

**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 StreetBoulder, CO 80302#720-432-1697tiffany@mindful-play.com | Specializes in perinatal, infants, preschool and early elementaryEMDRTF-CBTRegistered Play Therapist | Accepts Victim’s CompensationPrivate InsuranceSliding Scale  |
| **Adriana Balentine, MSW, LCSW, CACII**100 W. Arapahoe Avenue, Suite 12Boulder, CO 80302#303-817-9072adriana@simcounseling.com | Specializes in Childhood trauma, treating adolescents and adultsDomestic ViolenceSubstance Abuse/AddictionsTF-CBTEMDRDBTACTMindfulness Approaches | Accepts Victim’s CompensationSliding Scale |
| **Lavinia Ball-Marian, MA, LPC**The Labyrinth Institute2687 North Park Drive, Suite 103Lafayette, CO 80026 #720-432-7475lavinia@labyrinth-institute.com[www.labyrinth-institute.com](http://www.labyrinth-institute.com/%22%20%5Ct%20%22_blank) | **English &Romanian Speaking**Specializes in children 2-12 and families Sexual Abuse, Physical Abuse TraumaDomestic ViolenceParenting Issues & ClassesTF-CBTEMDRChild-Parent Interaction TherapyAttachment focused family therapy/parenting | Accepts Victim’s Compensation  Sliding Scale (Not lower than $45.00) Private Insurance  BCBS/ spendingCignaColorado Access (Weld, Denver Medicaid) |
| **Christie Baryames, MA, LPC**500 Coffman Street Suite 115Longmont, CO 80501#303-817-4330PlayTherapy@comcast.net | Specializes in children, adolescents and adultsFamily & Parent EducationDomestic ViolencePlay Therapy – Sand TrayChildhood TraumaLGBT/Gender IssuesSexual Abuse | Accepts Victim’s CompensationSliding Scale(limited) |
| **Daniel Baur, MA, LPC**545 Collyer StreetLongmont, CO 80501#303-995-6132DanielJBaur@gmail.com | Specializes in children with sexual abuse traumaEMDRTF-CBT | Accepts Victim’s CompensationSliding scale Insurance |
| **Dr. Faith Cohen, Ph.D**2043 Pearl StreetBoulder, CO 80302#303-575-1602 | Registered Play TherapistSpecializes in young childrenDomestic ViolenceEMDR, TF-CBT, Brainspotting  | Accepts Victim’s CompensationSliding scale |
| **Donna Roe Daniell, LCSW**5412 Idylwild TrailBoulder, CO 80301[www.findbalanceinyourlife.com](file:///C%3A%5CUsers%5Cprev-education%5CDropbox%5CClient%20Pack%5CTherapist%20List%5Cwww.findbalanceinyourlife.com)#303-682-5220Donna@findbalanceinyourlife.com | Specializes in adolescents, adults, & familiesEMDR, TF-CBTCertified Internal Family Systems Therapist and TrainerGroup therapy for women | Accepts Victim’s CompensationInsurance |
| **Ashley Davis, MA, LPC**777 29th Street, Suite 401Boulder, CO 80301#303-919-4149 | Specializes in adolescents, adults & familiesDomestic ViolencePTSDChildhood abuse, traumaEMDR | Accepts Victim’s Compensation |
| **Alida Fischer, LCSW, CACIII**1200 Diamond Circle, Unit G.Lafayette, CO 80026 #720-890-3809alidafischertherapy@gmail.com | 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 TrailBoulder, CO 803013954 Youngfield StreetWheatridge, CO 80033#303-709-7101 | Specializes in children, adolescents, adults & familiesEMDR, Body-Centered Therapy | Accepts Victim’s Compensation |
| **Susan Giragosian, LPC**8461 Turnpike Drive, #207Westminster, CO 80031#303-430-4303Susangiragosian.com | Specializes in children, adolescents, adults & familiesDomestic ViolenceEMDR, TF-CBTPlay Therapy | Accepts Victim’s Compensation |
| **Josh Goldman, LCSW**4410 Arapahoe Ave., Suite 140Boulder, CO 80303#303-917-4234joshgoldmantherapy@gmail.com | Specializes in children & familiesDomestic ViolenceEMDR, TF-CBT | Accepts Victim’s CompensationSliding scaleInsurance |
| **Alexandria Hayes, MA, LPC, NCC**The Labyrinth Institute2687 North Park Drive, Suite 103Lafayette, CO 80026 #720-588-3639alex@lab-inst.com[www.labyrinth-institute.com](http://www.labyrinth-institute.com) | Specializes in adultsSexual Abuse, Physical Abuse Childhood and Adult TraumaDomestic ViolenceSubstance Abuse/AddictionsAnxiety and DepressionEMDR, TF-CBTDBTMotivational InterviewingTrauma Dynamics | Accepts Victim’s Compensation  Sliding Scale    |
| **Kristy Howlett, LCSW**545 Collyer StreetLongmont, CO 80501#303-587-4061Kristyhbaur13@gmail.com | Specializes in children & familiesDomestic ViolenceSexual AbusePlay TherapistEMDR, TF-CBTParenting Groups | Accepts Victim’s Compensation |
| **Yumil Jimenez, M.Ed., LPC, CAC III**275 Waneka Pkwy #10Lafayette, CO 80026#303-926-4188aspentreatmentservicesoffice@gmail.com | **Spanish & English Speaking** Specializes in children, adolescents, adults and familiesDomestic ViolenceSubstance AbuseSex offending youth & adultsEMDR | Accepts Victim’s CompensationSliding scalePrivate Insurance |
| **Megan Cronin Larson, MSW, LCSW**2800 Folsom (located @ The Joy Collective)Boulder, CO #720-822-0141Avibrantmind@gmail.comAvibrantmindllc.com | Specializes in children and adolescentsSynergetic Play TherapyBrainspottingDBTMindfulness ApproachesTrauma, Divorce, Parent Education | Accepts Victim’s CompensationSliding scale |
| **Johanna Lindau, MA, LPC**100 Arapahoe Ave., Ste. 7Boulder, CO 80301709 3rd AveLongmont, Co 80501(1 day per week) #831-345-1430johannalindau1@gmail.com[www.lindauwellness.com](file:///C%3A%5CUsers%5Cprev-education%5CDropbox%5CClient%20Pack%5CTherapist%20List%5Cwww.lindauwellness.com) | **Spanish & English Speaking**Specializes in trauma and attachmentChild, adolescence, adult and family.  BrainspottingTF-CBTSandtrayPlay TherapyDBTMindfulness | Accepts Victim’s Compensation  Sliding Scale Some insurance |
| **Melissa Lockman, LCSW, MA, PRE, CFI, SEP**732 Front Street, Suite 208Louisville, CO 80027#303-818-8505lockwomn@gmail.com | Specializes in children & adults with traumaSomatic Experiencing (trauma modality)Domestic ViolencePlay TherapyPerinatal Mental HealthInfant & Toddler Mental HealthDBTMindfulness | Accepts Victim’s CompensationSliding scale |
| **Bette Sheldon Long, Ph.D**100 Arapahoe Ave #7Boulder, CO 80302709 KimbarkLongmont, CO 80501#303-546-2728 | Specializes in working with children, adolescents & adults with trauma. PTSDDomestic ViolencePlay/Sand Tray TherapyBrainspotting/EMDRMental Health Axes I & II Diagnosis  | Accepts victim’s compensationSliding Scale |
| **Christine Martinez, MA, LPC**2027 11th StreetBoulder, CO 80302#303-447-6447 | Specializes in children & adolescentsLGBTQ individualsTF-CBTDance/Movement TherapyGroups for adult survivors of sexual abuse | Accepts Victim’s CompensationSliding ScaleInsurance |
| **Leslie McCormick, MA, LPC, R-DMT**5378 Sterling Drive #2Boulder, CO 80301#720-284-1197www.movementrevolutions.comlm@movementrevolutions.com | **Spanish & English Speaking**Specializes in supporting parents to resolve trauma that impacts their children.Infant Preschool Mental Health, Parenting, Parent Child interactionTF-CBTDance Movement Therapist | Accepts Victim’s Compensation Sliding Scale  |
| **Diane Melendez, LPC**2222 14th StreetBoulder, CO 80302#720-298-9391[www.dianemelendez.com](http://www.dianemelendez.com)bohiquecounseling@gmail.com | **Spanish & English Speaking**Specializes in children, teens and adults. Family TherapyChildhood Trauma (Sexual Abuse, Physical Abuse)Domestic ViolenceSubstance Abuse/AddictionsEMDRSomatic ExperiencingMindfulness-Based TechniquesSolution Focused Brief TherapyAttachment  | 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 | **Spanish & English Speaking**Specializes in teens (13+) and adultsSexual traumaEMDRSensorimotor treatment | Sliding Scale ($5-35) |
| **Mental Health Partners of Boulder**529 Coffman St. Suite 300Longmont, CO 80501303-684-0555 | Specializes in working with children, adolescents, adults, & families | Accepts Medicaid |
| **Mental Health Partners of Boulder**899 Highway 287 Suite 300Broomfield, CO 80020303-466-3007 | Specializes in working with children, adolescents, adults, & families | Accepts Medicaid |
| **Mental Health Partners of Boulder**1333 Iris Ave.Boulder, CO 80304303-413-6263 | Specializes in working with children, adolescents, adults, & families | Accepts Medicaid |
| **Brynn Miller, LPC**1221 Pearl StreetBoulder, CO 80302Brynn@boulderthrive.comwww.boulderthrive.com#303-859-2654 | **Spanish & English Speaking** Specializes in the treatment of children & adolescents with trauma & PTSD. Domestic ViolenceEMDRPlay Therapy TF-CBTAttachment | Accepts Victim’s CompensationSliding ScaleWill work with out of network insuranceAccepts CIGNA insuranceAccepts Anthem/BCBS |
| **Jenny Mills, MA, LPC**651 Corporate Circle, Suite 120Golden, CO 80401#303-653-3123jmillscounseling@gmail.com | Specializes in children (3+), adolescents & adultsTraumaSexual and Physical Abuse/NeglectDomestic ViolenceTF-CBT | Accepts Victim’s Compensation |
| **Lyndy Modesitt, MA, Registered Psychotherapist**545 Collyer StreetLongmont, CO 80501#303-557-8863lyndymodesitttherapist@gmail.com | Specializes in children, adolescents & familiesDomestic ViolenceSexual AbuseTrauma and AbusePlay TherapistTF-CBTIFS; Attachment-Centered/Relationship-Oriented Therapy | Accepts Victim’s CompensationSliding Scale |
| **Play Therapy Institute of Colorado**Attn: Janelle Langeteig2845 Wilderness Place, Suite 208Boulder, CO 80301#720-458-9597info@playtherapycolorado.comwww.PlayTherapyColorado.com | Specializes in children (2-12) & familiesDivorce, School, Friendship issuesTrauma and abuse Anxiety and depressionParent Education | Accepts Victim’s Compensation |
| **Charlene Slover, PSY.D**7850 Vance Drive #155Arvada, CO 80003#303-427-8225charlenesloverpsyd@gmail.com | Specializes in trauma, working with children, adolescents & adultsDomestic ViolenceTF-CBTEMDR | Accepts Victim’s Compensation |
| **Christine Springer, MA-MFT, LPC**2299 Pearl StreetSte 402-EBoulder, CO 80302#303-956-0900[www.cspringercounseling.com](http://www.cspringercounseling.com)Christine.springer@comcast.net | Specializes in trauma, working with children, adolescents, adults and families.Domestic ViolenceTF-CBTEMDR | Accepts Victim’s CompensationSliding Scale |
| **Alicia Sweezey, LPC**2975 Valmont RoadSte 310Boulder, CO 8030110955 Westmoor DriveSte 400Broomfield, CO 80021#720.938.9808 | **Spanish & English Speaking**Specializes in children, adolescents and families.Sexual abusePlay TherapyEMDR | Accepts Victim’s CompensationSliding Scale |
| **Sue Wallingford, MA, LPC, ATR-BC** Director, Boulder Art Therapy Collective1400 Lee Hill Drive #7Boulder, CO 80304Main number:  303.593.0277Sue's phone:  303.946.7902[www.boulderarttherapycollective.com](http://www.boulderarttherapycollective.com/)sue.wallingford@gmail.comBoulder 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 TherapistTrauma and abuseGrief and lossFilial therapyAttachmentTrauma-focused art therapyMindfulness Approaches | Accepts Victim’s Compensation  Sliding Scale Scholarships  |
| **Jessica Whitesel, LPC, ATR**608 Main StreetLouisville, CO 80027#720-352-1743JessicaWhitesel@gmail.com | Specializes in children & adolescentsEMDR, Art Therapy  | Accepts victim’s compensationSliding ScalePrivate 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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