



Heather Phillips MA, M.Ed., LPC, CAC III
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 # (719) 581-9115 (text capable)
www.Kismetcounseling.com
heather@kismetcounseling.com

Therapist Referrals:

Updated 9/17/19

Medicaid Provider Referral List:

- All of the below providers are listed as accepting CCHA

Name or Practice	Contact Info	Specialization	
Piece of Mind Therapy	Call or text Amber Pisano #719-966-7053. More info at my website: www.peaceofmindtherapycs.com	young people older teens. experience with LGBT+	
Sara Gross	# 719-510-3899. www.saragrosscounseling.com	EMDR- Trauma treatment	
Dr. Shannah Ziatz-Whole Person Psychotherapy	# 719-924-4785	EMDR- Trauma treatment, LGBT+	
Christy Sorden	www.sordencounseling.com	EMDR- Trauma treatment	
Michelle Kozimko	#719-246-3966 Michelle.kozimko@gmail.com	Young persons teens, and trauma treatment	
Sheila Watson at A Willow Bends, LLC	#719-650-8114	EMDR- Trauma treatment	

Pam Wiebelhaus Counseling	# 719-344-2209 ext. 5	Adults only- EMDR- Trauma treatment	
Sandy Plotner	Sandyplotner.com	EMDR for children and teens. Also accepts Tricare	
Heart of the Phoenix Counseling	Wendy Carte, 719-331-3721	CCHA insurance and LGBTQ+	
Restoring Lives Counseling Services	Specifically, Jeff Mowery for LGBTQ+ populations	CCHA insurance and LGBTQ+	

Other Provider Referral List:

Adrienne Gorlen I am LGBTQ+ affirming, work with anxiety and depression, and accept Cigna!
719-445-6569
www.boulderandthepinecounseling.com

Alicia Renee 719-452-8620 www.springspsychotherapy.com

I also am LGBTQ+affirming, specialize in helping those who suffer from anxiety, low self-esteem, people pleasing tendencies move towards becoming more empowered and authentic. Typically it's a result of childhood trauma and they are now in adulthood. I don't work with kids (some late teens but not often). I also work with couples who have experienced a betrayal of some sort and are either deciding if they still want to work towards healing the relationship or ending the relationship. I take Tricare, offer a sliding scale, and can assist those with out of network benefits.

Amber Pisano

Call AND text: 719-966-7053

www.peaceofmindtherapycs.com

LGBTQ+ affirming and very knowledgeable, anxiety, depression, trauma (but not EMDR)

Adults and insightful older teens (15+)

Insurance: Medicaid

Denise Tran Denise Tran 303-518-3042. I take Cigna, BCBS, and Tricare. I work with teens/young persons and LGBTQ + affirming

Hannah Way I am LGBTQ+ affirming, work with teens and adults (both individual and couples) experiencing depression, anxiety, difficult life transitions, and relationship struggles, as well as pre/peri/post-natal concerns. I am self-pay currently but will soon be taking Aetna and BCBS (I should be paneled by March). I can take contracted rates for those two insurances until I am paneled. <http://www.mindfulsprings.com/hannah-way-lmft.html>

Jennifer Renee Sliding scale only. One pro bono a month. Equine assisted therapy. Specialty is kids, veterans, LGBTQ, family dynamics and integration, healthy relationships, trauma, and all the issues

within that group. Autism spectrum disorder, body image, fear of intimacy and relationships, suicidal ideation, self harm. Also a life coach. The equine therapy is unique and wonderful for the above diagnoses. And unique to the area, really. Thank you so much!Destinacionsequinetherapy.com

Judy Gainer Judy Gainer 719-439-9297. Medicaid, CHP+, Tricare, BCBS, United Health, Kaiser, Aetna, and Cigna. I'm also on Compsych and E4 list for EAP. Located near GoG and Centennial

Katie Michelle I work with teens/young adults, LGBTQ+ affirming. Lots of work with anxiety/empowerment/independence. Cash pay/sliding scale. LMFT. Katie@ahelpinghandtherapy.com. 719-963-8478

Katie Renee Hello Heather. I am LGBTQ+ affirming, and specialize in addictions, domestic violence, sexual assault, anxiety and depression and women's issues in general. I work a lot with teens as well. I have immediate openings and accept medicaid and private pay. Katie Daugaard 719-428-3012 www.restoringlivesproject.com

Kelly Ann Gillespie

Step Forward Counseling

719-695-0131

Divorce recovery, depression, narcissism (abuse and recovery), relationships, individuals
Medicaid and Tricare accepted

Michael Conner I take Cigna and Tricare. Trauma, Accelerated Resolution Therapy, EMDR, and LGBTQ+ affirming. Invictus Counseling Associates 719-645-7191

Www.invictuscounseling.com

Niki @ Impact Psychiatric Care 7193017731

I also take all of the above insurances, Medicaid, Cigna, Tricare, Anthem/BCBS, with same populations except substance abuse disorders specifically.

Noelle Vancil Play Therapy and Sand Tray- Ages 2-18ish- no insurance accepted, low private pay- I25 and Circle- brightfuturescosprings.com 719-387-9299

Paige Kyle Paige Kyle

Www.talloakcounseling.com

I take Tricare

Paul Lessley Substance use disorders - I work with young adults, 30/40+ adults, families, and organizations. Private pay. www.springsrecovery.com

Stephanie Erin Alicia Hawker and Stephanie Hill

www.hillandhawker.com

We are LGBTQ+ affirming, and specialize in eating disorders and trauma, are EMDR trained, and each have other areas of interest and specialty in addition to those that are listed in our bios on our website.

Stephanie@hillandhawker.com

Alicia@hillandhawker.com We are both cash pay, and I accept United.

Zaena Delilah Hi, Zaena Flores

Broadmoor Counseling

719-460-0230

Teens/Adults/Couples

All Ethnicity, Race, Gender, LGBTQ+ populations affirmed in my practice, EMDR, trauma, relationship healing especially after infidelity

Insurance: Tricare, Medicaid, Aetna, Anthem/BCBS, Kaiser, MHN, Beacon

Judy Gainer Hi Heather. Good luck with your move.

Judith Gainer, LPC

All insurances accepted. Oh...Not Medicare

Ages: 6 and up.

Issues: Anxiety disorders, trauma, dissociation, abuse history, depression.

EMDR and IFS are modalities most frequently used.

Location: 5245 Centennial Blvd, Suite 200, 80919. North of GoG on Centennial.

Phone: 719-439-9297.

On Psychology Today

Erika Johnson PsyD Hi Heather Phillips! Janet Janet Utschig Soto would be great for this! She is self-pay and sliding scale only (her flat rate fee is lower than yours). I am sure she would love some referrals! www.mindfulconnect.com or you can reach her at janet@mindfulconnect.com or 970-420-2614

Xander John Xander Burgess

719-439-6785

Medicaid, Tricare, Self pay, and sliding scale

I work with all of those! I have extensive experience with the LGBT, queer, poly, etc pops.

Denise Tran-Miles Dr. Denise Tran

303-518-3042

Peak Mind Consulting

1235 Lake Plaza Dr Ste 134

Colorado Springs, CO 80906

Anthem and Tricare

I see the same age population and provide EMDR and specialize in Eating Disorders

Dina Marie I work with kids age 5-18. Self-pay and sliding scale. Contact Dina Mark at 719-362-5440 or grow@heartspacekids.com www.HeartspaceKids.com

Amanda Ayers UCCS Veterans Health and Trauma Clinic 719-255-8003

Ideal populations are military/veteran or first responders, their partners, families, or children.

We see adolescents 12 and up and adults. Specialize in trauma, most providers here are EMDR or CPT trained. Several are competent in working with or a few identified as LGBTQ. Additionally, many of us have specialties (dissociation, sex therapy, somatic, specialized EMDR trainings, attachment, etc)

We take several insurances including VA, Tricare, BCBS.

PT Gross Hi Heather! It will be a shame to see you go. You are such a positive energy in this community. But I will give you my info as well... 4Square Counseling. Paul Gross LGBTQ, traditional and non traditional relationships, kink, family, kiddos (esp

LGBTQ) pagan, and other traditional mental health issues. I take Medicaid, UHC, and Anthem BCBS. Supposedly I can take Tricare as well. 719-354-1967. And if you need anything, please let me know!

Alexandra Harding Taylor ☕ Hi Heather! Good luck with your move.

I work with ages 14 thru 65. I specialize in trauma, attachment trauma, anxiety, shame, and issues related to being in a military family. I operate mostly from an ACT approach with a lot of IFS influence. I am EMDR trained. I am paneled with Tricare, VA Choice, United, Cigna, and Kaiser of Southern Colorado. I have a set self-pay rate. Through the Storm Counseling 719-822-5567 I look forward to talking with anyone that you think I might be a good fit for.

Courtney Barber 🛡️ Hey Heather!! We can help too. We have clinicians that work with the following:
Barber Family Counseling & Wellness

We work with (from your list): Ages 5+, CPTSD/EMDR/dissociative disorders, substance use disorders and persons working on gender identity issues within the queer/trans

We can take Medicaid and can try to meet peoples copays for other insurances. We also have set hourly rates and sliding scales.

Good luck on your move!

Haley Ashten 🙌 Hi Heather! I just moved here from Johnson City, TN. If you need any advice for things to do in TN, let me know! I'm with a group at Pathways Psychological Services and see clients in both CS and Pueblo. We take basically all insurances and sliding scale for private pay. 80% are Medicaid clients. I see clients 9ish and up. My favorite ages to work with are probably 10-30. I use several modalities depending on the client including DBT, ACT, narrative, Gottman, and am currently training in IFS and EFT. Will be getting EMDR cert in winter. My number is 719-357-7504

Zoe Bonack ☕ Our group practice has clinicians that specialize in eating disorders, substance abuse, trauma, work with children, teens, and adults. Several do EMDR. We are credentialed with Medicare, Anthem, Tricare, and the VA. Neuro Hope Psychotherapy & Neurofeedback. 719-323-3094. Our updated website has not been published yet. Hopefully in the next week or so. It shows all of our clinicians and their specialties. Our team is very gifted and are able to perform a variety of techniques that include art therapy, play therapy, psychodrama, CBT, DBT, and depth therapies. www.neurohopepsych.com

Bristlecone Family Counseling

Populations: queer/trans/non-binary, dissociative disorders, CPTSD, children ages 3-18, adults, partners. I don't do SA counseling, but will work with co-occurring SA and mental health dx if they're in SA tx.

Medicaid

719-331-2317

www.bristleconefamilycounseling.com

Hayden MK ☕ You know all about the population I work with :) Heather. 12-50+ LGBTQ+, veterans/active military. trauma, depression, anxiety, relationships, gender identity, sexual orientation exploration, disordered eating, religious deprogramming, communication issues (family/relationships).

Private pay only, sliding scale, accessible rates.

411 Lakewood Circle Drive, suite c-207-a

80910

760-521-7922

Evening and Saturday hours.

@Arrowinsightcounseling

Wendy Carter. 719-331-3721

Heart of the Phoenix Counseling

1422N. Hancock, Suite 1 South. Colorado Springs Co, 80903 [Wendy Carter](#) Good morning. You will be missed by me and loads of others I'm certain! Is anyone going to continue the Resilience Project?!

I take Medicaid and Medicare, TriCare, United.

My experience has been with 20 ish and up but teens are okay too. LGTBQ and trauma focused on many topics, especially suicide postvention and prevention. Strength based, mindfulness, Existential approaches!

[Lisa Joyce](#) ☕ I can take some adults. I can take Anthem and Cigna, medicaid still pending.
719-598-0982x301 www.lisajoycelpc.com

[Samantha Toale](#) 🖐️ I can take some of the adults and teens, I work with quite a few LGBTQ+ and am active with the community. Have a history of working with ED disorders also. Avilion Mental Health, My name is Samantha Toale 719-822-3789. Good luck with your move and feel free to reach out to me if you have any questions.