

**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>Axis Health System</b> Community Mental Health Services <b>CRISIS LINE: 970-247-5245</b> <i>Spanish speaking provider available</i>  <b>Respite Crisis Care services at the Axis Regional Crisis Center in Durango</b>	281 Sawyer Dr Durango, CO	970-259-2162	Phone	All ages          12+	Individual and Group therapy, Case Management, Vocational Rehabilitation       24-hour supervision in a safe, neutral facility, Flexible in-home support to maintain daily routines, Short-term care focused on stabilization and recovery, Voluntary participation and collaborative care planning	<b>Medicaid</b> , Sliding scale, most insurance
<b>Brookelyn Pitsch DU Social Work</b> Intern (currently taking new clients) Heal   Trauma & Family Therapy  <a href="http://healfamilytherapy.com">healfamilytherapy.com</a> hollandbozich@gmail.com	1309 E 3rd Ave Suite 8	(970)759-0363		5-17	DBT, Expressive Arts Interventions	Sliding Scale \$35/hr

<b>Colin Ferring, MS LPCC</b> Licensed Professional Counselor Candidate <a href="http://ColinFerring.com">ColinFerring.com</a> Colin@ColinFerring.com	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> blaucounselingconsulting@gmail.com		970-769-1040	Phone or email	13-25	Anxiety, Depression, Autism, School Related Issues, Trauma.	Self pay
<b>Dr. Doug Miller, PsyD</b> Licensed Psychologist & Leadership Coach Summit Psychology  Drdougasmiller@gmail.com www.drdougasmiller.com	1099 Main Avenue, Suite #319, Durango, CO 81301	(970) 382-2680	Phone or Email	Testing ages 6 years and older / Neurofeedb ack ages 6 years and older / Counseling ages 18 years and older	Neuropsychological testing, Cognitive testing, Psychoeducational testing, Psychological evaluations, Neurofeedback training, ACT, CBT, Anxiety, Depression, Phase of life difficulties, Autism, Grief & Loss, ADHD, Parenting, Leadership, Personal and Professional Growth	Self Pay
<b>Durango Family Therapy</b>  <a href="mailto:renee@durangofamilytherapy.com">renee@durangofamilytherapy.com</a>  Various clinicians	2243 Main Ave, Suite 20 & telehealth	970-422-7334	Phone or email	Various	Teens, couples, family, adults, EMDR, trauma focused, depression, anxiety, womens specialities, peri/postpartum depression	Aetna, Anthem HMO & PPO, Cigna, Horizon BCBS, Optum & Optum, Select, United

<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>  Many different clinicians serving various ages	<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>Hallie Graves</b> 2nd year DU MSW student Supervised by: <b>Amie Bryant (she/her)</b> LCSW, CAS Approved Clinical Supervisor & EMDR Approved Consultant <a href="http://fourcornerscounseling.com">fourcornerscounseling.com</a> amie@fourcornerscounseling.com		(970)-303-9575	Phone, email to Amie	15-21	support for life transitions, emotional difficulties, relationship challenges, stress/burnout, and confidence/empowerment	\$70/50 min session
<b>High Country Counseling, LLC</b> HighCountryCounseling@gmail.com	1065 Main Avenue, Suite 206, Durango, CO 81301	970-779-9072	Text/Email	5 - Adult		<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>Jacqueline Juliana, MA, MAT, LPC</b> jjlpcounselor.com	In person and virtual	(970) 946-3709		5-10 yo, parents of those children and midlife and up	Parenting, ADHD, anxiety, depression, and support major life transitions	Self pay, Medicaid
<b>Jennifer Diethrich, LPC</b> Misty Mountain Therapy <a href="mailto:mistymountaintherapy@gmail.com">mistymountaintherapy@gmail.com</a> & Rio my therapy dog		970-946-7002	Phone, text or Email	10+	EMDR, CBT, Animal and <b>Equine Assisted Psychotherapy</b> , trauma, PTSD, relationships, school issues, anxiety, depression, life transitions	Self-Pay, <b>Medicaid</b> , CHP+
<b>Jessica Iudiciani</b> Whole Child Educational Evaluations LLC School Psychologist, M.S. School Psychology, 6th Year Certificate, NCSP				0-21	Psycho-educational evaluations as well as autism evaluation team. I'm licensed to evaluate ages birth to 21 years old.	Self pay and sliding scale
<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>Joel Berdie (he/él), LCSW Sol Salud</b> email: joel@solsalud.org	In-home,  Community-based,  Telehealth,  2243 Main Ave, #19	970-444-5117 (call/text)	phone/email	16+	Post Traumatic Growth Somatic Therapy certified; Immigration, Cross-cultural issues, Substance Use/Addiction, Domestic violence, Homelessness, PTSD/Trauma processing including sexual abuse, human trafficking, childhood abuse;	<b>Medicaid (RMHP, CCHA, CO Access), Medicare</b> , United Healthcare Carelon, BCBS, Kaiser, Victims Compensation (6th Judicial District),

	Durango, CO 81301				Somatic Experiencing, Counseling to undocumented/uninsured individuals; Anxiety; Bipolar; Depression	Self Pay, Sliding Scale
<b>Julie Hutson, LPC</b> <a href="mailto:julie@therapydurango.com">julie@therapydurango.com</a> <a href="http://www.TherapyDurango.com">www.TherapyDurango.com</a>	2646 County Road 228 Durango	970-880-4676	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>Kiira Moore, LPC, IMH-E</b> kiiramoorespc@gmail.com		970-414-0803		0-60	Perinatal issues, postpartum, attachment, trauma, LGBTQ+, EMDR, parent/child work, depression/anxiety, self-esteem	Self pay, Second Wind Fund, I Matter
<b>Lara Ristow LCSW</b> lara@lararistowlcsw.net	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>  Various Therapists and Psychiatric Nurse Practitioner	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, somatic, transpersonal, buddhist inspired therapy, IFS inspired, LGBTQ and gender transitioning	<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 <b>Medicaid</b>
<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, CHP+,</b> 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>  Various clinicians	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, CHP+ Medicare, Anthem, Aetna, Cigna/Evernorth, UHC, UMR, RMHP, CHP+, Sliding-fee, Triwest (VA), Carlon Behavioral , Optum</b>

<b>Mary Katherine, Ph.D, LAC, MAC</b> <b>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>Mindful Therapy Group</b> <a href="https://mindfultherapygroup.com/">https://mindfultherapygroup.com/</a>	Virtual Options		website	Various ages per provider	Various providers with various specialties	<b>Medicaid</b> , most major insurances
<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>Randle Brooks, MA, LPC</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, Meritain, RMHP, iMatter Co, private pay rate \$120, sliding scale offered as well.
<b>Randy Stueve, LPC</b> randy@riversagecounseling.com	100 Jenkins Ranch Road	970-403-5573	Phone or email	14+	ACT, Hypnotherapy, Neurofeedback, EMDR, Mental Performance Improvement, Life Coaching, Mental Performance Coaching Anxiety, Depression, Stress Management, Anger, Trauma, Life Transitions, Addiction, Bipolar, OCD, Grief/Loss	Self-pay, Sliding scale, EAPs

<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>Sean Hein, LCSW</b> Peak to Peak Counseling Services	2243 Main Ave #4B	970-946-8074	Phone or text	13-19+	Specialize in early borderline/ODD traits, trauma, as well as anxiety and depression	<b>Medicaid, CHP+</b> , United, Self-pay
<b>Shayla Walker, LCSW</b> Ustawi	1800 East Third Ave Ste 110 Durango	970.903.7979	Phone	13-25	EMDR, anxiety, depression, PTSD	Most insurances, Self Pay
<b>Stephanie Pace, LCSW</b> <a href="http://www.Pace-Wellness.com">www.Pace-Wellness.com</a> <b>Stephanie@Pace-Wellness.com</b>	48 CR 250, Ste 8 Durango	970-888-7134		13+	Depression, Anxiety, self mastery, Life transitions, Mindfulness and energetic practitioner, using strengths-based, body-centered somatic practices, EFT, Biofeedback, and spiritual psychology	<b>Aetna, Anthem BCBS, Cigna, Optum/United, TriWest, United +</b>
<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/bu@studiob.life">https://studiob.life/bu@studiob.life</a>  10 different clinicians providing various modalities and ages.	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>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

## **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.	970-903-3354	Phone or Email	6+	Family/Marriage, Addictions, Anxiety/Depression, CBT, DBT, Mindfulness, Trauma, EMDR, Christian Counseling	<b>Medicaid</b> , Medicare, CHP+, Most Insurances, EAP's, Self Pay-Sliding Scale
<b>Aldergrove Counseling</b>  <b>Nicole Fuller MA, CAS, DVAP, BHE, DUI Provider</b> <a href="mailto:nicolevan123@msn.com">nicolevan123@msn.com</a>	231 South Clover Drive Ste; 5 Bayfield CO 81122	970-769-2435	Phone or Email	15+	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

<a href="http://aldergrovegroup.com/our-team">aldergrovegroup.com/our-team</a> <a href="http://psychologytoday.com">psychologytoday.com</a>						
<b>Southern Ute Health Center - Behavioral Health Division</b> – Variety of therapists available for all age groups Website: <a href="http://southernute-nsn.gov">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**

<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>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> <a href="mailto:HighCountryCounseling@gmail.com">HighCountryCounseling@gmail.com</a>  <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)

## **Virtual Speciality Providers**

<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>NOCD</b> <a href="https://www.treatmyocd.com/">https://www.treatmyocd.com/</a> <a href="mailto:care@nocdhelp.com">care@nocdhelp.com</a>	Virtual			5+	OCD treatment for children and adults	<b>Take most major insurances, please check website</b>

**\*\*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)