



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.

Name and Contact Information	Areas of Specialty	Financial Information
<p><b><u>Tiffany Allen, PsyD, LPC, RPT-S</u></b>            2222 14<sup>th</sup> Street            Boulder, CO 80302</p> <p>#720-432-1697            tiffany@mindful-play.com</p>	<p>Specializes in perinatal, infants, preschool and early elementary</p> <p>EMDR            TF-CBT</p> <p>Registered Play Therapist</p>	<p>Accepts Victim’s Compensation</p> <p>Private Insurance</p> <p>Sliding Scale</p>
<p><b><u>Adriana Balentine, MSW, LCSW, CACII</u></b>            100 W. Arapahoe Avenue, Suite 12            Boulder, CO 80302</p> <p>#303-817-9072            Adriana@simcounseling.com</p>	<p>Specializes in Childhood trauma, treating adolescents and adults</p> <p>Domestic Violence            Substance Abuse/Addictions            TF-CBT            EMDR            DBT            ACT            Mindfulness Approaches</p>	<p>Accepts Victim’s Compensation</p> <p>Sliding Scale</p>
<p><b><u>Lavinia Ball-Marian, MA, LPC</u></b>            The Labyrinth Institute            2687 North Park Drive, Suite 103            Lafayette, CO 80026</p> <p>#720-432-7475  <a href="mailto:lavinia@labyrinth-institute.com">lavinia@labyrinth-institute.com</a>  <a href="http://www.labyrinth-institute.com">www.labyrinth-institute.com</a></p> <p>CONT. on next page</p>	<p><b>English &amp; Romanian Speaking</b></p> <p>Specializes in children 2-12 and families</p> <p>Sexual Abuse, Physical Abuse            Trauma            Domestic Violence            Parenting Issues &amp; Classes</p> <p>TF-CBT            EMDR            Child-Parent Interaction Therapy            Attachment focused family</p>	<p>Accepts Victim’s Compensation</p> <p>Sliding Scale (Not lower than \$45.00)</p> <p>Private Insurance BCBS/ spending            Cigna</p> <p>Colorado Access (Weld, Denver Medicaid)</p>

	therapy/parenting	
<p><b><u>Christie Baryames, MA, LPC</u></b>  500 Coffman Street Suite 115  Longmont, CO 80501</p> <p>#303-817-4330  PlayTherapy@comcast.net</p>	<p>Specializes in children, adolescents and adults</p> <p>Family &amp; Parent Education  Domestic Violence  Play Therapy – Sand Tray  Childhood Trauma  LGBT/Gender Issues  Sexual Abuse</p>	<p>Accepts Victim's Compensation</p> <p>Sliding Scale (limited)</p>
<p><b><u>Daniel Baur, MA, LPC</u></b>  545 Collyer Street  Longmont, CO 80501</p> <p>#303-995-6132  DanielJBaur@gmail.com</p>	<p>Specializes in children with sexual abuse trauma</p> <p>EMDR  TF-CBT</p>	<p>Accepts Victim's Compensation</p> <p>Sliding scale</p> <p>Insurance</p>
<p><b><u>Dr. Faith Cohen, Ph.D</u></b>  2043 Pearl Street  Boulder, CO 80302</p> <p>#303-575-1602</p>	<p>Registered Play Therapist</p> <p>Specializes in young children</p> <p>Domestic Violence</p> <p>EMDR, TF-CBT, Brainspotting</p>	<p>Accepts Victim's Compensation</p> <p>Sliding scale</p>
<p><b><u>Donna Roe Daniell, LCSW</u></b>  5412 Idylwild Trail  Boulder, CO 80301</p> <p>www.findbalanceinyourlife.com</p> <p>#303-682-5220  Donna@findbalanceinyourlife.com</p>	<p>Specializes in adolescents, adults, &amp; families</p> <p>EMDR, TF-CBT  Certified Internal Family Systems Therapist and Trainer</p> <p>Group therapy for women</p>	<p>Accepts Victim's Compensation</p> <p>Insurance</p>
<p><b><u>Ashley Davis, MA, LPC</u></b>  777 29<sup>th</sup> Street, Suite 401  Boulder, CO 80301</p> <p>#303-919-4149</p>	<p>Specializes in adolescents &amp; families</p> <p>Domestic Violence</p> <p>EMDR</p>	<p>Accepts Victim's Compensation</p> <p>Sliding scale</p>
<p><b><u>Alida Fischer, LCSW, CACIII</u></b>  1200 Diamond Circle, Unit G.  Lafayette, CO 80026</p> <p>#720-890-3809  alidafischertherapy@gmail.com</p>	<p>Specializes in pre-teens, adolescents, young adults and families</p> <p>Childhood trauma (abuse, sexual abuse)  Youth with sexual behavior issues (SOMB Treatment Provider)</p> <p>EMDR</p>	<p>Sliding scale</p>

	TF-CBT	
<p><b><u>Jillian Frazin, LCSW</u></b>  5412 Idylwild Trail  Boulder, CO 80301</p> <p>3954 Youngfield Street  Wheatridge, CO 80033</p> <p>#303-709-7101</p>	<p>Specializes in children, adolescents, adults &amp; families</p> <p>EMDR, Body-Centered Therapy</p>	<p>Accepts Victim's Compensation</p>
<p><b><u>Susan Giragosian, LPC</u></b>  8461 Turnpike Drive, #207  Westminster, CO 80031</p> <p>#303-430-4303  Susangiragosian.com</p>	<p>Specializes in children, adolescents, adults &amp; families</p> <p>Domestic Violence  EMDR, TF-CBT  Play Therapy</p>	<p>Accepts Victim's Compensation</p>
<p><b><u>Josh Goldman, LCSW</u></b>  4410 Arapahoe Ave., Suite 140  Boulder, CO 80303</p> <p>#303-917-4234</p> <p><a href="mailto:joshgoldmantherapy@gmail.com">joshgoldmantherapy@gmail.com</a></p>	<p>Specializes in children &amp; families</p> <p>Domestic Violence</p> <p>EMDR, TF-CBT</p>	<p>Accepts Victim's Compensation</p> <p>Sliding scale</p> <p>Insurance</p>
<p><b><u>Kristy Howlett, LCSW</u></b>  545 Collyer Street  Longmont, CO 80501</p> <p>#303-587-4061  <a href="mailto:Kristyhbaur13@gmail.com">Kristyhbaur13@gmail.com</a></p>	<p>Specializes in children &amp; families</p> <p>Domestic Violence  Sexual Abuse  Play Therapist  EMDR, TF-CBT  Parenting Groups</p>	<p>Accepts Victim's Compensation</p>
<p><b><u>Alexandria Hayes, MA, LPC, NCC</u></b>  The Labyrinth Institute  2687 North Park Drive, Suite 103  Lafayette, CO 80026</p> <p>#720-588-3639  <a href="mailto:alex@lab-inst.com">alex@lab-inst.com</a>  <a href="http://www.labyrinth-institute.com">www.labyrinth-institute.com</a></p>	<p>Specializes in adults</p> <p>Sexual Abuse, Physical Abuse  Childhood and Adult Trauma  Domestic Violence  Substance Abuse/Addictions  Mental Health Axes I &amp; II</p> <p>TF-CBT  EMDR  DBT  Motivational Interviewing  Trauma Dynamics</p>	<p>Accepts Victim's Compensation</p> <p>Sliding Scale</p>
<p><b><u>Yumil Jimenez, M.Ed., LPC, CAC III</u></b>  275 Waneka Pkwy #10  Lafayette, CO 80026</p> <p>#303-926-4188  <a href="mailto:aspentreatmentsoffice@gmail.com">aspentreatmentsoffice@gmail.com</a></p>	<p><b>Spanish &amp; English Speaking</b></p> <p>Specializes in children, adolescents, adults and families</p> <p>Domestic Violence  Substance Abuse</p>	<p>Accepts Victim's Compensation</p> <p>Sliding scale</p> <p>Private Insurance</p>

	Sex offending youth & adults  EMDR	
<b><u>Megan Cronin Larson, MSW, LCSW</u></b> 2800 Folsom (located @ The Joy Collective) Boulder, CO  #720-822-0141  <a href="mailto:Avibrantmind@gmail.com">Avibrantmind@gmail.com</a> Avibrantmindllc.com	Specializes in children and adolescents  Synergetic Play Therapy Brainspotting DBT Mindfulness Approaches Trauma, Divorce, Parent Education	Accepts Victim's Compensation  Sliding scale
<b><u>Melissa Lockman, LCSW, MA, PRE, CFI, SEP</u></b> 732 Front Street, Suite 208 Louisville, CO 80027  #303-818-8505 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
<b><u>Johanna Lindau, MA, LPC</u></b> 100 Arapahoe Ave., Ste. 7 Boulder, CO 80301  709 3 <sup>rd</sup> Ave Longmont, Co 80501  #831-345-1430 <a href="mailto:johannalindau1@gmail.com">johannalindau1@gmail.com</a> <a href="http://www.lindauwellness.com">www.lindauwellness.com</a>	<b>Spanish &amp; English Speaking</b>  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
<b><u>Bette Sheldon Long, Ph.D</u></b> 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
<b><u>Christine Martinez, MA, LPC</u></b> 2027 11 <sup>th</sup> Street Boulder, CO 80302	Specializes in children & adolescents	Accepts Victim's Compensation

<p>#303-447-6447</p>	<p>LGBTQ individuals TF-CBT Dance/Movement Therapy Groups for adult survivors of sexual abuse</p>	<p>Sliding Scale  Insurance</p>
<p><b><u>Leslie McCormick, MA, LPC, R-DMT</u></b> 5378 Sterling Drive #2 Boulder, CO 80301</p> <p>#720-284-1197 <a href="http://www.movementrevolutions.com/">http://www.movementrevolutions.com/</a> <a href="mailto:lm@movementrevolutions.com">lm@movementrevolutions.com</a></p>	<p><b>Spanish &amp; English Speaking</b></p> <p>Specializes in supporting parents to resolve trauma that impacts their children.</p> <p>Infant Preschool Mental Health, Parenting, Parent Child interaction</p> <p>TF-CBT Dance Movement Therapist</p>	<p>Accepts Victim's Compensation Sliding Scale</p>
<p><b><u>Diane Melendez, LPC</u></b> 2222 14<sup>th</sup> Street Boulder, CO 80302</p> <p>#720-298-9391 <a href="http://www.dianemelendez.com">www.dianemelendez.com</a> bohiquecounseling@gmail.com</p>	<p><b>Spanish &amp; English Speaking</b></p> <p>Specializes in children, teens and adults Family Therapy</p> <p>Childhood Trauma (Sexual Abuse, Physical Abuse) Domestic Violence Substance Abuse/Addictions</p> <p>EMDR Somatic Experiencing Mindfulness-Based Techniques Solution Focused Brief Therapy Attachment</p>	<p>Sliding Scale (\$65-80)</p>
<p><b><u>Moving to End Sexual Assault (MESA)</u></b> <b>Laia Jorba-Galdos</b> Boulder, CO</p> <p>#303-443-0400 <a href="http://www.movingtoendsexualassault.org">www.movingtoendsexualassault.org</a> ljorba@mhpcolorado.org</p>	<p><b>Spanish &amp; English Speaking</b></p> <p>Specializes in teens (13+) and adults</p> <p>Sexual trauma EMDR Sensorimotor treatment</p>	<p>Sliding Scale (\$5-35)</p>
<p><b><u>Mental Health Partners of Boulder</u></b> 529 Coffman St. Suite 300 Longmont, CO 80501</p> <p>303-684-0555</p>	<p>Specializes in working with children, adolescents, adults, &amp; families</p>	<p>Accepts Medicaid</p>
<p><b><u>Mental Health Partners of Boulder</u></b> 899 Highway 287 Suite 300 Broomfield, CO 80020</p>	<p>Specializes in working with children, adolescents, adults, &amp; families</p>	<p>Accepts Medicaid</p>

303-466-3007		
<b><u>Mental Health Partners of Boulder</u></b> 1333 Iris Ave. Boulder, CO 80304	Specializes in working with children, adolescents, adults, & families	Accepts Medicaid
303-413-6263		
<b><u>Brynn Miller, LPC</u></b> 1221 Pearl Street Boulder, CO 80302  <a href="mailto:Brynn@boulderthrive.com">Brynn@boulderthrive.com</a> <a href="http://www.boulderthrive.com">www.boulderthrive.com</a> #303-859-2654	<b>Spanish &amp; English Speaking</b>  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
<b><u>Jenny Mills, MA, LPC</u></b> 651 Corporate Circle, Suite 120 Golden, CO 80401  303-653-3123 <a href="mailto:jmillscounseling@gmail.com">jmillscounseling@gmail.com</a>	Specializes in children (3+), adolescents & adults  Trauma Sexual and Physical Abuse/Neglect Domestic Violence TF-CBT	Accepts Victim's Compensation
<b><u>Lyndy Modesitt, MA, Registered Psychotherapist</u></b> 545 Collyer Street Longmont, CO 80501  303-557-8863 <a href="mailto:lyndymodesitttherapist@gmail.com">lyndymodesitttherapist@gmail.com</a>	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
<b><u>Play Therapy Institute of Colorado</u></b> Attn: Janelle Langeteig 2845 Wilderness Place, Suite 208 Boulder, CO 80301  #720-458-9597 <a href="mailto:info@playtherapycolorado.com">info@playtherapycolorado.com</a> <a href="http://www.PlayTherapyColorado.com">www.PlayTherapyColorado.com</a>	Specializes in children (2-12) & families  Divorce, School, Friendship issues Trauma and abuse Anxiety and depression  Parent Education	Accepts Victim's Compensation
<b><u>Nidia Ponce, LCSW</u></b>	<b>Spanish &amp; English Speaking</b>	Accepts Victim's

<p>8400 Alcott St., Suite 103 Westminster, CO 80031</p> <p>10465 Melody Drive, Suite 321 Northglenn, CO 80234</p> <p>#303.500.9894</p>	<p>Specializes in children &amp; adults with trauma, family therapy, marriage counseling &amp; parenting</p>	<p>Compensation</p> <p>Sliding Scale</p> <p>Insurance</p>
<p><b><u>Charlene Slover, PSY.D</u></b> 7850 Vance Drive #155 Arvada, CO 80003</p> <p>#303-427-8225 <a href="mailto:charlenesloverpsyd@gmail.com">charlenesloverpsyd@gmail.com</a></p>	<p>Specializes in trauma, working with children, adolescents &amp; adults</p> <p>Domestic Violence</p> <p>TF-CBT EMDR</p>	<p>Accepts Victim's Compensation</p>
<p><b><u>Alicia Sweezey, LPC</u></b> 2975 Valmont Road Ste 310 Boulder, CO 80301</p> <p>10955 Westmoor Drive Ste 400 Broomfield, CO 80021</p> <p>#720.938.9808</p>	<p><b>Spanish &amp; English Speaking</b></p> <p>Specializes in children, adolescents and families.</p> <p>Sexual abuse</p> <p>Play Therapy EMDR</p>	<p>Accepts Victim's Compensation</p> <p>Sliding Scale</p>
<p><b><u>Sue Wallingford, MA, LPC, ATR-BC</u></b> Director, Boulder Art Therapy Collective 1400 Lee Hill Drive #7 Boulder, CO 80304</p> <p>Main number: <a href="tel:303.593.0277">303.593.0277</a> Sue's phone: <a href="tel:303.946.7902">303.946.7902</a></p> <p><a href="http://www.boulderarttherapycollective.com">www.boulderarttherapycollective.com</a> <a href="mailto:sue.wallingford@gmail.com">sue.wallingford@gmail.com</a></p> <p>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</p>	<p>Registered Art Therapist Certified Play Therapist</p> <p>Trauma and abuse Grief and loss Filiat therapy Attachment Trauma-focused art therapy Mindfulness Approaches</p>	<p>Accepts Victim's Compensation</p> <p>Sliding Scale</p> <p>Scholarships</p>
<p><b><u>Hope Weiss, LCSW</u></b> 627 Kimbark Street Longmont, CO 80501</p> <p>#303-717-8645 <a href="mailto:hope@HopelsThere.com">hope@HopelsThere.com</a> <a href="http://www.HopelsThere.com">www.HopelsThere.com</a></p>	<p>Specializes adolescents, families &amp; adults</p> <p>TF-CBT</p>	<p>Accepts Victim's Compensation</p> <p>Private Insurance</p>
<p><b><u>Jessica Whitesel, LPC, ATR</u></b></p>	<p>Specializes in children &amp;</p>	<p>Accepts victim's</p>

608 Main Street Louisville, CO 80027  #720-352-1743 JessicaWhitesel@gmail.com	adolescents  EMDR, Art Therapy	compensation  Sliding Scale  Private Insurance
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## 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](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://rockymountainbrainspottinginstitute.com>).

Updated 6/22/16