

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 |
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| Axis Health System Community Mental Health Services CRISIS LINE: 970-247-5245 <i>Spanish speaking provider available</i> Respite Crisis Care services at the Axis Regional Crisis Center in Durango | 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 | Medicaid , Sliding scale, most insurance |
| Brookelyn Pitsch DU Social Work Intern (currently taking new clients) Heal Trauma & Family Therapy healfamilytherapy.com hollandbozich@gmail.com | 1309 E 3rd Ave Suite 8 | (970)759-0363 | | 5-17 | DBT, Expressive Arts Interventions | Sliding Scale \$35/hr |

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| <p>Colin Ferring, MS LPCC Licensed Professional Counselor Candidate ColinFerring.com Colin@ColinFerring.com</p> | 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 Medicaid , United, UMR, Anthem, Cigna, Blue Cross Blue Shield, TRICARE, TRICARE West |
| <p>David Blau, MEd blaucounselingconsulting@gmail.com</p> | | 970-769-1040 | Phone or email | 13-25 | Anxiety, Depression, Autism, School Related Issues, Trauma. | Self pay |
| <p>Dr. Doug Miller, PsyD Licensed Psychologist & Leadership Coach Summit Psychology Drdouglasmiller@gmail.com www.drdougmilller.com</p> | 1099 Main Avenue, Suite #319, Durango, CO 81301 | (970) 382-2680 | Phone or Email | Testing ages 6 years and older / Neurofeedback 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 |
| <p>Durango Family Therapy reneee@durangofamilytherapy.com Various clinicians</p> | 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 |

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| Emily Prigmore, LSW https://www.highdesertpsychotherapy.com/ | 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 | Medicaid , Self-Pay, Optum (United, UMR), Aetna, Anthem BCBS, Cigna |
| The Grief Center of SW Colorado Many different clinicians serving various ages | www.griefcenterswc.org griefcenterswco@gmail.com In person and telehealth | 970-764-7142 | Call or email | Various ages | Grief and Loss | Each clinician takes different insurances. Some take Medicaid |
| Hallie Graves 2nd year DU MSW student Supervised by: Amie Bryant (she/her) LCSW, CAS Approved Clinical Supervisor & EMDR Approved Consultant fourcornerscounseling.com 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 |
| High Country Counseling, LLC HighCountryCounseling@gmail.com | 1065 Main Avenue, Suite 206, Durango, CO 81301 | 970-779-9072 | Text/Email | 5 - Adult | | Medicaid , BCBS, UHC |

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| Holly Brooks, LSW holly@riversagecounseling.com | Telehealth | 970-422-3830 | | 15+ | DBT, adolescent issues, life changes, mood and anxiety issues, trauma, EMDR | Self-pay, Medicaid , BCBS, United |
| Jacqueline Juliana, MA, MAT, LPC 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 |
| Jennifer Diethrich, LPC Misty Mountain Therapy mistymountaintherapy@gmail.com & Rio my therapy dog | | 970-946-7002 | Phone, text or Email | 10+ | EMDR, CBT, Animal and Equine Assisted Psychotherapy , trauma, PTSD, relationships, school issues, anxiety, depression, life transitions | Self-Pay, Medicaid , CHP+ |
| Jessica Iudiciani 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 |
| Jessica Reed, LCSW www.mountainmentalhealthclinic.com | 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. |
| Joel Berdie (he/él), LCSW Sol Salud 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; | Medicaid (RMHP, CCHA, CO Access), Medicare, United Healthcare Carelon, BCBS, Kaiser, Victims Compensation (6th Judicial District), |

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| | Durango, CO 81301 | | | | Somatic Experiencing, Counseling to undocumented/uninsured individuals; Anxiety; Bipolar; Depression | Self Pay, Sliding Scale |
| Julie Hutson, LPC julie@therapydurango.com www.TherapyDurango.com | 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. |
| Julie Kostuch, MA, LPC | 128 W 14 th St, Suite 201B Durango | 970-799-0807 | Phone | 3+ | Children, Adolescents and Young Adults; Play therapy, Anxiety, EMDR, EFT, Mindfulness, Polyvagal, Art Therapy | CHP+, Medicaid , RMHP, BCBS/Anthem, most private insurance through Sondermind, Self-pay (iMatter offers 6 free sessions for youth up to age 17) |
| Kiira Moore, LPC, IMH-E kiiramoorelpc@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 |
| Lara Ristow LCSW 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 Medicaid , Optum, Triwest, Unitedhealthcare, CHP+, and self pay. I am also a provider for imatter Colorado which provides 6 free therapy sessions to Colorado youth. |

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| <p>La Plata Family Therapy www.laplatafamily.com admin@laplatafamily.com</p> <p>Various Therapists and Psychiatric Nurse Practitioner</p> | 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, SGBT, somatic, transpersonal, buddhist inspired therapy, IFS inspired, LGBTQ and gender transitioning | Medicaid, Medicare, 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. |
| <p>LifeWays Institute Luke Flynn https://lifewayscommunity.com/ Lukeflynn@lifewayscommunity.com</p> | 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 |
| <p>Lisa Turcott-Gutt MA LPC, RPT https://www.therapyportal.com/p/lisagutt/</p> | 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. | Medicaid, CHP+, United Healthcare private, Aetna (Meritain), BCBS, Second Wind Fund, iMatter, cash pay. |
| <p>Mancos Valley Center for Trauma and Attachment www.mv-cta.com</p> <p>Various clinicians</p> | 1911 Main Ave Suite 110 Durango, CO 81301 104 S Main St Mancos, CO 81328 | 970-403-5488 | https://www.therapyportal.com/p/mv-cta/ 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 | CO and NM Medicaid, CHP+ Medicare, Anthem, Aetna, Cigna/Evernorth, UHC, UMR, RMHP, CHP+, Sliding-fee, Triwest (VA), Carlon Behavioral , Optum |

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| Mary Katherine, Ph.D, LAC, MAC Katherine Therapy Associates | 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, Medicaid , CHP+, Triad EAP, Self-pay, Sliding scale, Other insurances possible as well. |
| Mindful Therapy Group https://mindfultherapygroup.com/ | Virtual Options | | website | Various ages per provider | Various providers with various specialities | Medicaid , most major insurances |
| Paragon Behavioral Health Connections https://www.paragonbhc.org/ Haley Chatwin, MSW, SWC Mashi Salomon, Care Manager | In family home Telehealth | 303-243-0270 | Online Referral | All ages | Home-based youth and family support, Substance use, Trauma, Case management for access to resources | Medicaid , RMHP, CHP+, Self-pay |
| Randle Brooks, MA, LPC randlebrooks counseling@gmail.com | 2855 Main Avenue Unit A105 | 970-648-4128 | Call, Text, Email | 12+ | teens and college students- depression, anxiety, body image, self esteem | Medicaid , Aetna, Meritain, RMHP, iMatter Co, private pay rate \$120, sliding scale offered as well. |
| Randy Stueve, LPC 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 |

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| Rainbow Youth Center | 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+ |
| Sean Hein, LCSW 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 | Medicaid, CHP+, United, Self-pay |
| Shayla Walker, LCSW Ustawi | 1800 East Third Ave Ste 110 Durango | 970.903.7979 | Phone | 13-25 | EMDR, anxiety, depression, PTSD | Most insurances, Self Pay |
| Stephanie Pace, LCSW www.Pace-Wellness.com Stephanie@Pace-Wellness.com | 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 | Aetna, Anthem BCBS, Cigna, Optum/United, TriWest, United + |
| Stephanie Smith, LCSW, LAC A Wild Hope Counseling www.awildhope.com 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 |
| Skye Dowell, LPCC, ATR-P 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, Medicaid, BCBS, United, Aetna |

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| <p>The Therapy Collective at Studio B https://studiorb.life/ bu@studiorb.life</p> <p>10 different clinicians providing various modalities and ages.</p> | 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, Medicaid , RMHP, Pinnacol, Coventry, workers comp, Second Wind Fund |
| <p>Tanya Furry, MA LPC, NBCC My Joyful Expressions durangochildtherapy.com</p> | 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 |
|---|---|--------------|-------------------|------|--|--|
| <p>Jessaca Cassady LCSW, LAC www.claritycounseling.solutions jessaca.cassady@gmail.com</p> | <p>Bayfield 1328 CO Rd 501 Ignacio 405 Browning Ave.</p> | 970-903-3354 | Phone or Email | 6+ | Family/Marriage, Addictions, Anxiety/ Depression, CBT, DBT, Mindfulness, Trauma, EMDR, Christian Counseling | Medicaid , Medicare, CHP+, Most Insurances, EAP's, Self Pay-Sliding Scale |
| <p>Aldergrove Counseling Nicole Fuller MA, CAS, DVAP, BHE, DUI Provider nicolevan123@msn.com</p> | 231 South Clover Drive Ste; 5 Bayfield CO 81122 | 970-769-2435 | Phone or Email | 15+ | Domestic Violence Treatment Provider See website for expertise https://www.aldergrovegroup.com/our-team/therapists/nicole-fuller/ | Self-pay, Sliding scale |

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| aldergrovegroup.com/our-team psychologytoday.com | | | | | | |
| Southern Ute Health Center - Behavioral Health Division – Variety of therapists available for all age groups Website: southernute-nsn.gov https://www.southernute-nsn.gov/tribal-health/behavioral-health | Physical Address: 4101 County Road 222, Durango, CO 81303 Mailing: 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, Medicaid , 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 |
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| Authentic Solutions Consulting Multiple providers | 2800 Cornerstone Dr Pagosa Springs, CO | 970-398-0964 | | 5+ | Individual, family and group counseling | Most insurance accepted |
| High Country Counseling, LLC HighCountryCounseling@gmail.com Bridget Foster, LCSW, LAC (Durango, Pagosa) Kim Domingo, LPCC (Pagosa, kids only) | 1065 Main Avenue, Suite 206, Durango, CO 81301 | 970-779-9072 | Text/Email | 5 - Adult | | TriWest, Medicaid , CHP+, Rocky Mountain Health Plans, United Healthcare, Anthem, Humana, Medicare |

Cortez, Mancos, & Norwood Therapists

| Name | Address | Phone | Preferred Contact | Ages | Interventions/Specialties | Payment Methods |
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| AXIS Health System | Cortez, CO (two days a week) | 970-565-7946 | Phone | All ages | Individual, Family, and Group therapy; Case Management | Medicaid , Most other insurance (call to ask) |
| Mancos Valley Center for Trauma and Attachment 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 | https://www.therapyporta.com/p/mvcta/ 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 | Medicaid , Medicare, Anthem, Aetna, Cigna, Elevate, UHC, UMR, RMHP, CHP+, Sliding-fee, Triwest (VA) |

Virtual Speciality Providers

| Name | Address | Phone | Preferred Contact | Ages | Interventions/Specialties | Payment Methods |
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| NOCD https://www.treatmyocd.com Lcare@nocdhelp.com | Virtual | | | 5+ | OCD treatment for children and adults | Take most major insurances, please check website |

****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)