

**Therapist Referral List**

Therapy can be a crucial part of your and your child’s healing and recovery. We’ve been making referrals to the following therapists for years. They all specialize in issues of sexual abuse and trauma. By looking at the chart, you may be able to figure out who would best support your child according to the ages they work with and your financial needs. If you have any questions about a therapist or need a recommendation, feel free to call Blue Sky Bridge at 303-444-1388.

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| **Name and Contact Information** | **Areas of Specialty** | **Financial Information** |
| **Tiffany Allen, PsyD, LPC, RPT-S**  2222 14th Street  Boulder, CO 80302  #720-432-1697  [tiffany@mindful-play.com](mailto:tiffany@mindful-play.com) | Specializes in perinatal, infants, preschool and early elementary  EMDR  TF-CBT  Registered Play Therapist | Accepts Victim’s Compensation  Private Insurance  Sliding Scale |
| **Adriana Balentine, MSW, LCSW, CACII**  100 W. Arapahoe Avenue, Suite 12  Boulder, CO 80302  #303-817-9072  [adriana@simcounseling.com](mailto:adriana@simcounseling.com) | Specializes in Childhood trauma, treating adolescents and adults  Domestic Violence  Substance Abuse/Addictions  TF-CBT  EMDR  DBT  ACT  Mindfulness Approaches | Accepts Victim’s Compensation  Sliding Scale |
| **Lavinia Ball-Marian, MA, LPC**  The Labyrinth Institute  2687 North Park Drive, Suite 103  Lafayette, CO 80026    #[720-432-7475](tel:720-432-7475)  [lavinia@labyrinth-institute.com](mailto:lavinia@labyrinth-institute.com" \t "_blank)  [www.labyrinth-institute.com](http://www.labyrinth-institute.com/" \t "_blank) | **English &Romanian Speaking**  Specializes in children 2-12 and families  Sexual Abuse, Physical Abuse  Trauma  Domestic Violence  Parenting Issues & Classes  TF-CBT  EMDR  Child-Parent Interaction Therapy  Attachment focused family therapy/parenting | Accepts Victim’s Compensation    Sliding Scale (Not lower than $45.00)    Private Insurance  BCBS/ spending  Cigna  Colorado Access (Weld, Denver Medicaid) |
| **Christie Baryames, MA, LPC**  500 Coffman Street Suite 115  Longmont, CO 80501  #303-817-4330  [PlayTherapy@comcast.net](mailto:PlayTherapy@comcast.net) | Specializes in children, adolescents and adults  Family & Parent Education  Domestic Violence  Play Therapy – Sand Tray  Childhood Trauma  LGBT/Gender Issues  Sexual Abuse | Accepts Victim’s Compensation  Sliding Scale  (limited) |
| **Daniel Baur, MA, LPC**  545 Collyer Street  Longmont, CO 80501  #303-995-6132  [DanielJBaur@gmail.com](mailto:DanielJBaur@gmail.com) | Specializes in children with sexual abuse trauma  EMDR  TF-CBT | Accepts Victim’s Compensation  Sliding scale  Insurance |
| **Dr. Faith Cohen, Ph.D**  2043 Pearl Street  Boulder, CO 80302  #303-575-1602 | Registered Play Therapist  Specializes in young children  Domestic Violence  EMDR, TF-CBT, Brainspotting | Accepts Victim’s Compensation  Sliding scale |
| **Donna Roe Daniell, LCSW**  5412 Idylwild Trail  Boulder, CO 80301  [www.findbalanceinyourlife.com](file:///C:\Users\prev-education\Dropbox\Client%20Pack\Therapist%20List\www.findbalanceinyourlife.com)  #303-682-5220  [Donna@findbalanceinyourlife.com](mailto:Donna@findbalanceinyourlife.com) | Specializes in adolescents, adults, & families  EMDR, TF-CBT  Certified Internal Family Systems Therapist and Trainer  Group therapy for women | Accepts Victim’s Compensation  Insurance |
| **Ashley Davis, MA, LPC**  777 29th Street, Suite 401  Boulder, CO 80301  #303-919-4149 | Specializes in adolescents, adults & families  Domestic Violence  PTSD  Childhood abuse, trauma  EMDR | Accepts Victim’s Compensation |
| **Alida Fischer, LCSW, CACIII**  1200 Diamond Circle, Unit G.  Lafayette, CO 80026    #[720-890-3809](tel:720-890-3809)  [alidafischertherapy@gmail.com](mailto:alidafischertherapy@gmail.com" \t "_blank) | Specializes in pre-teens, adolescents, young adults and families    Childhood trauma (abuse, sexual abuse)  Youth with sexual behavior issues (SOMB Treatment Provider)  EMDR, TF-CBT | Sliding scale |
| **Jillian Frazin, LCSW**  5412 Idylwild Trail  Boulder, CO 80301  3954 Youngfield Street  Wheatridge, CO 80033  #303-709-7101 | Specializes in children, adolescents, adults & families  EMDR, Body-Centered Therapy | Accepts Victim’s Compensation |
| **Susan Giragosian, LPC**  8461 Turnpike Drive, #207  Westminster, CO 80031  #303-430-4303  Susangiragosian.com | Specializes in children, adolescents, adults & families  Domestic Violence  EMDR, TF-CBT  Play Therapy | Accepts Victim’s Compensation |
| **Josh Goldman, LCSW**  4410 Arapahoe Ave., Suite 140  Boulder, CO 80303  #303-917-4234  [joshgoldmantherapy@gmail.com](mailto:joshgoldmantherapy@gmail.com) | Specializes in children & families  Domestic Violence  EMDR, TF-CBT | Accepts Victim’s Compensation  Sliding scale  Insurance |
| **Alexandria Hayes, MA, LPC, NCC**  The Labyrinth Institute  2687 North Park Drive, Suite 103  Lafayette, CO 80026    #[720-588-3639](tel:720-432-7475)  [alex@lab-inst.com](mailto:alex@labyrinth-institute.com" \t "_blank)  [www.labyrinth-institute.com](http://www.labyrinth-institute.com) | Specializes in adults  Sexual Abuse, Physical Abuse  Childhood and Adult Trauma  Domestic Violence  Substance Abuse/Addictions  Anxiety and Depression  EMDR, TF-CBT  DBT  Motivational Interviewing  Trauma Dynamics | Accepts Victim’s Compensation    Sliding Scale |
| **Kristy Howlett, LCSW**  545 Collyer Street  Longmont, CO 80501  #303-587-4061  [Kristyhbaur13@gmail.com](mailto:Kristyhbaur13@gmail.com) | Specializes in children & families  Domestic Violence  Sexual Abuse  Play Therapist  EMDR, TF-CBT  Parenting Groups | Accepts Victim’s Compensation |
| **Yumil Jimenez, M.Ed., LPC, CAC III**  275 Waneka Pkwy #10  Lafayette, CO 80026  #303-926-4188  [aspentreatmentservicesoffice@gmail.com](mailto:aspentreatmentservicesoffice@gmail.com) | **Spanish & English Speaking**  Specializes in children, adolescents, adults and families  Domestic Violence  Substance Abuse  Sex offending youth & adults  EMDR | Accepts Victim’s Compensation  Sliding scale  Private Insurance |
| **Megan Cronin Larson, MSW, LCSW**  2800 Folsom (located @ The Joy Collective)  Boulder, CO  #720-822-0141  [Avibrantmind@gmail.com](mailto:Avibrantmind@gmail.com)  Avibrantmindllc.com | Specializes in children and adolescents  Synergetic Play Therapy  Brainspotting  DBT  Mindfulness Approaches  Trauma, Divorce, Parent Education | Accepts Victim’s Compensation  Sliding scale |
| **Johanna Lindau, MA, LPC**  100 Arapahoe Ave., Ste. 7  Boulder, CO 80301  709 3rd Ave  Longmont, Co 80501  (1 day per week)    #831-345-1430  [johannalindau1@gmail.com](mailto:johannalindau1@gmail.com)  [www.lindauwellness.com](file:///C:\Users\prev-education\Dropbox\Client%20Pack\Therapist%20List\www.lindauwellness.com) | **Spanish & English Speaking**  Specializes in trauma and attachment  Child, adolescence, adult and family.    Brainspotting  TF-CBT  Sandtray  Play Therapy  DBT  Mindfulness | Accepts Victim’s Compensation      Sliding Scale  Some insurance |
| **Melissa Lockman, LCSW, MA, PRE, CFI, SEP**  732 Front Street, Suite 208  Louisville, CO 80027  #303-818-8505  [lockwomn@gmail.com](mailto:lockwomn@gmail.com) | Specializes in children & adults with trauma  Somatic Experiencing (trauma modality)  Domestic Violence  Play Therapy  Perinatal Mental Health  Infant & Toddler Mental Health  DBT  Mindfulness | Accepts Victim’s Compensation  Sliding scale |
| **Bette Sheldon Long, Ph.D**  100 Arapahoe Ave #7  Boulder, CO 80302  709 Kimbark  Longmont, CO 80501  #303-546-2728 | Specializes in working with children, adolescents & adults with trauma.  PTSD  Domestic Violence  Play/Sand Tray Therapy  Brainspotting/EMDR  Mental Health Axes I & II Diagnosis | Accepts victim’s compensation  Sliding Scale |
| **Christine Martinez, MA, LPC**  2027 11th Street  Boulder, CO 80302  #303-447-6447 | Specializes in children & adolescents  LGBTQ individuals  TF-CBT  Dance/Movement Therapy  Groups for adult survivors of sexual abuse | Accepts Victim’s Compensation  Sliding Scale  Insurance |
| **Leslie McCormick, MA, LPC, R-DMT**  5378 Sterling Drive #2  Boulder, CO 80301  #720-284-1197  www.movementrevolutions.com  [lm@movementrevolutions.com](mailto:lm@movementrevolutions.com) | **Spanish & English Speaking**  Specializes in supporting parents to resolve trauma that impacts their children.  Infant Preschool Mental Health, Parenting, Parent Child interaction  TF-CBT  Dance Movement Therapist | Accepts Victim’s Compensation  Sliding Scale |
| **Diane Melendez, LPC**  2222 14th Street  Boulder, CO 80302  #720-298-9391  [www.dianemelendez.com](http://www.dianemelendez.com)  [bohiquecounseling@gmail.com](mailto:bohiquecounseling@gmail.com) | **Spanish & English Speaking**  Specializes in children, teens and adults. Family Therapy  Childhood Trauma (Sexual Abuse, Physical Abuse)  Domestic Violence  Substance Abuse/Addictions  EMDR  Somatic Experiencing  Mindfulness-Based Techniques  Solution Focused Brief Therapy  Attachment | Sliding Scale ($65-80) |
| **Moving to End Sexual Assault (MESA)**  **Laia Jorba-Galdos**  Boulder, CO  #303-443-0400  [www.movingtoendsexualassault.org](http://www.movingtoendsexualassault.org)  [ljorba@mhpcolorado.org](mailto:ljorba@mhpcolorado.org) | **Spanish & English Speaking**  Specializes in teens (13+) and adults  Sexual trauma  EMDR  Sensorimotor treatment | Sliding Scale ($5-35) |
| **Mental Health Partners of Boulder**  529 Coffman St. Suite 300  Longmont, CO 80501  303-684-0555 | Specializes in working with children, adolescents, adults, & families | Accepts Medicaid |
| **Mental Health Partners of Boulder**  899 Highway 287 Suite 300  Broomfield, CO 80020  303-466-3007 | Specializes in working with children, adolescents, adults, & families | Accepts Medicaid |
| **Mental Health Partners of Boulder**  1333 Iris Ave.  Boulder, CO 80304  303-413-6263 | Specializes in working with children, adolescents, adults, & families | Accepts Medicaid |
| **Brynn Miller, LPC**  1221 Pearl Street  Boulder, CO 80302  [Brynn@boulderthrive.com](mailto:Brynn@boulderthrive.com)  www.boulderthrive.com  #303-859-2654 | **Spanish & English Speaking**  Specializes in the treatment of children & adolescents with trauma & PTSD.  Domestic Violence  EMDR  Play Therapy  TF-CBT  Attachment | Accepts Victim’s Compensation  Sliding Scale  Will work with out of network insurance  Accepts CIGNA insurance  Accepts Anthem/BCBS |
| **Jenny Mills, MA, LPC**  651 Corporate Circle, Suite 120  Golden, CO 80401  #303-653-3123  [jmillscounseling@gmail.com](mailto:jmillscounseling@gmail.com) | Specializes in children (3+), adolescents & adults  Trauma  Sexual and Physical Abuse/Neglect  Domestic Violence  TF-CBT | Accepts Victim’s Compensation |
| **Lyndy Modesitt, MA, Registered Psychotherapist**  545 Collyer Street  Longmont, CO 80501  #303-557-8863  [lyndymodesitttherapist@gmail.com](mailto:lyndymodesitttherapist@gmail.com) | Specializes in children, adolescents & families  Domestic Violence  Sexual Abuse  Trauma and Abuse  Play Therapist  TF-CBT  IFS; Attachment-Centered/Relationship-Oriented Therapy | Accepts Victim’s Compensation  Sliding Scale |
| **Play Therapy Institute of Colorado**  Attn: Janelle Langeteig  2845 Wilderness Place, Suite 208  Boulder, CO 80301  #720-458-9597  [info@playtherapycolorado.com](mailto:info@playtherapycolorado.com)  www.PlayTherapyColorado.com | Specializes in children (2-12) & families  Divorce, School, Friendship issues  Trauma and abuse  Anxiety and depression  Parent Education | Accepts Victim’s Compensation |
| **Charlene Slover, PSY.D**  7850 Vance Drive #155  Arvada, CO 80003  #303-427-8225  [charlenesloverpsyd@gmail.com](mailto:charlenesloverpsyd@gmail.com) | Specializes in trauma, working with children, adolescents & adults  Domestic Violence  TF-CBT  EMDR | Accepts Victim’s Compensation |
| **Christine Springer, MA-MFT, LPC**  2299 Pearl Street  Ste 402-E  Boulder, CO 80302  #303-956-0900  [www.cspringercounseling.com](http://www.cspringercounseling.com)  [Christine.springer@comcast.net](mailto:Christine.springer@comcast.net) | Specializes in trauma, working with children, adolescents, adults and families.  Domestic Violence  TF-CBT  EMDR | Accepts Victim’s Compensation  Sliding Scale |
| **Alicia Sweezey, LPC**  2975 Valmont Road  Ste 310  Boulder, CO 80301  10955 Westmoor Drive  Ste 400  Broomfield, CO 80021  #720.938.9808 | **Spanish & English Speaking**  Specializes in children, adolescents and families.  Sexual abuse  Play Therapy EMDR | Accepts Victim’s Compensation  Sliding Scale |
| **Sue Wallingford, MA, LPC, ATR-BC**  Director, Boulder Art Therapy Collective 1400 Lee Hill Drive #7 Boulder, CO 80304 Main number:  [303.593.0277](tel:303.593.0277) Sue's phone:  [303.946.7902](tel:303.946.7902)  [www.boulderarttherapycollective.com](http://www.boulderarttherapycollective.com/) [sue.wallingford@gmail.com](mailto:sue.wallingford@gmail.com)   Boulder Art Therapy Collective also offers art therapy groups and 1:1 therapy with supervised post-graduate clinicians working towards their licensures at minimal costs | Registered Art Therapist  Certified Play Therapist  Trauma and abuse  Grief and loss  Filial therapy  Attachment  Trauma-focused art therapy  Mindfulness Approaches | Accepts Victim’s Compensation     Sliding Scale  Scholarships |
| **Jessica Whitesel, LPC, ATR**  608 Main Street  Louisville, CO 80027  #720-352-1743  JessicaWhitesel@gmail.com | Specializes in children & adolescents  EMDR, Art Therapy | Accepts victim’s compensation  Sliding Scale  Private Insurance |

COMMONLY ACCEPTED FORMS OF THERAPY FOR TRAUMA-RELATED ISSUES

TF-CBT

Trauma Focused Cognitive Behavioral Therapy (TF-CBT) is a clinically based treatment that involves individual sessions with the child and parent as well as joint parent-child sessions. The TF-CBT treatment model is informed by effective interventions for adult PTSD and for non-PTSD child anxiety disorders, and by cognitive and learning theories about the development of PTSD in children. The goal of TF-CBT is to address the unique bio-psychosocial needs of children with Post-Traumatic Stress Disorder (PTSD) or other problems (e.g. depression, anxiety, anger) related to traumatic life experiences (e.g. sexual abuse, domestic violence). This therapy is for children ages 3 to 18 who have significant behavioral and emotional difficulties that are related to traumatic life events, even if they do not meet full diagnostic criteria for PTSD. TF-CBT has been used effectively with boys and girls from all socioeconomic backgrounds, who have lived in a variety of settings, and who are from diverse ethnic groups (<http://www.ucdmc.ucdavis.edu/caare/training/training_tfcbt.html>).

EMDR

Eye Movement Desensitization and Reprocessing, or EMDR, is a powerful new psychotherapy technique which has been very successful in helping people who suffer from trauma, anxiety, panic disturbing memories, post traumatic stress and many other emotional problems. Until recently, these conditions were difficult and time consuming to treat. EMDR is considered a breakthrough therapy because of its simplicity and the fact that it can bring quick and lasting relief for most types of emotional stress.

The EMDR therapy uses bilateral stimulation, right/left eye movement, or tactile stimulation, which repeatedly activates the opposite sides of the brain, releasing emotional experiences that are “trapped” in the nervous system. This assists the neurophysiological system, the basis of the mind/body connection, to free itself of blockages and reconnect itself (<http://emdr-therapy.com>).

Brainspotting

Brainspotting (BSP) is used with all areas of trauma, including survivors of war, natural disasters, and abuse. It is possible to release trauma from either a distressed or calm place in the body. The power of BSP is that one does not necessarily have to relive the traumatic event at the same level of intensity as the original trauma. Because of this, it is possible to resolve the trauma in a more contained manner. Trauma and stress can often overwhelm the nervous system. With the support of the therapist, BSP helps the client discharge the trauma and calm the nervous system (<http://rockymountainbrainspottinginstitue.com>).

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