

## **Durango Child & Adolescent Therapists**

**Local therapists can also be found at [PsychologyToday.com](https://www.psychologytoday.com)**

Name	Address	Phone	Preferred Contact	Ages	Interventions/Specialties	Payment Methods
<b>Anna Layden, MS</b> www.alpee.net aelayden@gmail.com	Durango, CO 81301	970-769-3006		5-21	Partners with school psychologists to evaluate students in academic, cognitive, and social/emotional areas and diagnose learning disabilities or mental health issues through an academic lens. Diagnoses often result in the recommendation of an IEP or 504 plan and provide students with accommodations in academic settings	Self-pay and scholarships may be available
<b>Axis Health System</b> Community Mental Health Services <b>CRISIS LINE: 970-247-5245</b> <i>Spanish speaking provider available</i>	281 Sawyer Dr Durango, CO	970-259-2162	Phone	All ages	Individual and Group therapy, Case Management, Vocational Rehabilitation	<b>Medicaid</b> , Sliding scale, most insurance
<b>Chari Perce, LMFT</b> Animas Valley Counseling	1911 Main Ave. Durango & Telehealth	970-403-5860		4+	EMDR, Brainspotting, DBT, TF-CBT, Domestic Violence, Complex Trauma, Anxiety, Depression, PTSD	<b>Medicaid</b> , Medicare, Self-pay, Sliding Scale
<b>Christine Trout LPCC</b> Licensed K-12 Art Educator Christine Trout Counseling, LLC christinetroutroutcounseling@outlook.com	1911 Main Ave Durango, CO	970-403-5158 call/text  877-839-2679 fax	text/call	3 - 12	Certified Synergetic Play Therapist, expressive arts, grief/loss, anxiety, adjustment/transitions, ADHD, trauma, depression. Holistic family support	Self Pay, sliding scale

<b>Colin Ferring, MS LPCC</b> Licensed Professional Counselor Candidate <a href="mailto:ColinFerring.com">ColinFerring.com</a> <a href="mailto:Colin@ColinFerring.com">Colin@ColinFerring.com</a>	Durango	970- 403-5741		15+	Autism Spectrum Disorder (ASD), ADHD, Anxiety and Depression, Identity development and life transitions, LGBTQIA+ affirming therapy, Relationship issues, EMDR	Self-Pay Rate: \$120 Colorado <b>Medicaid</b> , United, UMR, Anthem, Cigna, Blue Cross Blue Shield, TRICARE, TRICARE West
<b>David Blau, MEd</b> <a href="mailto:blaucounselingconsulting@gmail.com">blaucounselingconsulting@gmail.com</a>		970-769-1040	Phone or email	13-25	Anxiety, Depression, Autism, School Related Issues, Trauma.	Sel pay
<b>Durango Family Therapy</b> Renee Dixon, LCSW Brent Dixon, LPC Chelsi Hower, LPC Sierra Williamsen, LPC  <a href="mailto:renee@durangofamilytherapy.com">renee@durangofamilytherapy.com</a>	2243 Main Ave, Suite 20 & telehealth	980-422-7334	Phone or email	Various	Teens, couples, family, adults, EMDR, trauma focused, depression, anxiety, womens specialities, peri/postpartum depression	Several EAPS, out of network benefits, and sliding scales
<b>Emily Prigmore, LSW</b> <a href="https://www.highdesertpsychotherapy.com/">https://www.highdesertpsychotherapy.com/</a>	801 Florida Rd Unit 12 Durango CO 81301	970-764-7870		13+	Teens and young adults, CBT, DBT, EMDR, Attachment issues, families, sexual violence, domestic violence, life transitions	<b>Medicaid</b> , Self-Pay, Optum (United, UMR), Aetna, Anthem BCBS, Cigna

<b>The Grief Center of SW Colorado</b> Judy Austin, LPC-S Julie Madden, MA Jim Kavanaugh, PhD Melinda Jameson, LPC Caleb Speas, LPC Julie Hutson, LPC Mary Frey, LPCC Anne Bartlett, LCSW Precious Holcomb, MSW Maria Santiago, LPCC	<a href="http://www.griefcenterswco.org">www.griefcenterswco.org</a>  <a href="mailto:griefcenterswco@gmail.com">griefcenterswco@gmail.com</a>  In person and telehealth	970-764-7142	Call or email	Various ages	Grief and Loss	Each clinician takes different insurances. Some take <b>Medicaid</b>
<b>High Country Counseling, LLC</b> HighCountryCounseling@gmail.com   Jamie DeNier, LCSW (Durango, kids and adults)   Kim Domingo, LPCC (Pagosa, kids only)   KD Bryant, LPC (Durango, kids and adults)	1065 Main Avenue, Suite 206, Durango, CO 81301	970-779-9072	Text/Email	5 - Adult		Jamie: <b>Medicaid (CO &amp; NM)</b> , UHC, UMR, RMHP, CHP+   Kim: Medicaid, CHP+   KD: <b>Medicaid</b> , BCBS, UHC
<b>Holly Brooks, LSW</b> holly@riversagecounseling.com	Telehealth	970-422-3830		15+	DBT, adolescent issues, life changes, mood and anxiety issues, trauma, EMDR	Self-pay, <b>Medicaid</b> , BCBS, United
<b>Jenny Rogers, MS, ABP</b> jenny@durangoadventuretherapy.com <a href="http://www.durangoadventuretherapy.com">www.durangoadventuretherapy.com</a>	213 Oxford Place, Durango 81303	970-769-2563		11+	Adventure Based Therapy, Therapaddle (SUP), Talki'n and Tubi'n, Art Therapy	I MATTER, <b>Medicaid</b> , United Health, and Rocky Mountain Health

<b>Jessica Reed, LCSW</b> <a href="http://www.mountainmentalhealthclinic.com">www.mountainmentalhealthclinic.com</a>	Creekside Offices 2257 Main Ave Durango	970-426-9221		All ages	Depression, Anxiety, High Functioning Autism Spectrum, ADHD, Defiance and behavior issues, Trauma, Transgender, EFT, Hakomi, Play therapy, EMDR, Neurofeedback, Internal Family Systems	Self-pay, Anthem, Cofinity, Cigna, United, UBH and Meritain.
<b>Julie Hutson, LPC</b> <a href="mailto:julie@therapydurango.com">julie@therapydurango.com</a> <a href="http://www.TherapyDurango.com">www.TherapyDurango.com</a>	2646 County Road 228 Durango	970-880-4676	Email or Phone	All Ages	Grief, Trauma, Wilderness Trauma, Complex Trauma, Life transitions, Self-esteem, Neurobiological approach, EMDR, EMDR Intensives, Mindfulness, IFS, Attachment theory.	Self-pay or several local EAP's. Discounts for Veterans and Emergency personnel.
<b>Julie Kostuch, MA, LPC</b>	128 W 14 <sup>th</sup> St, Suite 201B Durango	970-799-0807	Phone	3+	Children, Adolescents and Young Adults; Play therapy, Anxiety, EMDR, EFT, Mindfulness, Polyvagal, Art Therapy	CHP+, <b>Medicaid</b> , RMHP, BCBS/Anthem, most private insurance through Sondermind, Self-pay (iMatter offers 6 free sessions for youth up to age 17)
<b>"Juniper" Cheryl Picolet, MA, ATR-BC, LPC</b> (she, her, hers) Riversage Counseling	100 Jenkins Ranch Rd. Suite E1, Durango, CO 81301	(970) 422-0780		8+	Art therapy, experiential therapy, sand tray, CBT, DBT, grief and loss, depression, anxiety, personal growth, play therapy, trauma recovery, EMDR	<b>Medicaid</b> , Aetna, Cigna, BCBS, United
<b>Kristin Spiegel, LCSW, RPT-S</b> <b>Synergetic Play Therapy Consultant</b> Licensed School Psychologist	1022 1/2 Main Avenue, Durango Durango, CO 81303	970-749-6139	Phone or Email	Up to 8yo	Synergetic Play Therapy and Neurosequential Model of Therapeutics using an integrative approach to play therapy Interventions provided through Play Therapy Immersion offerings beginning in May 2025	<b>Medicaid</b> , CHP+ iMatter, self pay

<b>Lara Ristow LCSW</b> <a href="mailto:lara@lararistowlcsw.net">lara@lararistowlcsw.net</a>	2855 Main Ave., A-104 Durango, CO 81301  Telehealth avail	970-946-2669	Phone	5-18 and Young Adult	Certified Synergetic Play Therapist, trained in EMDR, EMDR sand tray specialist through the AGATE institute. Anxiety, depression, trauma including PTSD, grief/loss, divorce and family stress, transitions, school challenges/stress, friendship issues, self esteem, parent coaching and family therapy.	Aetna, Anthem BC/BS, other BC/BS plans, Cigna, Friday, Colorado <b>Medicaid</b> , Optum, Triwest, Unitedhealthcare, CHP+, and self pay. I am also a provider for imatter Colorado which provides 6 free therapy sessions to Colorado youth.
<b>La Plata Family Therapy</b> <a href="http://www.laplatafamily.com">www.laplatafamily.com</a> <a href="mailto:admin@laplatafamily.com">admin@laplatafamily.com</a>  Hillary Wolfe (adults) Jen Burley, LSW (all ages) Sonya Brophy, LCSW (adults) Christopher Dooley (graduate intern) (16+) Zofia Lemise, LPCC (14+) Willow Ruth, LPCC (adults) Sarah Tesher LPCC (all ages kids) Peyton Burnside (graduate intern) (15+) Dr. April Phillips, board certified PNP and FNP, kids and adults	135 Burnett Dr, Unit 4 Durango	970-769-0131		Various	Anxiety, Depression, Addiction, Life transitions, EMDR, PTSD,CBT, DBT, Trauma, Abuse, Divorce,Coparenting, Grief, Sexual abuse, Couples Counseling, Personal growth, Play Therapy, Parent Coaching, Filial Therapy, Relationships,ADHD, Eating Disorders, SBBT	<b>Medicaid, Medicare</b> , Tricare, United, Cigna, Aetna, Anthem, BlueCross Blue Shield, Rocky Mountain Health Plans, Elevate Health Plans, Presbyterian We can see clients across Colorado and New Mexico.
<b>LifeWays Institute</b> <b>Luke Flynn</b> <a href="https://lifewayscommunity.com/">https://lifewayscommunity.com/</a> <a href="mailto:Lukeflynn@lifewayscommunity.com">Lukeflynn@lifewayscommunity.com</a>	In person or virtual 1022 1/2 Main Ave Durango, CO 81301	207-569-8661	Email, call	12+	1:1 therapy sessions and/or outdoor wilderness programs: depression, anxiety, failure to launch, emotional dysregulation, trauma, disruptive family dynamics, grief and loss, and BPD	Self Pay Medicaid will begin October 2025

<b>Lisa Turcott-Gutt MA LPC, RPT</b> <a href="https://www.therapyportal.com/p/lisagutt/">https://www.therapyportal.com/p/lisagutt/</a>	48 CR 250 suite 8 Durango 81301	970-426-8300	Email or text lisagutt.lpc@gmail.com	0-18	Play Therapy, EMDR, Integrative Attachment Family Therapy (IAFT), Somatic/ Mindfulness, CBT to support issues with anxiety, adhd, neuro-diversity, depression, divorce, dysregulated behaviors, trauma, grief/loss, identity/self esteem, transition & adjustment & lgbtqia+ advocacy.	<b>Medicaid</b> , CHP+, United Healthcare private, Aetna (Meritain), BCBS, Second Wind Fund, iMatter, cash pay.
<b>Mancos Valley Center for Trauma and Attachment</b> <a href="http://www.mv-cta.com">www.mv-cta.com</a> Cole Awdish, LPC cole@mv-cta.com Kelsey Kolz, LPCC Sarah Coburn, MSW, LSW Sean Cannon- Counselor Intern Elizabeth Black, Unlicensed Social Work Intern - elizabeth@mv-cta.com	1911 Main Ave Suite 110 Durango, CO 81301  104 S Main St Mancos, CO 81328	970-403-5488	<a href="https://www.therapyportal.com/p/mvcta/">https://www.therapyportal.com/p/mvcta/</a>  Schedule free consult through website or phone	8+	EMDR including EMDR intensives, DBT, Mindfulness-based CBT, Yoga - Based, Complex trauma (childhood abuse, relational trauma, etc.), Dissociation, Addiction, Ego state Parts Work, LGBT, veterans, womans issues	<b>CO and NM Medicaid</b> , CHP+, Medicare, Anthem, Aetna, Cigna/Evernorth, UHC, UMR, RMHP, CHP+, Sliding-fee, Triwest (VA), Carlon Behavioral , Optum
<b>Mary Katherine, Ph.D, LAC, MAC Katherine Therapy Associates</b>	1911 Main Ave. Room 206 Durango, Co.	970-769-6907		12+	Motivational therapy, DBT, CBT, Trauma, Anxiety, Depression, PTSD, Addiction (substance use, gambling, etc.), Accudetox (acupuncture for mental health)	RMHP Medicare, <b>Medicaid</b> , CHP+, Triad EAP, Self-pay, Sliding scale, Other insurances possible as well.
<b>Melinda Jameson, LPC</b> mjameson919@gmail.com	128 W. 14 <sup>th</sup> St. #205 Durango, CO	970-247-1444	Phone	4+	Grief and loss, mother's with grief	<b>Medicaid</b> , BCBS/Anthem, RMHP, CHP+, United/UMR

<b>Momentum Counseling and Consulting, LLC</b> <a href="http://www.momentumcac.com">www.momentumcac.com</a> Katherine McLain, M.A., LPCC	2855 Main Ave Unit 105 Durango, CO 81301	970-316-2617		Pre teen, Teen and Adult	Anxiety and Depression, Difficult Life Transitions, Grief and Loss, Attachment and Hereditary Trauma, Relationships, Somatic Therapy, CBT, DBT, ACT, EFIT, and mindfulness-based approaches	<b>Medicaid</b> , Accepting most insurances
<b>Nicholas Loeb, LSW</b> <a href="mailto:playtherapy@nicholasloeb.org">playtherapy@nicholasloeb.org</a>		301-602-8745	Phone or Email	5-10	Child Centered Play Therapy, Synergetic Play Therapy, Trauma, Anxiety, Depression, Low Esteem, Family Challenges, School Issues	Sliding Scale <b>Medicaid</b>
<b>Nicola Dehlinger, ND</b> Pura Vida Natural Healthcare <a href="http://puravidahealthcare.com">puravidahealthcare.com</a>		970.426.1684 (o) - 970.759.1293 (c)			Internal Family Systems	Self pay
<b>Paragon Behavioral Health Connections</b> <a href="https://www.paragonbhc.org/">https://www.paragonbhc.org/</a> Haley Chatwin, MSW, SWC Mashi Salomon, Care Manager	In family home <b>Telehealth</b>	303-243-0270	Online Referral	All ages	Home-based youth and family support, Substance use, Trauma, Case management for access to resources	<b>Medicaid</b> , RMHP, CHP+, Self-pay
<b>Phoenix Rising, MSW, LCSW (Ze/Zir/Zirs or She/Her/Hers)</b> <a href="http://www.therapy-for-rebels.com">www.therapy-for-rebels.com</a> <a href="mailto:phoenix@therapy-for-rebels.com">phoenix@therapy-for-rebels.com</a>	48 CR 250, Suite 8 or telehealth	720-312-3278	Email	10+	Late-diagnosed ADHD and/or Autistic, Gifted/Talented, Highly Sensitive People, LGBTQ+, BIPOC, Neurodivergent-identifying, Somatic therapy, Nervous system regulation, coping skill building, Lifestyle changes (ex: diet, exercise and sleep), Musician, Artists, Suicidal ideation,	Self-pay, IMatter (6 free sessions), Second Wind Fund (12-20 free sessions)

					Individuals self-harming, Trauma Informed Yoga	
<b>Randle Brooks, M.A., LPCC, NCC</b> randlebrookscounseling@gmail.com	2855 Main Avenue Unit A105	970-648-4128	Call, Text, Email	12+	teens and college students- depression, anxiety, body image, self esteem	<b>Medicaid</b> , Aetna, Cigna, Meritain, RMHP, iMatter Co, private pay rate \$120, sliding scale offered as well.
<b>Rainbow Youth Center</b>	Durango	970-844-4337	Phone	4-22	2SLGBTQIA+ Weekly social-emotional groups Individual therapy Parent support	Therapy available at no cost for individuals identifying or questioning LGBT+
<b>Stephanie Smith, LCSW, LAC</b> A Wild Hope Counseling <a href="http://www.awildhope.com">www.awildhope.com</a> stephanie@awildhope.com	1911 Main Avenue Suite 248 Durango, Telehealth	970-426-5354	Phone or Email or Text	11+	Anxiety, Depression, Loss and grief, Low self-esteem, Phase of life issues, Family and relationship challenges, and Substance use	Self-pay, Sliding Scale, insurance through Sondermind
<b>Skye Dowell, LPCC, ATR-P</b> skye@riversagecounseling.com	100 Jenkins Ranch Road	970-422-3830		6+	Depression, anxiety, identity issues, trauma, EMDR, Art Therapy, child and family issues	Self-pay, <b>Medicaid</b> , BCBS, United, Aetna
<b>The Therapy Collective at Studio B</b> <a href="https://studiob.life/">https://studiob.life/</a> bu@studiob.life	1970 East 3rd Ave. Ste. #101 Durango 81301	970-422-1761	Phone/email	All ages	Individuals, Groups, Integrated Health	BCBS, tricare for life, Aetna, Self Pay, Sliding Scale, UHC, Cigna, Medicare, <b>Medicaid</b> , RMHP, Pinnacol, Coventry,



						workers comp, Second Wind Fund
<b>Ali Snowden, LPCC Intern</b> Studio B <a href="https://studiob.life/">https://studiob.life/</a> bu@studiob.life	1970 East 3rd Ave. Ste. #101 Durango 81301	970-422-1761	Phone/email	All ages	Young adults, Family, Relationships, Trauma, Anxiety, life transitions, Depression, PTSD, Mind/bodyhealth, Mood Disorders, Adjustment Issues, ADHD, Play therapy.	BCBS, tricare for life, Aetna, Self Pay, Sliding Scale, UHC, Cigna, Medicare, <b>Medicaid</b> , RMHP, Pinnacol, Coventry, workers comp, Second Wind Fund
<b>Jesse Jones, LPCC Intern</b> Studio B <a href="https://studiob.life/">https://studiob.life/</a> bu@studiob.life	1970 East 3rd Ave. Ste. #101 Durango 81301	970-422-1761	Phone/email	8+	Young adults, Geriatrics, Family, Relationships, Trauma, Anxiety, life transitions, Depression, PTSD, Mind/bodyhealth, Couples , Mood Disorders, Adjustment Issues, ADHD, Big feelings., Spiritual, non monogamy relationships.	BCBS, tricare for life, Aetna, Self Pay, Sliding Scale, UHC, Cigna, Medicare, <b>Medicaid</b> , RMHP, Pinnacol, Coventry, workers comp, Second Wind Fund
<b>Alana Connelly, LPCC Intern</b> Studio B <a href="https://studiob.life/">https://studiob.life/</a> bu@studiob.life	1970 East 3rd Ave. Ste. #101 Durango 81301	970-422-1761	Phone/ema il	16+	Young adults, Geriatrics, Family, Relationships, Trauma, Anxiety, life transitions, Depression, Cognitive behavioral Therapy, PTSD, Mind/bodyhealth, Couples , Mood Disorders, Adjustment Issues, Conduct Disorders.	BCBS, tricare for life, Aetna, Self Pay, Sliding Scale, UHC, Cigna, Medicare, <b>Medicaid</b> , RMHP, Pinnacol, Coventry, workers comp, Second Wind Fund
<b>Becky Beaver, LPCC</b> <b>Studio B</b> <a href="https://studiob.life/">https://studiob.life/</a> bu@studiob.life	1970 East 3rd Ave. Ste. #101 Durango 81301	970-422-1761	Phone/ema il	14+	Young adults, Geriatrics, Family, Relationships, Trauma, Anxiety, life transitions, Depression, Cognitive behavioral Therapy, PTSD, Mind/bodyhealth, Couples , Mood	BCBS, tricare for life, Aetna, Self Pay, Sliding Scale, UHC, Cigna, Medicare, <b>Medicaid</b> , RMHP, Pinnacol, Coventry,

					Disorders, Adjustment Issues, Conduct Disorders.	workers comp, Second Wind Fund
<b>Megan Oberholtzer, PhD Clinical Psychology Candidate Studio B</b> <a href="https://studiob.life/">https://studiob.life/</a> <a href="mailto:bu@studiob.life">bu@studiob.life</a>	1970 East 3rd Ave. Ste. #101 Durango 81301	970-422-1761	Phone/email	18+	Cognitive behavioral Therapy, anxiety, depression, PTSD, ADHD, Mind/body health, Trauma, Mood Disorders, Life Transition, Adjustment Issues, Conduct Disorders, EMDR.	BCBS, tricare for life, Aetna, Self Pay, Sliding Scale, UHC, Cigna, Medicare, <b>Medicaid</b> , RMHP, Pinnacol, Coventry, workers comp, Second Wind Fund
<b>Miranda Day, LPC</b> Studio B <a href="https://studiob.life/">https://studiob.life/</a> <a href="mailto:bu@studiob.life">bu@studiob.life</a>	1970 East 3rd Ave. Ste. #101 Durango 81301	970-422-1761	Phone/email	18+	Chronic illness, trauma, Women's issues, anxiety/depression, relationships, life transitions, grief and loss, personal growth, and spirituality and existential concerns, and clinical consultation.	BCBS, tricare for life, Aetna, Self Pay, Sliding Scale, UHC, Cigna, Medicare, <b>Medicaid</b> , RMHP, Pinnacol, Coventry, workers comp, Second Wind Fund
<b>Shari Fitzgerald, LPCC Studio B</b> <a href="https://studiob.life/">https://studiob.life/</a> <a href="mailto:bu@studiob.life">bu@studiob.life</a>	1970 East 3rd Ave. Ste. #101 Durango 81301	970-422-1761	Phone/email	18+	Trauma, Sexual Assault, Grief, Relationships, EMDR	BCBS, tricare for life, Aetna, Self Pay, Sliding Scale, UHC, Cigna, Medicare, <b>Medicaid</b> , RMHP, Pinnacol, Coventry, workers comp, Second Wind Fund

<b>Stacy Reuille-Dupont, PhD, LAC</b> <b>Studio B</b> <a href="https://studiob.life/">https://studiob.life/</a> <a href="mailto:bu@studiob.life">bu@studiob.life</a>	1970 East 3rd Ave. Ste. #101 Durango 81301	970-422-1761	Phone/email	18+	PTSD & Trauma, Somatic Psychology, ADHD, Addiction, Disordered Eating Behavior, Dealing with Autoimmune Disorders, Depression/Anxiety, Hakomi/EMDR, Life balance, Weight Loss/Gain, Leadership Development, Personal Growth, Nutrition and Movement for Mental Health. Certified personal trainer and nutrition coach.	BCBS, tricare for life, Aetna, Self Pay, Sliding Scale, UHC, Cigna, Medicare, <b>Medicaid</b> , RMHP, Pinnacol, Coventry, workers comp, Second Wind Fund
<b>Brooke Lederer, LCSW</b> Studio B <a href="https://studiob.life/">https://studiob.life/</a> <a href="mailto:bu@studiob.life">bu@studiob.life</a>	1970 East 3rd Ave. Ste. #101 Durango 81301	970-422-1761	Phone/email	18+	<i>Depression, Anxiety, Trauma, Mindfulness, Somatic, Spirituality, Grief, Relationships, EMDR, CBT, Wilderness therapy, Youth, Young Adults, Adults</i>	BCBS, tricare for life, Aetna, Self Pay, Sliding Scale, UHC, Cigna, Medicare, <b>Medicaid</b> , RMHP, Pinnacol, Coventry, workers comp, Second Wind Fund
<b>Tanya Furry, MA LPC, NBCC</b> My Joyful Expressions <a href="http://durangochildtherapy.com">durangochildtherapy.com</a>	329 S. Camino Del Río, Ste.Y Durango, CO 81303			Birth to young adults (19)	Play Therapy, Certified L2 Theraplay Therapist, Sand Tray, Filial Therapy, Certified Parenting Coach Challenging Behavior, Parent Coaching, Anxiety, Trauma, TF-CBT, ADHD, Grief, Domestic Violence, Attachment Issues, Family Dynamics, Divorce	medicaid, BC/BS, CHP Plus, EAP's, and Cigna, sliding scale

<b>Tara Jackson MA, LPC-S, RPT-S</b> <a href="http://tarajacksoncounseling.com">tarajacksoncounseling.com</a> (Supervising 2 interns)	<b>Durango, CO 81301</b>	<b>970-799-0765</b>	Phone, email, website	<b>All ages</b>	Specializing in Synergetic Play Therapy and Parent Coaching, wellness coaching for adults of all ages	<b>Medicaid/CHP</b> (local and denver), cigna, aetna, meritain, RMHP
<b>Ustawi</b> <b>Emily Buikema, LPCC 12+ (Pagosa)</b> <a href="mailto:EmilyBU@ustawi.info">EmilyBU@ustawi.info</a> <b>Shayla Walker, LPC</b> <b>Emily Cambell, LCSW</b> <b>Dr. Sarah Alsgaard, PNP 12+</b>  <b>Amanda Martin, Wellness Coach</b>	1800 East Third Ave Ste 110 Durango  In person and Telehealth available	<b>970.903.7979</b>  Emily: 970-585-6463	Phone		EMDR, animal assisted therapy, anxiety, depression, PTSD	Self Pay  Emily: sliding scale

## **Bayfield & Ignacio Therapists**

Name	Address	Phone	Preferred Contact	Ages	Interventions/Specialties	Payment Methods
<b>Jessaca Cassady LCSW, LAC</b> <a href="http://www.claritycounseling.solutions">www.claritycounseling.solutions</a> <a href="mailto:jessaca.cassady@gmail.com">jessaca.cassady@gmail.com</a>	<b>Bayfield</b> 1328 CO Rd 501 <b>Ignacio</b> 405 Browning Ave.	<b>970-903-3354</b>	Phone or Email	<b>6+</b>	Family/Marriage, Addictions, Anxiety/Depression, CBT, DBT, Mindfulness, Trauma, EMDR, Christian Counseling	<b>Medicaid</b> , Medicare, CHP+, Most Insurances, EAP's, Self Pay-Sliding Scale
<b>Aldergrove Counseling</b>  <b>Nicole Fuller MA, CAS, DVAP, BHE, DUI Provider</b> <a href="mailto:nicolevan123@msn.com">nicolevan123@msn.com</a> <a href="http://aldergrovegroup.com/our-team">aldergrovegroup.com/our-team</a> <a href="http://psychologytoday.com">psychologytoday.com</a>	231 South Clover Drive Ste; 5 Bayfield CO 81122	<b>970-769-2435</b>	Phone or Email	<b>15+</b>	Domestic Violence Treatment Provider See website for expertise <a href="https://www.aldergrovegroup.com/our-team/therapists/nicole-fuller/">https://www.aldergrovegroup.com/our-team/therapists/nicole-fuller/</a>	Self-pay, Sliding scale

<b>Lisa Isenberg DNP, PNP, PMHNP</b> silverfoxmentalhealth@gmail.com		970-403-4425	Phone or email		Medication management	Aetna, Cigna and Evernorth, Optum, United
<b>Southern Ute Health Center - Behavioral Health Division</b> – Variety of therapists available for all age groups Website: <a href="https://www.southernute-nsn.gov/tribal-health/behavioral-health">southernute-nsn.gov</a> <a href="https://www.southernute-nsn.gov/tribal-health/behavioral-health">https://www.southernute-nsn.gov/tribal-health/behavioral-health</a>	<b>Physical Address:</b> 4101 County Road 222, Durango, CO 81303  <b>Mailing:</b> PO Box 737, #97 – Ignacio, CO 81137	970-563-5700	Phone	All ages	Intervention / Specialties: Serving Native Americans from any Federally Recognized Tribe; Substance Use Services; Mental Health therapy and Psychiatry services; In-person and Telehealth; Individual, couples and groups; Trauma; MAT / MOUD	Most insurance accepted, <b>Medicaid</b> , Medicare. If no third party insurance, services are free for all Native Americans who enroll as patients of the Southern Ute Health Center.

## **Pagosa Springs Therapists**

Name	Address	Phone	Preferred Contact	Ages	Interventions/ Specialties	Payment Methods
<b>Emily Buikema Utsawi</b>	EmilyBU@ustawi.info	970-585-6463	Phone or email	12+	Focus in IFS (Internal Family Systems) & Attachment Theory, CBT, DBT	<b>Self Pay</b>
<b>Authentic Solutions Consulting</b> Multiple providers	2800 Cornerstone Dr Pagosa Springs, CO	970-398-0964		5+	Individual, family and group counseling	Most insurance accepted

<b>High Country Counseling, LLC</b> HighCountryCounseling@gmail.com  <b>Bridget Foster, LCSW, LAC</b> (Durango, Pagosa) <b>Kim Domingo, LPCC</b> (Pagosa, kids only)	1065 Main Avenue, Suite 206, Durango, CO 81301	970-779-9072	Text/Email	5 - Adult	TriWest, <b>Medicaid</b> , CHP+, Rocky Mountain Health Plans, United Healthcare, Anthem, Humana, Medicare
--	--	--------------	------------	-----------	---

### **Cortez, Mancos, & Norwood Therapists**

<b>Name</b>	<b>Address</b>	<b>Phone</b>	<b>Preferred Contact</b>	<b>Ages</b>	<b>Interventions/Specialties</b>	<b>Payment Methods</b>
<b>AXIS Health System</b>	Cortez, CO (two days a week)	970-565-7946	Phone	All ages	Individual, Family, and Group therapy; Case Management	<b>Medicaid</b> , Most other insurance (call to ask)
<b>Mancos Valley Center for Trauma and Attachment</b> Cole Awdish, LPC Kelsey Kolz, LPCC Sarah Coburn, MSW, LSW Julie Hartline, LPCC (Intern) Sean Cannon (Intern) Elizabeth Black (Intern) cole@mv-cta.com www.mv-cta.com	1911 Main Ave STE 110 Durango, CO 81301  104 S Main St Mancos, CO 81328	970-403-5488	<a href="https://www.therapyportal.com/p/mvcta/">https://www.therapyportal.com/p/mvcta/</a>  Schedule free consult through website or phone	8+	EMDR including EMDR intensives, DBT, Mindfulness-based CBT, Yoga - Based, Complex trauma (childhood abuse, relational trauma, etc.), Dissociation, Addiction, Ego state Parts Work, Expressive Arts Therapy, Family Therapy, and Couples Therapy	<b>Medicaid</b> , Medicare, Anthem, Aetna, Cigna, Elevate, UHC, UMR, RMHP, CHP+, Sliding-fee, Triwest (VA)

### **\*\*Qualification Acronyms\*\***

Fully licensed providers who have completed all supervised clinical hours: LPC (Licensed Professional Counselor), LCSW (Licensed Clinical Social Worker), LMFT (Licensed Marriage and Family Therapist), PhD (Licensed psychologist)

Providers who are required to practice under clinical supervision and hold a provisional license: LSW (Licensed Social Worker), SWC (Clinical Social Work Candidate), LPCC (Licensed Professional Counselor Candidate)

Additional acronyms: RPT (Registered Play Therapist), MSW (Master of Social Work), LAC (Licensed Addiction Counselor)