



BLUE SKY BRIDGE

Child Abuse Intervention & Education

THERAPIST REFERRAL LIST

Therapy can be a crucial part of your and your child’s healing and recovery. Our advocates have been making referrals to the following therapists for years. They all specialize in issues of sexual abuse or trauma. Use this list as a reference for therapists that may fit all your or your child’s needs. If you are working directly with an advocate after your child has completed a forensic interview, they can help facilitate a referral to any of these providers. Contact them directly with your questions or needs.

Name and Contact Information	Areas of Specialty	Financial Information
<p><u>Kathleen Salmon, LCSW, RPT</u> PO Box 20261 Boulder, CO 80308</p> <p>#720-903-2870 www.KathleenSalmon.com KathleenSalmonLLC@gmail.com</p>	<p>Specializes in trauma, children <u>age 3-10, and young adults</u>. LGBTQ, adoptions, foster care, and domestic violence</p> <p>EMDR Synergetic Play Therapy Intensive Play Therapy (6 sessions/week for 2-3w) DBT</p>	<p>Accepts Victims Compensation</p>
<p><u>Mental Health Partners of Boulder</u> Denise Bertrand-Lovato, LCSW</p> <p>Longmont, Lafayette, Broomfield and Boulder location</p> <p><u>The Trauma Center at Mental Health Partners</u> 1455 Dixon Ave Lafayette, CO 80026</p> <p>www.mhpcolorado.org/about/services/specialty-moving-beyond-trauma/</p>	<p>Spanish & English Speaking</p> <p>Specializes in working with children, adolescents, adults, & families</p> <p>TFCBT, EMDR AFCBT Didactic development psychotherapy</p>	<p>Private Insurance: Aetna Cigna United Anthem Humana Kaiser Bright Health UC Health CHP+</p> <p>Accepts Victims Compensation Medicaid Sliding Scale</p>
<p><u>Jackie Ashley, LPC, BC-DMT, ACS</u> Wild at Heart P.O. Box 153 Jamestown, CO 80455</p> <p>#720-308-2728 www.wildathearttherapy.com Jackieashley9@gmail.com</p>	<p>Specializes in sexual and body-based trauma throughout the lifespan.</p> <p>Somatic therapy Equine-Facilitated Psychotherapy</p> <p>Dance and Movement Mindfulness based and Expressive Arts Therapy</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p> <p>Pro Bono</p>

<p><u>Christie Baryames, MA, LPC</u> Longmont, CO</p> <p>#303-817-4330 PlayTherapy@comcast.net</p>	<p>Specializes in <u>children ages 10+ and adults.</u></p> <p>Family & Parent Education Domestic Violence Physical abuse Childhood Trauma LGBT/Gender Issues Sexual Abuse</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p> <p>Pro Bono</p>
<p><u>Josh Goldman, LCSW</u> 1200 28th St. Boulder, CO 80303</p> <p>#720-730-8654 joshgoldmantherapy@gmail.com https://joshgoldmantherapy.com</p>	<p>Specializes in EMDR for Chronic and Acute Trauma for <u>teens and adults.</u></p> <p>Domestic Violence DBT Sexual Abuse Anxiety and Depression PTSD Grief</p>	<p>Private Insurance: Aetna Anthem Blue Cross Blue Shield CU Gold Insurance Out of Network</p>
<p><u>Catherine Mathon, LPC</u> 1480 Lee Hill Dr. #7 Boulder, CO 80304</p> <p>Medicine Horse Program 8778 Arapahoe Rd. Boulder, CO 80303</p> <p>#720-507-6725 catherine.mathon@naropa.edu</p>	<p>Specializes in giftedness, adoption, foster care and trauma.</p> <p>EMDR Synergetic Play Therapy Equine Assisted Therapy Mindfulness Based</p>	<p>Accepts Victims Compensation</p>
<p><u>Kellee Clark</u> ANCHOR Counseling Services 8461 Turnpike Dr. Westminster, CO 720-295-2424 kelleeclarklmft@gmail.com</p>	<p>Specializes in trauma for <u>children 8 and younger and adults.</u></p> <p>CFTSI EMDR Synergetic Play Therapy Circle of Security</p>	<p>Private Insurance: Blue Cross Blue Shield Aetna Kaiser</p>
<p><u>Melissa Lockman, LCSW, MA, PRE, CFI, SEP</u> <u>JOY Collective</u> 2800 Folsom, Suite D Boulder, CO 80304</p> <p>#303-818-8505 www.pregnancyparentingboulder.com melissa@melissalockman.com</p>	<p>Specializes in children & adults with trauma.</p> <p>Domestic Violence Play Therapy Perinatal, Infant & Toddler Mental Health DBT and Mindfulness</p> <p>Somatic Experiencing Child-Parent Psychotherapy</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p> <p>Pro Bono</p>

<p><u>Bette Sheldon Long, Ph.D</u> 100 Arapahoe Ave #7 Boulder, CO 80302</p> <p>#303-546-2728 betteslong@msn.com</p>	<p>Specializes in working with children, adolescents & adults with trauma.</p> <p>PTSD Domestic Violence Play/Sand Tray Therapy Brainspotting EMDR Mental Health Axes I & II Diagnosis</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p>
<p><u>Alida Fischer, LCSW, CACIII</u> 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, families and DD.</p> <p>Sexualized Behaviors SOMB Treatment Provider</p>	<p>Sliding Scale</p>
<p><u>Boulder Thrive</u> 1221 Pearl Street Boulder, CO 80302</p> <p>#303-859-2654 support@boulderthrive.com</p>	<p>Spanish & English Speaking</p> <p>Specializes in the treatment of children & adolescents with trauma & PTSD.</p> <p>Domestic Violence EMDR, TF-CBT Play Therapy Attachment LGBTQ Eating Disorder</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p> <p>Private Insurance: Anthem Blue Cross Blue Shield Medicaid</p>
<p><u>Yumil Jimenez, M.Ed., LPC, CAC III</u> 1518 Main Street Suite 202 Louisville, CO 80027</p> <p>1485 South Colorado Blvd. Suite 300 B Denver, CO 80222</p> <p>#720-447-7577 #303-757-4410 ats@aspentreatmentservices.com aspentreatmentservicesoffice@gmail.com</p>	<p>Spanish & English Speaking</p> <p>Specializes in children, adolescents, adults and families.</p> <p>Domestic Violence Substance Abuse Sexualized Behaviors EMDR</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p> <p>Private Insurance</p> <p>Medicaid</p>

<p><u>Abigail M. Esquivel, LCSW</u> 3036 West 107th Place Unit C Westminster, CO 80031</p> <p>#720-239-2110 info@beandbelongcounseling.com</p>	<p>Specializes in children adolescents & families</p> <p>Play therapy EMDR TF-CBT Domestic Violence Sexual Abuse Parent coaching Theraplay</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p> <p>Private Insurance: Cigna Anthem Blue Cross Blue Shield</p>
<p><u>Kristy Howlett, LCSW</u> 408 4th Avenue, Longmont, CO 80501</p> <p>#303-587-4061 Kristyhaur13@gmail.com</p>	<p>Specializes in children & families</p> <p>Domestic Violence Sexual Abuse Play Therapist EMDR, TF-CBT Parenting Groups</p>	<p>Accepts Victims Compensation</p>
<p><u>Johanna Lindau, MA, LPC</u> 75 Manhattan Drive, Suite 206 Boulder, CO 80303</p> <p>#831-345-1430 www.lindauwellness.com johannalindau1@gmail.com</p>	<p>Spanish & English Speaking</p> <p>Specializes in trauma, attachment, and internal family systems for <u>adults and couples.</u></p> <p>Brainspotting, TF-CBT DBT and Mindfulness</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p> <p>Private Insurance: Blue Cross Blue Shield United Cigna Magellan</p>
<p><u>Lyndy Modesitt, LPC</u> 545 Collyer Street Longmont, CO 80501</p> <p>#303-557-8863 lyndymodesitttherapist@gmail.com</p>	<p>Specializes in young children, adolescents & families, sexual abuse and trauma.</p> <p>Domestic Violence Play Therapy TF-CBT IFS Attachment-Centered/Relationship Oriented Therapy</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p>

Commonly Practiced 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.

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>).