>	18121 W. Catawba Ave., Cornelius, NC 28031
<b>Email:</b>	<a href="mailto:debbie@debbieloganmft.com">debbie@debbieloganmft.com</a>
<b>Phone Number:</b>	704-677-4135
<b>Web Site:</b>	<a href="http://www.debbieloganmft.com/">http://www.debbieloganmft.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross Blue Shield PPO, Humana
<b>Professional License:</b>	Yes, in North Carolina
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Marriage, divorce, and relationships</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Greensboro

<b>Provider Name:</b>	<b>Robert Owens</b> TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Counselor, health and wellness coach
<b>Credentials:</b>	LCMHCA, CSCS
<b>Address:</b>	12 Nandina Drive, Greensboro, NC 27455
<b>Email:</b>	<a href="mailto:reo0721@hotmail.com">reo0721@hotmail.com</a>
<b>Phone Number:</b>	336-908-6173
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	I am a clinical mental health counselor pursuing licensure. I am also a certified health and wellness coach and strength and conditioning coach. I am currently in internship and can offer services pro bono for a limited number of clients.



<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Multicultural issues</li> <li>• Obesity/weight loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Raeford

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

Accepting New Patients:	Yes
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## Raleigh

<b>Provider Name:</b>	<b>Consuela Chapman</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Choices In Wellness
<b>Profession:</b>	Social worker and addiction counselor
<b>Credentials:</b>	LCSW
<b>Address:</b>	9121 Anson Way, Ste. 200, Raleigh, NC 27615
<b>Email:</b>	<a href="mailto:info@choicesinwellness.com">info@choicesinwellness.com</a>
<b>Phone Number:</b>	919-641-2377
<b>Web Site:</b>	<a href="https://choicesinwellness.com/">https://choicesinwellness.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Compsych, Humana, Magellan Behavioral Health, Medicare, UMR, United Behavioral Health
<b>Professional License:</b>	Yes, in North Carolina
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Disability</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Evaluation/diagnosis</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## OHIO

### Akron

<b>Provider Name:</b>	<b>Jennifer Cramer</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Safety Forces Support Center
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	501 W. Market St., Akron, OH 44304
<b>Email:</b>	<a href="mailto:jennifer.cramer@safetyforcescenter.org">jennifer.cramer@safetyforcescenter.org</a>
<b>Phone Number:</b>	234-206-0831
<b>Web Site:</b>	<a href="https://safetyforcescenter.org/">https://safetyforcescenter.org/</a>

<b>Professional Bio:</b>	Jennifer Cramer is a professional counselor trained in working with first responders and their families. She is EMDR trained and specializes in trauma.
<b>Accepted Insurance:</b>	No insurance necessary
<b>Professional License:</b>	Yes, in Ohio
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Disability</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Learning disabilities</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Belpre

<b>Provider Name:</b>	<b>Christina L. Durham</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Hopewell Health Center, Belpre Clinic
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	2434 Richmiller Lane, Suite F, Belpre, OH 45750
<b>Email:</b>	<a href="mailto:christina.durham@hopewellhealth.org">christina.durham@hopewellhealth.org</a>
<b>Phone Number:</b>	740-423-8095
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	Christina L. Durham is a counselor in a behavioral health clinic with specialized training in PTSD and anxiety treatment.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Medicaid, Private Healthcare Systems, TRICARE, United Healthcare, self-pay
<b>Professional License:</b>	Yes, in Ohio
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> </ul>

	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Evaluation/diagnosis</li> <li>• Psychological testing and evaluation</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Bethel

<b>Provider Name:</b>	<b>Sabrina N. Mignerey</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Pinpoint Behavioral Health Solutions
<b>Profession:</b>	Licensed professional clinical counselor
<b>Credentials:</b>	MA, LPCC
<b>Address:</b>	2943 OH 232, Bethel, OH 45106
<b>Email:</b>	<a href="mailto:holdthelineservices@gmail.com">holdthelineservices@gmail.com</a>
<b>Phone Number:</b>	513-278-3074
<b>Web Site:</b>	<a href="https://sabinamignerey.wixsite.com/holdtheline">https://sabinamignerey.wixsite.com/holdtheline</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	BlueCross BlueShield (Groupcare), Medicaid, TRICARE External Affiliate
<b>Professional License:</b>	Yes, in Ohio
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Equine-assisted counseling</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Cincinnati

<b>Provider Name:</b>	<b>Cynthia Bowling</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Clinical social worker
<b>Credentials:</b>	LISW-S
<b>Address:</b>	2567 Erie Ave., PO Box 8524, Cincinnati, OH 45208
<b>Email:</b>	<a href="mailto:cinda829@gmail.com">cinda829@gmail.com</a>
<b>Phone Number:</b>	513-533-3500
<b>Web Site:</b>	<a href="http://www.cindybowling.com/">http://www.cindybowling.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Humana, Tri Health
<b>Professional License:</b>	Yes, in Ohio
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Humanistic</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Nancy Moore</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Moore Development Strategies
<b>Profession:</b>	Social worker, coach
<b>Credentials:</b>	LISW-S (Ohio), LCSW (Kentucky), CPCC (certified professional co-active coach)
<b>Address:</b>	LifeSpring Christian Church, Cincinnati, OH 45231
<b>Email:</b>	<a href="mailto:mooredevelopmentstrategies@gmail.com">mooredevelopmentstrategies@gmail.com</a>
<b>Phone Number:</b>	513-502-3323
<b>Web Site:</b>	<a href="http://www.mooredevelopmentstrategies.com">http://www.mooredevelopmentstrategies.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Private pay only
<b>Professional License:</b>	Yes, in Ohio and Kentucky
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Bipolar disorder</li> </ul>

	<ul style="list-style-type: none"> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Multicultural issues</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Jennifer Simpson</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Thrive Therapy, Inc.
<b>Profession:</b>	Clinical social worker
<b>Credentials:</b>	LISW-S
<b>Address:</b>	3914 Miami Road, Suite 305, Cincinnati, OH 45227
<b>Email:</b>	<a href="mailto:jenn@hoffsimpson.com">jenn@hoffsimpson.com</a>
<b>Phone Number:</b>	513-780-5313
<b>Web Site:</b>	<a href="http://www.thrivetherapyinc.com/">http://www.thrivetherapyinc.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Private pay only. Some insurance plans have out-of-network benefits.
<b>Professional License:</b>	Yes, in Ohio
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Evaluation/diagnosis</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Columbus

<b>Provider Name:</b>	<b>Amy Bock</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPCC
<b>Address:</b>	6260 S. Sunbury Road, Suite 6, Westerville, OH 43081
<b>Email:</b>	<a href="mailto:amybockcounseling@gmail.com">amybockcounseling@gmail.com</a>

<b>Phone Number:</b>	716-866-0510
<b>Web Site:</b>	<a href="http://amybockcounseling.com">http://amybockcounseling.com</a>
<b>Professional Bio:</b>	My trauma-informed practice is guided by several evidence-based therapeutic techniques including EMDR, trauma-focused cognitive behavioral therapy, internal family systems, and attachment-based psychotherapy.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Caresource, CIGNA HealthCare (PPO), Humana Military/TRICARE, Magellan Behavioral Health, Medicaid, Medical Mutual, Meritain, Molina, Ohio Health, Ohio State University Health Plan, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
<b>Professional License:</b>	Yes, in Ohio
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Acute stress response</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Complex trauma</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sexual health</li> <li>• Stress</li> <li>• Traumatic grief</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Vandalia

<b>Provider Name:</b>	<b>Carla Urbanas</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Professional Counseling Services of Ohio, LLC
<b>Profession:</b>	Counselor
<b>Credentials:</b>	MS, LPCC-S, LICDC-CS, NCC, CTTS, EMT-P
<b>Address:</b>	300 James Bohanan Dr., Vandalia, OH 45377
<b>Email:</b>	<a href="mailto:carlaurbanas@gmail.com">carlaurbanas@gmail.com</a>
<b>Phone Number:</b>	937-742-7516
<b>Web Site:</b>	<a href="http://www.procounselgroup.com/">http://www.procounselgroup.com/</a>
<b>Professional Bio:</b>	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.

<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Ohio
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Public safety personnel</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### West Chester

<b>Provider Name:</b>	<b>Alison Fienning</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Pinpoint Behavioral Health Solutions
<b>Profession:</b>	Social worker, certified clinical trauma professional
<b>Credentials:</b>	LISW-S
<b>Address:</b>	8050 Beckett Center Dr., Suite 105, West Chester, OH 45069
<b>Email:</b>	<a href="mailto:alison@pinpointbhs.com">alison@pinpointbhs.com</a>
<b>Phone Number:</b>	513-520-2532
<b>Web Site:</b>	<a href="https://pinpointbhs.com">https://pinpointbhs.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Ohio
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> </ul>



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

## Oklahoma

<b>Provider Name:</b>	<b>Belinda Barnett</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Belinda Barnett, PhD
<b>Profession:</b>	Clinical psychologist
<b>Details:</b>	Dr. Belinda Barnett offers online services in Oklahoma through certification with PsyPact. See <a href="#">full listing</a> under Pittsburg, PA.

## Blackwell

<b>Provider Name:</b>	<b>Tammy Mayden</b> LICENSED PROVIDER
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Therapist
<b>Credentials:</b>	LPC
<b>Address:</b>	225 North Third, Blackwell, OK 74632
<b>Email:</b>	<a href="mailto:tammymayden@hotmail.com">tammymayden@hotmail.com</a>
<b>Phone Number:</b>	580-363-7509
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	I have been a counselor for 13 years in Kay County. I currently am on a trauma grant to provide free counseling.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	Yes, in Oklahoma
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	No
<b>Accepting New Patients:</b>	Yes

## Edmond

<b>Provider Name:</b>	<b>Josh McDowell</b> LICENSED PROVIDER TELEHEALTH
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<b>Practice Name:</b>	N/A
<b>Profession:</b>	Licensed professional counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	425 Fretz Ave., Edmond, OK 73003
<b>Email:</b>	<a href="mailto:joshua.mcdowell.llc@gmail.com">joshua.mcdowell.llc@gmail.com</a>
<b>Phone Number:</b>	580-402-5906
<b>Web Site:</b>	<a href="http://www.seasonsrbhs.org/">http://www.seasonsrbhs.org/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO); CIGNA HealthCare (PPO); Healthchoice; Humana, Medicaid; TRICARE; United Behavioral Health
<b>Professional License:</b>	Yes, in Oklahoma
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anger management</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Evaluation/diagnosis</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Oklahoma City

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

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

## OREGON

### Beaverton

<b>Provider Name:</b>	<b>Stephanie M. Conn</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	First Responder Psychology
<b>Profession:</b>	Licensed psychologist
<b>Credentials:</b>	PhD
<b>Address:</b>	12725 SW Millikan Way, Suite 300, Beaverton, OR 97005
<b>Email:</b>	<a href="mailto:firstresponderpsych@gmail.com">firstresponderpsych@gmail.com</a>
<b>Phone Number:</b>	971-250-1519
<b>Web Site:</b>	<a href="http://www.firstresponderpsychology.com/">http://www.firstresponderpsychology.com/</a>
<b>Professional Bio:</b>	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> .
<b>Accepted Insurance:</b>	Aetna, BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Kaiser Permanente, Moda, Pacific Source, Providence, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
<b>Professional License:</b>	Yes, in Oregon
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Klamath Falls

<b>Provider Name:</b>	<b>Anne-Marie Wallin</b>
<b>Practice Name:</b>	Unique Trinkets
<b>Profession:</b>	Spiritual Consultant
<b>Credentials:</b>	
<b>Address:</b>	219 S 11th St., Apt 109, Klamath Falls, OR 97601
<b>Email:</b>	<a href="mailto:maidenflamex@yahoo.com">maidenflamex@yahoo.com</a>
<b>Phone Number:</b>	458-232-7211
<b>Web Site:</b>	<a href="https://trinkets2heaven.wordpress.com/">https://trinkets2heaven.wordpress.com/</a>

<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Disability</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Obsessive-compulsive disorder</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Pastoral counseling</li> <li>• Relational therapy</li> </ul>
<b>Telehealth Services:</b>	No
<b>Accepting New Patients:</b>	Yes

## Medford

<b>Provider Name:</b>	<b>Cheryl Kolevzon</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Stage Door Healing Arts
<b>Profession:</b>	Licensed clinical social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	PMB 270, 711 Medford Center, Medford, OR 97504
<b>Email:</b>	<a href="mailto:elphabacelebrant@gmail.com">elphabacelebrant@gmail.com</a>
<b>Phone Number:</b>	541-292-0403
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None; fee of \$30 per hour
<b>Professional License:</b>	Yes, in Oregon
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> </ul>

	<ul style="list-style-type: none"> <li>• Chronic illness</li> <li>• Depression</li> <li>• Disability</li> <li>• Domestic violence</li> <li>• Eating disorders</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> <li>• Other</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Portland

<b>Provider Name:</b>	<b>Drew Prochniak</b> <span style="background-color: #0056b3; color: white; padding: 2px;">LICENSED PROVIDER</span> <span style="background-color: #00a651; color: white; padding: 2px;">TELEHEALTH</span>
<b>Practice Name:</b>	Drew Prochniak, LPC, LLC
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPC, LMHC
<b>Address:</b>	2119 NE Halsey St., Portland, OR 97232
<b>Email:</b>	<a href="mailto:dprochniak@hushmail.com">dprochniak@hushmail.com</a>
<b>Phone Number:</b>	503-308-9408
<b>Web Site:</b>	<a href="http://www.dprochniak.com">http://www.dprochniak.com</a>
<b>Professional Bio:</b>	Drew is a therapist in private practice and the author of <i>Addiction &amp; 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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Oregon and Washington
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> </ul>

	<ul style="list-style-type: none"> <li>• EMDR (eye movement desensitization and reprocessing)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Michael Cady Russell</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Russell Counseling, LLC
<b>Profession:</b>	Licensed professional counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	1942 NW Kearney St., Portland, OR 97209
<b>Email:</b>	<a href="mailto:michael@russell-counseling.com">michael@russell-counseling.com</a>
<b>Phone Number:</b>	503-683-2341
<b>Web Site:</b>	<a href="http://www.russell-counseling.com/">http://www.russell-counseling.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	CIGNA HealthCare (PPO), PacifiCare Behavioral Health, Regence
<b>Professional License:</b>	Yes, in Oregon
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Disability</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Learning disabilities</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Marriage and family therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Redmond

<b>Provider Name:</b>	<b>Nadine Dody</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Cline Falls Counseling
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	7555 Falcon Crest Dr. 205, Redmond, OR 97756
<b>Email:</b>	<a href="mailto:ndodylpc@gmail.com">ndodylpc@gmail.com</a>

<b>Phone Number:</b>	541-699-2915
<b>Web Site:</b>	<a href="http://www.clinefallsounseling.com/">http://www.clinefallsounseling.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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)
<b>Professional License:</b>	Yes, in Oregon
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## PENNSYLVANIA

<b>Provider Name:</b>	<b>Padmaja Charya</b> <span style="background-color: #004a7c; color: white; padding: 2px;">LICENSED PROVIDER</span> <span style="background-color: #008000; color: white; padding: 2px;">TELEHEALTH</span>
<b>Practice Name:</b>	JFS
<b>Profession:</b>	Licensed professional counselor of mental health
<b>Details:</b>	Padmaja Charya offers telehealth services in Pennsylvania. See <a href="#">full listing</a> under Wilmington, DE.

## Aliquippa

<b>Provider Name:</b>	<b>Kristin Karnos</b>
<b>Practice Name:</b>	Kristin Karnos
<b>Profession:</b>	
<b>Credentials:</b>	Firefighter/EMS
<b>Address:</b>	1305 Mc Minn St., Aliquippa, PA 15001
<b>Email:</b>	<a href="mailto:kkarnos93@gmail.com">kkarnos93@gmail.com</a>
<b>Phone Number:</b>	724-650-7983
<b>Web Site:</b>	N/A

<b>Professional Bio:</b>	
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Alzheimer's/dementia</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Disability</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Learning disabilities</li> <li>• Obesity/weight loss</li> <li>• Obsessive-compulsive disorder</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sexual health</li> <li>• Sleep disorders</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> </ul>
<b>Telehealth Services:</b>	No
<b>Accepting New Patients:</b>	No

### Allentown

<b>Provider Name:</b>	<b>Daisy Chow</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Otto Psychological Associates
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LMHC, LPC, NCC, CCTP, CFRC
<b>Address:</b>	2132 S 12th Street, Suite 103, Allentown, PA 18103
<b>Email:</b>	<a href="mailto:daisy@therapywithdaisy.com">daisy@therapywithdaisy.com</a>
<b>Phone Number:</b>	917-834-6500
<b>Web Site:</b>	<a href="https://www.therapywithdaisy.com/">https://www.therapywithdaisy.com/</a>
<b>Professional Bio:</b>	I specialize in helping individuals struggling with trauma, anxiety, and depression. I am a certified first responder counselor and a certified clinical trauma professional.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Capital Blue Cross, CIGNA HealthCare (PPO), Empire BCBS, Highmark, Magellan Behavioral Health



<b>Professional License:</b>	Yes, in Pennsylvania and New York
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Multicultural issues</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Carlisle

<b>Provider Name:</b>	<b>Karen Capone</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	KMCounseling
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	28 South Pitt Street, Carlisle, PA 17013
<b>Email:</b>	<a href="mailto:KMCounseling@outlook.com">KMCounseling@outlook.com</a>
<b>Phone Number:</b>	717-422-5277
<b>Web Site:</b>	<a href="https://simplywellcarlisle.com/">https://simplywellcarlisle.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), United Behavioral Health, United Healthcare
<b>Professional License:</b>	Yes, in Pennsylvania
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Humanistic</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Chambersburg

<b>Provider Name:</b>	<b>Becky Allen</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Cultivate Counseling, LLC
<b>Profession:</b>	Counselor

<b>Credentials:</b>	MS, LPC
<b>Address:</b>	1915 Lincoln Way East, Chambersburg, PA 17202
<b>Email:</b>	<a href="mailto:cultivatecounseling@gmail.com">cultivatecounseling@gmail.com</a>
<b>Phone Number:</b>	717-446-8332
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Pennsylvania
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sexual health</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Humanistic</li> <li>• Psychodynamic therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Pittsburgh

<b>Provider Name:</b>	<b>Belinda Barnett</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Belinda Barnett, PhD
<b>Profession:</b>	Clinical psychologist
<b>Credentials:</b>	PhD
<b>Address:</b>	1017 Perry Highway, Suite 5, Pittsburgh, PA 15237
<b>Email:</b>	<a href="mailto:bebarnett@drbelindabarnett.com">bebarnett@drbelindabarnett.com</a>
<b>Phone Number:</b>	412-516-2555
<b>Web Site:</b>	<a href="https://drbelindabarnett.com/">https://drbelindabarnett.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), out of network
<b>Professional License:</b>	Yes, in Pennsylvania and Kansas

<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Borderline personality disorder</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Self-harm</li> <li>• Suicidal ideation (acute and chronic)</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• Psychodynamic therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Wernersville

<b>Provider Name:</b>	<b>John Becker Jr. LICENSED PROVIDER</b>
<b>Practice Name:</b>	Caron Treatment Centers
<b>Profession:</b>	Director of Caron's First Responder Program
<b>Credentials:</b>	Depends on provider
<b>Address:</b>	243 N Galen Hall Road, Wernersville, PA 19565
<b>Email:</b>	<a href="mailto:john.becker@caron.org">john.becker@caron.org</a>
<b>Phone Number:</b>	215-833-1572
<b>Web Site:</b>	<a href="https://www.caron.org/our-programs/inpatient-treatment/first-responders">https://www.caron.org/our-programs/inpatient-treatment/first-responders</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), in-network with most Blue Cross/Blue Shield Plans and Aetna soon
<b>Professional License:</b>	Yes, in Pennsylvania
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Obsessive-compulsive disorder</li> <li>• Pain management</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sleep disorders</li> </ul>

	<ul style="list-style-type: none"> <li>• Specialized residential first responder substance use disorder treatment program</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Forensic evaluation</li> <li>• Geriatric consultation</li> <li>• Marriage and family therapy</li> <li>• Neuropsychological testing or consultation</li> <li>• Pastoral counseling</li> <li>• Psychological testing and evaluation</li> <li>• Relational therapy</li> </ul>
<b>Telehealth Services:</b>	No
<b>Accepting New Patients:</b>	Yes

## SOUTH CAROLINA

### Aiken

<b>Provider Name:</b>	<b>Lisa Hall</b> <span style="background-color: #00AEEF; color: white; padding: 2px;">TELEHEALTH</span>
<b>Practice Name:</b>	Aiken Barnwell Mental Health Center
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPC/A
<b>Address:</b>	1135 Gregg Hwy., Aiken, SC 29801
<b>Email:</b>	<a href="mailto:Lisa.Hall2@scdmh.org">Lisa.Hall2@scdmh.org</a>
<b>Phone Number:</b>	803-508-7820
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Medicaid, Private Healthcare Systems, United Healthcare
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> </ul>

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

<b>Provider Name:</b>	<b>Hillary Kierspe</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Aiken-Barnwell Mental Health Center
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LMSW
<b>Address:</b>	1135 Gregg Hwy., Aiken, SC 29801
<b>Email:</b>	<a href="mailto:hillary.kierspe@scdmh.org">hillary.kierspe@scdmh.org</a>
<b>Phone Number:</b>	803-508-7841
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), Medicare, Medicaid, Private Healthcare Systems, Providence, United Healthcare
<b>Professional License:</b>	Yes, in South Carolina
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Charleston

<b>Provider Name:</b>	<b>Laura Hare</b> TELEHEALTH
<b>Practice Name:</b>	First Responder Support Team with the SC Department of Mental Health
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPCA

<b>Address:</b>	2090 Executive Hall Rd., Suite 150, Charleston, SC 29407
<b>Email:</b>	<a href="mailto:laura.hare@scdmh.org">laura.hare@scdmh.org</a>
<b>Phone Number:</b>	843-212-8980
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicaid, any plans acceptable to the SC Department of Mental Health and within licensure requirements
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Kim Logan</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	First Responder Support Team
<b>Profession:</b>	Licensed professional counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	2090 Executive Hall Rd., Suite 150, Charleston, SC 29407
<b>Email:</b>	<a href="mailto:kimberly.logan@scdmh.org">kimberly.logan@scdmh.org</a>
<b>Phone Number:</b>	843-513-1268
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicare, Medicaid
<b>Professional License:</b>	Yes, in South Carolina
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> </ul>

	<ul style="list-style-type: none"> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Crisis intervention</li> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Family and marriage counseling</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Laura Tait</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	First Responder Support Team
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LISW-CP
<b>Address:</b>	2090 Executive Hall Road, Suite 150, Charleston, SC 29407
<b>Email:</b>	<a href="mailto:laura.tait@scdmh.org">laura.tait@scdmh.org</a>
<b>Phone Number:</b>	843-212-8980
<b>Web Site:</b>	<a href="https://www.charlestandorchestermhc.org/services/special-programs/">https://www.charlestandorchestermhc.org/services/special-programs/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicare, Medicaid, SC Provident
<b>Professional License:</b>	Yes, in South Carolina
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• First responders and their families</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Columbia

<b>Provider Name:</b>	<b>Karin Brockelman</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Brockelman Beam LLC
<b>Profession:</b>	Licensed professional counselor
<b>Credentials:</b>	PhD, CRC, LPC
<b>Address:</b>	1898 Calhoun St. #5, Columbia, SC 29201

<b>Email:</b>	<a href="mailto:docbrock@brockelmanbeam.com">docbrock@brockelmanbeam.com</a>
<b>Phone Number:</b>	803-936-2461
<b>Web Site:</b>	<a href="https://www.calhouncounseling.org/karin-brockelman">https://www.calhouncounseling.org/karin-brockelman</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
<b>Professional License:</b>	Yes, in South Carolina
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Disability</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Florence

<b>Provider Name:</b>	<b>Jennifer Spell</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Spell Counseling Center, LLC
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	2011 B Second Loop Rd., Florence, SC 29501
<b>Email:</b>	<a href="mailto:spellfamily37@yahoo.com">spellfamily37@yahoo.com</a>
<b>Phone Number:</b>	843-624-8618
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicaid
<b>Professional License:</b>	Yes, in South Carolina
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Domestic violence</li> </ul>



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

### Mt. Pleasant

<b>Provider Name:</b>	<b>Peyton Weber</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	New Vision Counseling Services, LLC.
<b>Profession:</b>	Licensed professional counselor
<b>Credentials:</b>	MS, LPC, LAC, NCC
<b>Address:</b>	1156 Bowman Road, Suite 200, Mt. Pleasant, SC 29464
<b>Email:</b>	<a href="mailto:carolpeyton.weber@gmail.com">carolpeyton.weber@gmail.com</a>
<b>Phone Number:</b>	843-284-3444
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Medicaid, TRICARE
<b>Professional License:</b>	Yes, in South Carolina
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Myrtle Beach

<b>Provider Name:</b>	<b>Kathy L. Fortner</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	KLF Counseling & Consulting, PA
<b>Profession:</b>	Licensed professional counselor-board certified
<b>Credentials:</b>	EdS, LPC, CCMHC
<b>Address:</b>	1107 48th Avenue North, Myrtle Beach, SC 29577
<b>Email:</b>	<a href="mailto:kffcounseling@gmail.com">kffcounseling@gmail.com</a>
<b>Phone Number:</b>	843-240-9446
<b>Web Site:</b>	<a href="https://kffcounseling.com/">https://kffcounseling.com/</a>
<b>Professional Bio:</b>	I am a board certified licensed professional counselor, with MA and EdS degrees in counseling. I have worked for 20+ years in counseling and 30+ years in medical-related positions. I provide counseling to children over six years, adolescents, college-age students, adults, couples, and families. Participation with most insurance plans and EAPs.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Coventry Health Care (PPO), Horizon Behavioral Services, Magellan Behavioral Health, Managed Health Network, Private Healthcare Systems, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), EAP plans such as Compsych, First Sun, and others
<b>Professional License:</b>	Yes, in South Carolina
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Adolescent/child/college-age concerns</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Communication issues</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Life coaching</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Stress and stress management</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Geriatric consultation</li> <li>• Marriage and family therapy</li> <li>• Psychological testing and evaluation</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Summerville

<b>Provider Name:</b>	<b>Heidi Cressley</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Well Soul Counseling
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	302A Midland Parkway, Summerville, SC 29485
<b>Email:</b>	<a href="mailto:hcressley@wellsoulcounseling.com">hcressley@wellsoulcounseling.com</a>
<b>Phone Number:</b>	843-990-6880
<b>Web Site:</b>	<a href="http://wellsoulcounseling.com">http://wellsoulcounseling.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), Medicaid, TRICARE Certified (out of network)
<b>Professional License:</b>	Yes, in South Carolina
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Existential psychotherapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Wadmalaw

<b>Provider Name:</b>	<b>Kathleen G. Broughan</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Lowcountry Equine-Assisted Psychotherapy
<b>Profession:</b>	Clinical psychologist
<b>Credentials:</b>	PhD
<b>Address:</b>	1847 Bugby Plantation Rd., Wadmalaw, SC 29487
<b>Email:</b>	<a href="mailto:kbroughan@LEAPinSC.org">kbroughan@LEAPinSC.org</a>
<b>Phone Number:</b>	843-270-7988
<b>Web Site:</b>	<a href="http://www.leapinSC.org/">http://www.leapinSC.org/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Provident
<b>Professional License:</b>	Yes, in South Carolina

<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• First responder, veterans, and active-duty military</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Equine-assisted psychotherapy</li> <li>• Evaluation/diagnosis</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## SOUTH DAKOTA

### Custer

<b>Provider Name:</b>	<b>Rodney Veldhuizen</b> <span style="background-color: #0056b3; color: white; padding: 2px;">LICENSED PROVIDER</span> <span style="background-color: #008000; color: white; padding: 2px;">TELEHEALTH</span>
<b>Practice Name:</b>	New Trails Ministry, Inc.
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	LMFT-QMHP
<b>Address:</b>	11455 Elliott Rd., Custer, SD 57730
<b>Email:</b>	<a href="mailto:newtrailsinc@gmail.com">newtrailsinc@gmail.com</a>
<b>Phone Number:</b>	605-760-3633
<b>Web Site:</b>	<a href="https://newtrailsministries.org/">https://newtrailsministries.org/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Compsych, Magellan Behavioral Health, Medicaid, TRICARE, United Behavioral Health, United Healthcare
<b>Professional License:</b>	Yes, in South Dakota and Iowa
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> </ul>

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

### Rapid City

<b>Provider Name:</b>	<b>Roger Belisle</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Psychologist
<b>Credentials:</b>	PhD, LP
<b>Address:</b>	300 Kansas City Street, Rapid City, SD 57701
<b>Email:</b>	<a href="mailto:drbelisle@sentrypsych.com">drbelisle@sentrypsych.com</a>
<b>Phone Number:</b>	605-393-5389
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Provides reimbursable receipts for insurance
<b>Professional License:</b>	Yes, in South Dakota, Texas, and Virginia
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sexual health</li> <li>• Sleep disorders</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Existential psychotherapy</li> </ul>

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

## Yankton

<b>Provider Name:</b>	<b>Jerry Webber</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Bridges to Hope Counseling Services LLC
<b>Profession:</b>	Clinical social worker
<b>Credentials:</b>	LCSW-PIP
<b>Address:</b>	100 Douglas Ave., Suite 108, Yankton, SD 57078
<b>Email:</b>	<a href="mailto:mrsjerrywebber@gmail.com">mrsjerrywebber@gmail.com</a>
<b>Phone Number:</b>	605-857-0233
<b>Web Site:</b>	<a href="http://yanktontherapist.com/">http://yanktontherapist.com/</a>
<b>Professional Bio:</b>	See bio on web site.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Medicare, Medicaid, Private Healthcare Systems
<b>Professional License:</b>	Yes, in South Dakota
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Disability</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Learning disabilities</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> <li>• Spiritual/religious</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Psychodynamic therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## TENNESSEE

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

## Chattanooga

<b>Provider Name:</b>	<b>Janelle Edmondson</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Phoenix Health, PLLC
<b>Profession:</b>	Psychiatric nurse practitioner
<b>Credentials:</b>	MSN, APRN, PMHNP-BC, CCTP-I/II, CISS
<b>Address:</b>	7405 Shallowford Road, Suite 230, Chattanooga, TN 37421
<b>Email:</b>	<a href="mailto:ejanelle17@gmail.com">ejanelle17@gmail.com</a>
<b>Phone Number:</b>	423-208-8099
<b>Web Site:</b>	<a href="http://www.mh-np.com/">http://www.mh-np.com/</a>
<b>Professional Bio:</b>	Janelle is an ANCC board certified psychiatric nurse practitioner and is the founder and director of Phoenix Health, PLLC. She provides mental health services including counseling, medication management, and EMDR – with specific focus on complex trauma and first responder trauma and mental health. She holds the role of critical incident support specialist for her local fire department. She is a member of the TN Disaster Mental Health Strike Team and TN First Responder Suicide Task Force. Please see the web site for more information.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Medicare, United Behavioral Health, United Healthcare, United Healthcare (Options PPO), self-pay
<b>Professional License:</b>	Yes, in Tennessee
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Alzheimer's/dementia</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Eating disorders</li> <li>• Grief and loss</li> <li>• Obsessive-compulsive disorder</li> <li>• Postpartum</li> <li>• PTSD/trauma</li> <li>• Schizoaffective</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Rebecca Horn</b> TELEHEALTH
<b>Practice Name:</b>	Elu Counseling, Coaching, & Consulting
<b>Profession:</b>	Clinical mental health counselor
<b>Credentials:</b>	MA, pre-licensed professional
<b>Address:</b>	1101 W. 40th St., Unit 2225, Chattanooga, TN 37409
<b>Email:</b>	<a href="mailto:rhorn@eluccc.org">rhorn@eluccc.org</a>
<b>Phone Number:</b>	931-233-9499
<b>Web Site:</b>	<a href="https://eluccc.org/">https://eluccc.org/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, CIGNA HealthCare (PPO), OON Tricare, OON BCBS, sliding scale, self-pay
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• First responders</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• Existential psychotherapy</li> <li>• Psychodynamic therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Jackson

<b>Provider Name:</b>	<b>Cinda Gee</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Forward Counseling
<b>Profession:</b>	Licensed professional counselor with mental health service provider designation
<b>Credentials:</b>	LPC/MHSP
<b>Address:</b>	109 E. Lafayette, Jackson, TN 38301
<b>Email:</b>	<a href="mailto:cindagee@forwardcounseling.com">cindagee@forwardcounseling.com</a>
<b>Phone Number:</b>	901-930-7397



<b>Web Site:</b>	<a href="https://www.forwardcounseling.com">https://www.forwardcounseling.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Tennessee
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sexual health</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Existential psychotherapy</li> <li>• Psychodynamic therapy</li> <li>• Relational therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Lesley Rickman</b> <b>LICENSED PROVIDER</b>
<b>Practice Name:</b>	Forward Counseling - Jackson
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LMSW
<b>Address:</b>	109 East Lafayette, Jackson, TN 38301
<b>Email:</b>	<a href="mailto:lesleyrickman@forwardcounseling.com">lesleyrickman@forwardcounseling.com</a>
<b>Phone Number:</b>	901-930-7397
<b>Web Site:</b>	<a href="http://forwardcounseling.com/">http://forwardcounseling.com/</a>
<b>Professional Bio:</b>	Lesley is trained in eye movement desensitization and reprocessing (EMDR) as well as rapid resolution therapy. Her clinical interests include untreated psychological trauma, toxic stress, anxiety, unresolved family of origin issues, and adjustment difficulties.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Tennessee
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Psychodynamic therapy</li> </ul>
<b>Telehealth Services:</b>	No
<b>Accepting New Patients:</b>	Yes

## Maryville

<b>Provider Name:</b>	<b>Jesse Williams</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Trauma and Anxiety Center, LLC
<b>Profession:</b>	Licensed professional counselor
<b>Credentials:</b>	MS, LPC/MHSP, NCC, CCH
<b>Address:</b>	200 East Broadway Avenue, Suite 314b, Maryville, TN 37862
<b>Email:</b>	<a href="mailto:jesse@traumaanxietycenter.com">jesse@traumaanxietycenter.com</a>
<b>Phone Number:</b>	865-518-9922
<b>Web Site:</b>	<a href="http://www.traumaanxietycenter.com">http://www.traumaanxietycenter.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None, self-pay only
<b>Professional License:</b>	Yes, in Tennessee
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Identity issues</li> <li>• PTSD/trauma</li> <li>• Spiritual/religious</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Psychodynamic therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Memphis

<b>Provider Name:</b>	<b>Joy Hutchinson</b>
<b>Practice Name:</b>	Forward Counseling
<b>Profession:</b>	Counselor
<b>Credentials:</b>	NCC, NREMT-Parametic
<b>Address:</b>	5031 Princeton Ave., Memphis, TN 38117
<b>Email:</b>	<a href="mailto:ehutchinson@uhcno.edu">ehutchinson@uhcno.edu</a>
<b>Phone Number:</b>	901-504-5250
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	I worked 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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Mount Juliet

<b>Provider Name:</b>	<b>Patricia Laird</b>
<b>Practice Name:</b>	N/A
<b>Profession:</b>	International Critical Stress Foundation member
<b>Credentials:</b>	Firefighter/EMT, ICISMF member
<b>Address:</b>	159 Navy Circle, Mount Juliet, TN 37122
<b>Email:</b>	<a href="mailto:PlairdMJ@aol.com">PlairdMJ@aol.com</a>
<b>Phone Number:</b>	562-884-3134
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	No

<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Alzheimer's/dementia</li> <li>• Anxiety</li> <li>• Grief and loss</li> <li>• Spiritual/religious</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Crisis intervention</li> </ul>
<b>Telehealth Services:</b>	No
<b>Accepting New Patients:</b>	No

## TEXAS

<b>Provider Name:</b>	<b>Belinda Barnett</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Belinda Barnett, PhD
<b>Profession:</b>	Clinical psychologist
<b>Details:</b>	Dr. Belinda Barnett offers online services in Texas through certification with PsyPact. See <a href="#">full listing</a> under Pittsburg, PA.

## Arlington

<b>Provider Name:</b>	<b>Lindsey Southall</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Social worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	<b>Arlington:</b> 750 N. Fielder Rd., Arlington, TX 76012 <b>Southlake:</b> 542 Silicon Dr., Suite 100, Southlake, TX 76092
<b>Email:</b>	<a href="mailto:lindsey.southall@gmail.com">lindsey.southall@gmail.com</a>
<b>Phone Number:</b>	817-846-5745
<b>Web Site:</b>	<a href="http://lindseysouthall.com/">http://lindseysouthall.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Private pay only
<b>Professional License:</b>	Yes, in Texas
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Obesity/weight loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Dialectical behavior therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> </ul>
<b>Telehealth Services:</b>	Yes

Accepting New Patients:	Yes
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### Beaumont

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

### Corpus Christi

<b>Provider Name:</b>	<b>Burton Kittay</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Psychological Wellness Center
<b>Profession:</b>	Psychologist
<b>Credentials:</b>	PhD
<b>Address:</b>	5402 Holly Road, Suite 104, Corpus Christi, TX 78411
<b>Email:</b>	<a href="mailto:burtkittay@aol.com">burtkittay@aol.com</a>
<b>Phone Number:</b>	361-992-2244
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	I have been seeing patients for 47 years. I have worked with law enforcement officers in emergency situations when in Los Angeles, working with the LAPD and LA Sheriff's office. I have also worked with fire officials, but not as much as with law enforcement in critical incident issues.

<b>Accepted Insurance:</b>	Aetna, Beacon Health Options, Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Humana, Magellan Behavioral Health, Medicare, Medicaid, Private Healthcare Systems, TRICARE, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)
<b>Professional License:</b>	Yes, in Texas
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Disability</li> <li>• Domestic violence</li> <li>• Grief and loss</li> <li>• Learning disabilities</li> <li>• Marriage, divorce, and relationships</li> <li>• Multicultural issues</li> <li>• Obesity/weight loss</li> <li>• Obsessive-compulsive disorder</li> <li>• Pain management</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Marriage and family therapy</li> <li>• Psychological testing and evaluation</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

**De Leon**

<b>Provider Name:</b>	<b>Douglas E. Krug</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Douglas E. Krug, PhD
<b>Profession:</b>	Psychologist
<b>Credentials:</b>	PhD
<b>Address:</b>	300 S. Texas St., De Leon, TX 76444
<b>Email:</b>	<a href="mailto:dr.douglaskrug@yahoo.com">dr.douglaskrug@yahoo.com</a>
<b>Phone Number:</b>	254-977-3731
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	
<b>Accepted Insurance:</b>	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)
<b>Professional License:</b>	Yes, in Texas
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Alzheimer's/dementia</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Learning disabilities</li> <li>• Pain management</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Humanistic</li> <li>• Psychological testing and evaluation</li> <li>• Relational therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

**Rockwall**

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

<b>Accepting New Patients:</b>	Yes
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### San Antonio

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

<b>Provider Name:</b>	<b>Dr. Mel McGee</b> TELEHEALTH
<b>Practice Name:</b>	Covington-McGee Christian Counseling
<b>Profession:</b>	Pastoral Christian counselor
<b>Credentials:</b>	PhD, MDIV, AMP, IPHMP
<b>Address:</b>	8026 Vantage Drive, Suite 102, San Antonio, TX 78230
<b>Email:</b>	<a href="mailto:Drmelmcgee@yahoo.com">Drmelmcgee@yahoo.com</a>
<b>Phone Number:</b>	480-599-9955



<b>Web Site:</b>	<a href="https://covington-mcgeechristiancounseling.com/">https://covington-mcgeechristiancounseling.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None
<b>Professional License:</b>	No
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Hospice/end-of-life</li> <li>• Marriage, divorce, and relationships</li> <li>• Military and veterans</li> <li>• Multicultural issues</li> <li>• Sexual health</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Marriage and family therapy</li> <li>• Pastoral counseling</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Victoria

<b>Provider Name:</b>	<b>Brittany Proctor</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Reclamation Counseling Center
<b>Profession:</b>	Licensed professional counselor, licensed chemical dependency counselor
<b>Credentials:</b>	LPC, LCDC
<b>Address:</b>	506 Glasgow, Victoria, TX 77904
<b>Email:</b>	<a href="mailto:brittany.proctor@rccvictoria.com">brittany.proctor@rccvictoria.com</a>
<b>Phone Number:</b>	361-576-3385
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	
<b>Accepted Insurance:</b>	Aetna, Beacon Health Options, CIGNA HealthCare (PPO), Humana, Magellan Behavioral Health, Medicaid
<b>Professional License:</b>	Yes, in Texas
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> </ul>

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

## UTAH

<b>Provider Name:</b>	<b>Belinda Barnett</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Belinda Barnett, PhD
<b>Profession:</b>	Clinical psychologist
<b>Details:</b>	Dr. Belinda Barnett offers online services in Utah through certification with PsyPact. See <a href="#">full listing</a> under Pittsburg, PA.

## Layton

<b>Provider Name:</b>	<b>Jack Kettering</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Harmony in Healing
<b>Profession:</b>	Professional therapist
<b>Credentials:</b>	LCMHC
<b>Address:</b>	920 Heritage Park Blvd., Suite 200 B, Layton, UT 84041
<b>Email:</b>	<a href="mailto:jackkcmhc@gmail.com">jackkcmhc@gmail.com</a>
<b>Phone Number:</b>	385-240-0321
<b>Web Site:</b>	<a href="http://harmonyinhealingutah.com/">http://harmonyinhealingutah.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	DMBA, PEHP, EMI
<b>Professional License:</b>	Yes, in Utah
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> </ul>
<b>Methods or Approaches Used:</b>	
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## VERMONT

### Essex Junction

<b>Provider Name:</b>	<b>Beth Jacobs</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Counselor
<b>Credentials:</b>	Licensed counselor, certified EMDR therapist, EMDRIA approved consultant
<b>Address:</b>	11 Pearl St., Room 103, Essex Jct., VT 05452
<b>Email:</b>	<a href="mailto:bethjaco210@gmail.com">bethjaco210@gmail.com</a>
<b>Phone Number:</b>	802-557-8027

<b>Web Site:</b>	<a href="https://www.firstrespondercarenetworkvt.com/">https://www.firstrespondercarenetworkvt.com/</a>
<b>Professional Bio:</b>	Beth is a counselor specializing in EMDR therapy for first responders struggling with PTSD, anxiety, depression, addictions, and stress management. She works with individuals to address and resolve childhood trauma, traumatic grief and loss, and the impact of cumulative trauma from years or even decades of service. Beth is a proponent of educating first responders to appreciate the innate ability of the brain to heal. She is proud of the many clients who have pushed beyond stigma to lead happier and more integrated lives. She greatly appreciates the ride-alongs and meals she has shared with firefighters in her home state of Vermont.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Medicaid, MVP, TRICARE
<b>Professional License:</b>	Yes, in Vermont
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety/panic</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Life transitions</li> <li>• PTSD/trauma</li> <li>• Relationship concerns</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Relational therapy</li> <li>• Short-term and long-term treatment available</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## VIRGINIA

### Amherst

<b>Provider Name:</b>	<b>Christina Ferrell</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Go With That Consulting, LLC
<b>Profession:</b>	Social Worker
<b>Credentials:</b>	LCSW
<b>Address:</b>	194 2nd St., Box 1705, Amherst, VA 24521
<b>Email:</b>	<a href="mailto:christina@gowiththatconsulting.com">christina@gowiththatconsulting.com</a>
<b>Phone Number:</b>	914-466-8495
<b>Web Site:</b>	<a href="http://www.gowiththatconsulting.com/">http://www.gowiththatconsulting.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), PCHP
<b>Professional License:</b>	Yes, in Virginia
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> </ul>

	<ul style="list-style-type: none"> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obsessive-compulsive disorder</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Bridgewater

<b>Provider Name:</b>	<b>Brian Strode</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Sapphire Valley Wellness Center, LLC
<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	105 S Main St., Bridgewater, VA 22812
<b>Email:</b>	<a href="mailto:info@sapphirevalleywellness.com">info@sapphirevalleywellness.com</a>
<b>Phone Number:</b>	540-908-8682
<b>Web Site:</b>	<a href="https://sapphirevalleywellness.com">https://sapphirevalleywellness.com</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	All Anthem Commercial insurances, Aetna is still in credentialing
<b>Professional License:</b>	Yes, in Virginia
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Compassion fatigue</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• First responder issues</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obesity/weight loss</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> </ul>

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

### Richmond

<b>Provider Name:</b>	<b>Glenna Smith</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Neuropsychiatric & Counseling Associates
<b>Profession:</b>	Nurse practitioner in psych
<b>Credentials:</b>	MSN, APRN, FNP-C
<b>Address:</b>	9020 Stony Point Parkway, Suite 240, Richmond, VA 23235
<b>Email:</b>	<a href="mailto:ncastonypoint@gmail.com">ncastonypoint@gmail.com</a>
<b>Phone Number:</b>	804-282-5236
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Most private insurances
<b>Professional License:</b>	Yes, in Virginia
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• Domestic violence</li> <li>• Eating disorders</li> <li>• Grief and loss</li> <li>• Obsessive-compulsive disorder</li> <li>• Postpartum</li> <li>• PTSD/trauma</li> <li>• Schizophrenia</li> <li>• Sexual abuse/rape</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	Evaluation/diagnosis
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Roanoke

<b>Provider Name:</b>	<b>Laura Eichenlaub</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Blue Ridge Behavioral Healthcare

<b>Profession:</b>	Counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	611 McDowell Ave., Roanoke, VA 24015
<b>Email:</b>	<a href="mailto:LEichenlaub@BRBH.org">LEichenlaub@BRBH.org</a>
<b>Phone Number:</b>	540-266-9200 ext. 3214
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Virginia, North Carolina, and Georgia
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>John Heil</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Psychological Health Roanoke
<b>Profession:</b>	Psychologist
<b>Credentials:</b>	Licensed clinical psychologist
<b>Address:</b>	2840 Electric Road, Suite 200, Roanoke, VA 24018
<b>Email:</b>	<a href="mailto:KarenCook@psychhealthroanoke.com">KarenCook@psychhealthroanoke.com</a>
<b>Phone Number:</b>	540-772-5153
<b>Web Site:</b>	<a href="http://www.psychhealthroanoke.com/">http://www.psychhealthroanoke.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Virginia

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

## WASHINGTON

<b>Provider Name:</b>	<b>Drew Prochniak</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Drew Prochniak, LPC, LLC
<b>Profession:</b>	Counselor
<b>Details:</b>	Drew Prochniak practices in both Washington and Oregon. See <a href="#">full listing</a> under Portland, OR.

## Bellevue

<b>Provider Name:</b>	<b>Beth Murphy</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Clinical psychologist
<b>Credentials:</b>	PsyD
<b>Address:</b>	1715 114th Ave. SE, Suite 240, Bellevue, WA 98004
<b>Email:</b>	<a href="mailto:beth@integrativemhw.com">beth@integrativemhw.com</a>
<b>Phone Number:</b>	425-281-7977
<b>Web Site:</b>	<a href="https://www.integrativemhw.com/">https://www.integrativemhw.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Washington
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Disability</li> </ul>

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

### Eastsound

<b>Provider Name:</b>	<b>Michael Elder</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	LMFT
<b>Address:</b>	109 North Beach Rd., Eastsound, WA 98245
<b>Email:</b>	<a href="mailto:michaeleldermft@protonmail.com">michaeleldermft@protonmail.com</a>
<b>Phone Number:</b>	925-209-0248
<b>Web Site:</b>	<a href="http://michaeleldermft.com/">http://michaeleldermft.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, First Choice, Managed Health Network, Medicaid (Apple Health), Regence
<b>Professional License:</b>	Yes, in Washington and California
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Domestic violence</li> <li>• Multicultural issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Graham

<b>Provider Name:</b>	<b>Jennifer Kapelos</b> LICENSED PROVIDER
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<b>Practice Name:</b>	DREAMS
<b>Profession:</b>	Mental health counselor
<b>Credentials:</b>	LMHCA
<b>Address:</b>	10915 Eustis Hunt Rd. E, Graham, WA 98338
<b>Email:</b>	<a href="mailto:zorroturtle@yahoo.com">zorroturtle@yahoo.com</a>
<b>Phone Number:</b>	206-712-8382
<b>Web Site:</b>	<a href="https://www.dreamsequineassisted.org/">https://www.dreamsequineassisted.org/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None – sliding scale
<b>Professional License:</b>	Yes, in Washington
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Learning disabilities</li> <li>• Multicultural issues</li> <li>• Obsessive-compulsive disorder</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	Equine-Assisted Therapy
<b>Telehealth Services:</b>	No
<b>Accepting New Patients:</b>	Yes

### Port Orchard

<b>Provider Name:</b>	<b>Amber Smith</b> <span style="background-color: #0056b3; color: white; padding: 2px;">LICENSED PROVIDER</span> <span style="background-color: #00a651; color: white; padding: 2px;">TELEHEALTH</span>
<b>Practice Name:</b>	Found Therapy Services
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	LMFT
<b>Address:</b>	3965 Bethel Rd SE, Ste. 1 #120, Port Orchard, WA 98366
<b>Email:</b>	<a href="mailto:amber@foundtherapyservices.com">amber@foundtherapyservices.com</a>
<b>Phone Number:</b>	360-919-5350
<b>Web Site:</b>	<a href="https://foundtherapyservices.com/">https://foundtherapyservices.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), Cigna, First Choice, currently working to get paneled with other insurances
<b>Professional License:</b>	Yes, in Washington
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> </ul>

	<ul style="list-style-type: none"> <li>• Depression</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Existential psychotherapy</li> <li>• Marriage and family therapy</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Redmond

<b>Provider Name:</b>	<b>Brooke Lundquist</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	inLife Clinic
<b>Profession:</b>	Therapist
<b>Credentials:</b>	PhD, LMHC
<b>Address:</b>	16715 NE 79th St., Redmond, WA 98052
<b>Email:</b>	<a href="mailto:brooke@inlifeclinic.com">brooke@inlifeclinic.com</a>
<b>Phone Number:</b>	425-822-3252
<b>Web Site:</b>	<a href="https://inlifeclinic.com/">https://inlifeclinic.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), Heritage, LifeWise, Premera, Regence Blue Cross Blue Shield
<b>Professional License:</b>	Yes, in Washington
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Disability</li> <li>• Domestic violence</li> <li>• First responders</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Marriage and family therapy</li> </ul>

<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Phyllis Rogers</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	inLife Clinic
<b>Profession:</b>	First responder therapist
<b>Credentials:</b>	LMHC
<b>Address:</b>	16715 NE 79th St., Redmond, WA 98052
<b>Email:</b>	<a href="mailto:phyllis@inlifeclinic.com">phyllis@inlifeclinic.com</a>
<b>Phone Number:</b>	425-652-5559
<b>Web Site:</b>	<a href="http://www.inlifeclinic.com/">http://www.inlifeclinic.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), Premera, Regence, United Behavioral Health
<b>Professional License:</b>	Yes, in Washington
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Critical incidents</li> <li>• Depression</li> <li>• First responders</li> <li>• Marriage, divorce, and relationships</li> <li>• Officer-involved shootings</li> <li>• PTSD/trauma</li> <li>• Spiritual/religious</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Relational therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

**Seattle**

<b>Provider Name:</b>	<b>Colleen Hilton</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Acuity Counseling
<b>Profession:</b>	Marriage and family therapist
<b>Credentials:</b>	MA, LMFT
<b>Address:</b>	600 Stewart St., Suite 1228, Seattle, WA 98101
<b>Email:</b>	<a href="mailto:colleen@acuitycounseling.net">colleen@acuitycounseling.net</a>
<b>Phone Number:</b>	206-910-9476
<b>Web Site:</b>	<a href="https://www.acuitycounseling.net/">https://www.acuitycounseling.net/</a>

<b>Professional Bio:</b>	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).
<b>Accepted Insurance:</b>	Aetna, Blue Cross and Blue Shield (HMO), CIGNA HealthCare (PPO), First Choice, Kaiser Permanente, Lifewise, Premera
<b>Professional License:</b>	Yes, in Washington
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Career/employment concerns</li> <li>• Depression</li> <li>• Marriage, divorce, and relationships</li> <li>• PTSD/trauma</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> <li>• Marriage and family therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Spokane

<b>Provider Name:</b>	<b>Donnavan Leavitt</b> <b>LICENSED PROVIDER</b> <b>TELEHEALTH</b>
<b>Practice Name:</b>	Praus Counseling
<b>Profession:</b>	Clinical mental health counselor
<b>Credentials:</b>	MA, NCC, LMHCA
<b>Address:</b>	701 W. 7th Ave., Ste. 107 C, Spokane, WA 99204
<b>Email:</b>	<a href="mailto:donnavanleavitt@prauscounseling.com">donnavanleavitt@prauscounseling.com</a>
<b>Phone Number:</b>	509-608-3145
<b>Web Site:</b>	<a href="https://www.prauscounseling.com/">https://www.prauscounseling.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	None, self-pay or out of network (as applicable)
<b>Professional License:</b>	Yes, in Washington
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Sexual health</li> <li>• Spiritual/religious</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Evaluation/diagnosis</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> </ul>

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

## WEST VIRGINIA

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

## Charleston

<b>Provider Name:</b>	<b>Thomas Miller</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	N/A
<b>Profession:</b>	Counseling
<b>Credentials:</b>	MA, LPC, ALPS, ADC
<b>Address:</b>	100 Conestoga Lane, #9, Charleston, WV 25312
<b>Email:</b>	<a href="mailto:tomfirerescue@msn.com">tomfirerescue@msn.com</a>
<b>Phone Number:</b>	304-590-3684
<b>Web Site:</b>	N/A
<b>Professional Bio:</b>	
<b>Accepted Insurance:</b>	Aetna, BlueCross BlueShield (Groupcare), CIGNA HealthCare (PPO), Magellan Behavioral Health, UMR, United Healthcare, United Healthcare (Options PPO)
<b>Professional License:</b>	Yes, in West Virginia
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Addictions/substance abuse</li> <li>• ADHD</li> <li>• Depression</li> <li>• Disability</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Coaching</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Short-term (brief treatment)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	No

## WISCONSIN

<b>Provider Name:</b>	<b>Cindy McKnight</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Living Pono Counseling
<b>Profession:</b>	Mental health therapist
<b>Details:</b>	Cindy McKnight offers telehealth services in Wisconsin. See <a href="#">full listing</a> under Libertyville, IL.

## De Pere

<b>Provider Name:</b>	<b>Tom Benike</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Unleashed Performance & Counseling, LLC
<b>Profession:</b>	Licensed professional counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	801 Heritage Rd., Suite E6, De Pere, WI 54115
<b>Email:</b>	<a href="mailto:tom@unleashedperformanceandcounseling.com">tom@unleashedperformanceandcounseling.com</a>
<b>Phone Number:</b>	920-770-2209
<b>Web Site:</b>	<a href="https://www.unleashedperformanceandcounseling.com/">https://www.unleashedperformanceandcounseling.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	United Healthcare
<b>Professional License:</b>	Yes, in Wisconsin
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## Grafton

<b>Provider Name:</b>	<b>Erin Perez-Hughes</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Ozaukee Community Therapies
<b>Profession:</b>	Licensed professional counselor
<b>Credentials:</b>	LPC
<b>Address:</b>	1245 Cheyenne Ave., Suite 200, Grafton, WI 53024
<b>Email:</b>	<a href="mailto:erin@ozaukeecommunitytherapies.com">erin@ozaukeecommunitytherapies.com</a>
<b>Phone Number:</b>	414-559-0050
<b>Web Site:</b>	<a href="http://www.ozaukeecommunitytherapies.com/">http://www.ozaukeecommunitytherapies.com/</a>
<b>Professional Bio:</b>	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).
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Wisconsin
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> </ul>

	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Domestic violence</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

### Manitowoc

<b>Provider Name:</b>	<b>James "Jaime" Lammers</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Sherman Counseling
<b>Profession:</b>	Licensed professional counselor
<b>Credentials:</b>	MA, LPC
<b>Address:</b>	980 Maritime Dr #6, Manitowoc, WI 54220
<b>Email:</b>	<a href="mailto:james_lammers@hotmail.com">james_lammers@hotmail.com</a>
<b>Phone Number:</b>	920-733-2065
<b>Web Site:</b>	
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Aetna, Arise, BlueCross BlueShield (BCBS), Common Ground, Humana, Network Health, Quartz Unity, T19 Medicaid, WEA Trust, WPS, call for additional accepted insurance
<b>Professional License:</b>	Yes, in Wisconsin
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Career/employment concerns</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Disability</li> <li>• Grief and loss</li> <li>• Multicultural issues</li> <li>• Pain management</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sleep disorders</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Behavioral therapy</li> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Dialectical behavior therapy</li> <li>• Existential psychotherapy</li> <li>• Humanistic</li> </ul>

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

## West Allis

<b>Provider Name:</b>	<b>Carol Seydewitz</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Pathways Counseling Center
<b>Profession:</b>	Licensed professional counselor
<b>Credentials:</b>	MS, LPC, ATR
<b>Address:</b>	11121 W. Oklahoma Ave. West Allis, WI 53227
<b>Email:</b>	<a href="mailto:EMDR@happypeoplepath.com">EMDR@happypeoplepath.com</a>
<b>Phone Number:</b>	262-754-5916
<b>Web Site:</b>	<a href="http://www.pathwayscounseling.com/">http://www.pathwayscounseling.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Wisconsin
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## WYOMING

### West Allis

<b>Provider Name:</b>	<b>Pamela R. Fuller</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Frontier Psychological Associates, LC
<b>Profession:</b>	Psychologist
<b>Credentials:</b>	PhD
<b>Address:</b>	724 Front Street, Suite 230, Evanston, WY 82930
<b>Email:</b>	<a href="mailto:fuller@frontierpsych.com">fuller@frontierpsych.com</a>
<b>Phone Number:</b>	307-789-6773
<b>Web Site:</b>	<a href="http://frontierpsychological.com/">http://frontierpsychological.com/</a>



<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Wyoming
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Chronic illness</li> <li>• Depression</li> <li>• Disability</li> <li>• Grief and loss</li> <li>• Marriage, divorce, and relationships</li> <li>• Obesity/weight loss</li> <li>• Pain management</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• Evaluation/diagnosis</li> <li>• Marriage and family therapy</li> <li>• Psychological testing and evaluation</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

## ALBERTA

### Calgary

<b>Provider Name:</b>	<b>Sara Norum</b> <span style="background-color: #0056b3; color: white; padding: 2px;">LICENSED PROVIDER</span> <span style="background-color: #008080; color: white; padding: 2px;">TELEHEALTH</span>
<b>Practice Name:</b>	Norum Psychological Services
<b>Profession:</b>	Registered psychologist, registered social worker, registered family mediator
<b>Credentials:</b>	MSc (PYCL), MSc (CA&R)
<b>Address:</b>	#225, 280 Midpark Way S.E., Calgary, Alberta T2X 1J6, Canada
<b>Email:</b>	<a href="mailto:sara@norumpychservices.com">sara@norumpychservices.com</a>
<b>Phone Number:</b>	587-392-1777
<b>Web Site:</b>	<a href="http://norumpychservices.com/">http://norumpychservices.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	Blue Cross and Blue Shield (HMO), BlueCross BlueShield (Groupcare), Private Healthcare Systems
<b>Professional License:</b>	Yes, in Alberta
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Marriage, divorce, and relationships</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Sexual abuse/rape</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Dialectical behavior therapy</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Marriage and family therapy</li> <li>• Psychological testing and evaluation</li> <li>• Relational therapy</li> </ul>
<b>Telehealth Services:</b>	Yes
<b>Accepting New Patients:</b>	Yes

<b>Provider Name:</b>	<b>Chrissy Schlechter</b> LICENSED PROVIDER TELEHEALTH
<b>Practice Name:</b>	Norum Psychological Services
<b>Profession:</b>	Psychologist
<b>Credentials:</b>	MSc, RPsych
<b>Address:</b>	Suite 225 - 280 Midpark Way SE, Calgary, Alberta T2X 1J6, Canada
<b>Email:</b>	<a href="mailto:chrissy@norumpsyhservices.com">chrissy@norumpsyhservices.com</a>
<b>Phone Number:</b>	587-392-1777
<b>Web Site:</b>	<a href="http://norumpsyhservices.com/">http://norumpsyhservices.com/</a>
<b>Professional Bio:</b>	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.
<b>Accepted Insurance:</b>	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
<b>Professional License:</b>	Yes, in Alberta
<b>Areas of Expertise:</b>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anger management</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief and loss</li> <li>• Parenting issues</li> <li>• PTSD/trauma</li> <li>• Stress</li> </ul>
<b>Methods or Approaches Used:</b>	<ul style="list-style-type: none"> <li>• Cognitive/behavioral therapy</li> <li>• Crisis intervention</li> <li>• EMDR (eye movement desensitization and reprocessing)</li> <li>• Psychological testing and evaluation</li> </ul>
<b>Telehealth Services:</b>	Yes

<b>Accepting New Patients:</b>	Yes
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