



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. 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.

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 age 3+, adolescents, young adults. 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>Christine Springer, MA-MFT, LPC</u> 2299 Pearl St. Suite 402-E Boulder, CO 80302</p> <p>#303-956-0900 www.cspringercounseling.com christine.springer@comcast.net</p>	<p>Specializes in trauma, working with adolescents, adults and families.</p> <p>TF-CBT, EMDR, DBT Trauma & Abuse Domestic Violence Sexual Abuse Grief & Loss Adoption Neurofeedback Anxiety and Depression Parent education</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p>

<p><u>Mental Health Partners of Boulder</u> Denise Bertrand-Lovato, LCSW</p> <p>529 Coffman St. Suite 300 Longmont, CO 80501 #303-684-0555</p> <p>899 Highway 287 Suite 300 Broomfield, CO 80020 #303-466-3007</p> <p>1333 Iris Ave. Boulder, CO 80304 #303-413-6263</p> <p><u>The Trauma Center at Mental Health Partners</u></p> <p>#303-443-0400 www.movingtoendsexualassault.org</p>	<p>Spanish & English Speaking 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 Sliding Scale Pro Bono</p>

<p><u>Christie Baryames, MA, LPC</u> Longmont, CO</p> <p>#303-817-4330 PlayTherapy@comcast.net</p>	<p>Specializes in children, adolescents and adults.</p> <p>Family & Parent Education Domestic Violence Physical abuse Play Therapy – Sand Tray 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 teens and adults.</p> <p>Domestic Violence DBT Sexual Abuse Anxiety and Depression PTSD Grief</p>	<p>Private Insurance: Aetna Anthem BCBS CU Gold Insurance Out of Network</p>
<p><u>Brian Keating, MA, LPC</u> 2845 Wilderness Place Boulder CO, 80301</p> <p>#720-491-1522 Brian@deeplistingpsychotherapy.com www.deeplistingpsychotherapy.com</p>	<p>Specializes in children and adolescents. Childhood Bereavement, grief, trauma, self-harm and suicidal ideation.</p> <p>Play Therapy EMDR</p>	<p>Private Insurance: Anthem BCBS CuraLinc Healthcare EA</p> <p>Accepts Victims Compensation</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</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>Medicaid</p>

<p><u>Melissa Lockman, LCSW, MA, PRE, CFI, SEP</u> JOY Collective 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</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>Ellie Kraus</u> The Collective for Psychological Wellness 737 29th St. Suite 102 Boulder, CO 720-491-1993</p>	<p>Specializes in Anxiety and Trauma for teens and adults.</p> <p>TFCBT DBT EMDR</p>	<p>Sliding Scale</p>
<p><u>Gillian Kaag</u> Strength-Based Psychological Services 300 South Jackson St. Suite 405 Denver, CO 80209</p> <p>303-578-1114 drkaag@sbpsychservices.com</p>	<p>Specializes in older adolescent (16+), adults, and couples struggling with trauma, depression, sexual assault and PTSD.</p> <p>TFCBT EMDR DBT, CBT</p>	<p>Accepts Victims Compensation</p> <p>Kiser (Out of Network)</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>Youth with sexual behavior issues - SOMB Treatment Provider</p>	<p>Sliding Scale</p>
<p><u>Adriana Balentine, MSW, LCSW, CACII</u> 5277 Manhattan Circle #250 Boulder CO, 80303</p> <p>#303-817-9072 adriana@simcounseling.com</p>	<p>Specializes in adolescents and adults, childhood trauma.</p> <p>Trauma sensitive movement (yoga, dance, somatic) Domestic Violence Substance Abuse/Addictions Boundaries</p> <p>TF-CBT, EMDR DBT, ACT Mindfulness Approaches</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p>
<p><u>Abigail M. Esquivel, LCSW</u> 3036 West 107th Place Unit C Westminster, CO 80031</p> <p>#720-644-9279 beandbelongcounseling@gmail.com</p>	<p>Specializes in children adolescents & families</p> <p>Play therapy EMDR Parent-Child Interaction Therapy (PCIT) TF-CBT Domestic Violence Parent coaching</p>	<p>Accepts Victims Compensation</p> <p>Cigna</p>
<p><u>Kristy Howlett, LCSW</u> 545 Collyer Street 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>Brynn Miller, LPC</u> 1221 Pearl Street Boulder, CO 80302</p> <p>#303-859-2654 Brynn@boulderthrive.com www.boulderthrive.com</p>	<p>Spanish & English Speaking Specializes in the treatment of children & adolescents with trauma & PTSD.</p> <p>Domestic Violence EMDR, TF-CBT Play Therapy Attachment</p> <p>Other: LGBTQ Eating Disorder</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p> <p>Anthem/BCBS</p> <p>Medicaid</p>
<p><u>Lisa Hassin</u> 545 Collyer St Longmont, CO 80501</p> <p>#720-588-3639 lisahassin@yahoo.com</p>	<p>Spanish & English Speaking Specializes in young children, adolescents and families.</p> <p>EMDR Play/art/movement therapy Attachment focused therapy Early Intervention Developmental delays DBT trauma & divorce</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p> <p>Anthem/BCBS Medicaid only with a primary medical diagnosis</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 aspentreatmentservicesoffice@gmail.com</p>	<p>Spanish & English Speaking Specializes in children, adolescents, adults and families.</p> <p>Domestic Violence Substance Abuse Sex offending youth & adults EMDR</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p> <p>Private Insurance Medicaid</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 Specializes in trauma, attachment, adolescents, adult and families.</p> <p>Brainspotting, TF-CBT Sandtray Play Therapy DBT and Mindfulness</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p> <p>Blue Cross Blue Shield United Cigna Magellan</p>
<p><u>Leslie McCormick, MA, LPC, R-DMT</u> 5378 Sterling Drive, #2 Boulder, CO 80301</p> <p>#720-284-1197 www.movementrevolutions.com lm@movementrevolutions.com</p>	<p>Spanish & English Speaking Specializes in supporting parents to resolve trauma that impacts children. Infant Preschool Parent Child Interaction</p> <p>TF-CBT, Dance Movement Therapy</p>	<p>Accepts Victims Compensation</p> <p>Sliding Scale</p>
<p><u>Kim Miller, LCSW</u> 100 Arapahoe Ave. Suite 7 Boulder CO, 80302</p> <p>#303-818-0731 kimmillerlcsw@gmail.com</p>	<p>Spanish & English Speaking Specializes in the treatment of adolescents and adults with trauma & PTSD.</p> <p>Brainspotting Grief Hakomi</p>	<p>Sliding Scale</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 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.

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>).