



## Dr. Miranda Denison, Ph.D. (she/her)

[Website](#) // [Email](#) // (816) 357-5563

Kansas City, MO

I do have openings

Hi! I'm Dr. Miranda and I'm a licensed psychologist in Missouri. I also meet with folks virtually across 42 PSYPACT-participating states. I focus on showing up authentically to help you learn how to navigate the tough experience of simply being human. In our work together, you'll find an affirming and inclusive space for you to explore life's stressful situations and feel empowered to make the changes you're wanting to see. You'll learn new skills and strategies to feel more emotionally grounded and fulfilled, feeling empowered to navigate life with a greater sense of peace, clarity, and

resilience. I look forward to hearing from you!

At a Glance	
Services	Fees
Adults Individual therapy Online appointments	Free 15-minute phone consultation 55-minute intake appointment - \$200 45-minute therapy follow up - \$200
Specialties	Techniques
Anxiety and Panic Social Anxiety Fears/Phobias Depression Perfectionism Burnout and Work Stress Insomnia Self-Esteem Racial Identity Gender Identity	Cognitive Behavioral Therapy (CBT) Acceptance and Commitment Therapy (ACT) Dialectical Behavior Therapy (DBT) Motivational Interviewing Compassion-Focused Culturally Sensitive

### Qualifications:

- Practicing for 8 years
- Additional certifications: Health Service Provider (HSP)
- Membership with: American Psychological Association





## Stefanie Gilbert, Ph.D.

[Website](#) // [Email](#) // (202) 251-8999

St. Petersburg, FL

I do have openings

I am a Clinical Psychologist who has specialized in the treatment of eating disorders and mood disorders for the past 30 years. I am a graduate of Harvard University, University of Pennsylvania, and University of South Florida, and I was a tenured professor in the Psychology Department at Howard University before focusing exclusively on my private practice. My therapeutic approach incorporates aspects of Compassion-focused Therapy, Cognitive-Behavioral Therapy, and Dialectical Behavior Therapy to help people better manage negative emotions such as sadness and anxiety that drive self-harming behaviors.

At a Glance	
<b>Services</b>  Adults & Teens Individual, Family, & Group Therapy Online appointments	<b>Fees</b>  Individual therapy - \$325 Group therapy - \$75 Family therapy - \$325 Parent coaching - \$325 Sliding scale available
<b>Specialties</b>  Eating disorders, Athletes, Depression, Anxiety, Bipolar disorder, Substance abuse, Self-harm, Chronic pain, Stage-of-life transitions, Weight loss	<b>Techniques</b>  Cognitive behavioral therapy Dialectical behavior therapy Compassion focused therapy Acceptance and commitment therapy

### Qualifications:

- Practicing for 30 years
- Additional certifications: National Football League Clinician
- Membership with: American Psychological Association; Maryland Psychological Association; Academy for Eating Disorders; International Association of Eating Disorder Professionals



## Julie Heier, Ph.D. (she/her/they)

[Website](#) // [Email](#) // (484) 424-7790

Washington DC

I do have openings

I provide psychotherapy and assessment to young adults and adults with anxiety, chronic illness, and depression/loneliness. I'm queer affirmative and strive to provide culturally responsive therapy. I am also passionate about liberation, social justice, and activism.

I believe the relationship with your therapist is the most important ingredient to good therapy. My approach uses both relational and practical skill teaching using evidence-based approaches such as cognitive behavioral therapy, acceptance and commitment therapy, and attachment that emphasizes trust and safety.

At a Glance	
Services	Fees
Adults & Teens Individual, Couples, & Family therapy Online appointments	I am not paneled with insurance. I am happy to provide a superbill for you to submit to insurance. Please look at the FAQs on my website.
Specialties	Techniques
Living with Chronic Illness Anxiety disorders Depression Queer, gay, and gender affirming therapy Boundary setting/assertiveness Trauma and stressor related disorders Caregiving stress Chronic fatigue	Cognitive Behavioral Therapy Acceptance and Commitment Therapy Insight and compassion oriented Emotionally Focused Therapy (EFT) Dialectical Behavior Therapy Supporting Parents of Anxious Children (SPACE) Solution focused family therapy Exposure and Response Prevention

### Qualifications:

- Practicing for 6 years
- Additional certifications: Trauma-focused Cognitive-behavioral Therapy; Supporting Parents of Anxious Children (SPACE); Advanced Cognitive Behavioral Therapy; Acceptance and Commitment Therapy; Palliative Care Certification; Child and Family Traumatic Stress Intervention (CFTI)
- Membership with:
  - American Psychological Association, Division 38, Health Psychology
  - Association of Psychologists in Academic Health Settings (APACH)
  - Pediatric Academic Societies (PAS)
  - National Register of Health Service Psychologists



## Michael Jacobs, Ph.D. (he/him/his)

[Website](#) // [Email](#) // (917) 426-3538

New York, NY

I do have openings

I specialize in supporting teens and adults, particularly those who identify as LGBTQIA+ or performing artists, who are feeling anxious, sad, and overwhelmed. My approach helps manage anxiety, depression, ADHD, insomnia, and OCD, offering thoughtful conversations and practical tools to get you back to living fully.

As a therapist, I have developed a caring, honest, creative and direct style that I hope will help us to better connect. That connection will allow me to help you meet your goals. I treat a range of mental health issues including those listed above utilizing CBT and ACT. For a more detailed list, feel free to visit our website. I know firsthand that it can be difficult to find a therapist who understands the importance of continuing to be COVID-safe. I appreciate that taking one's health and personal wellness seriously is not a sign of mental illness. I hope that you will feel both safe and understood during our sessions.



PERFORMANCE  
INSTITUTE FOR  
COGNITIVE AND  
BEHAVIORAL  
THERAPIES

### At a Glance

#### Services

Adults & Teens  
Individual therapy  
Online appointments

#### Fees

\$290

#### Specialties

Anxiety disorders  
Performance anxiety  
OCD  
Depression  
Insomnia  
ADHD  
Psychosis

#### Techniques

CBT  
ACT  
CBT for Insomnia  
CBT for Psychosis

### Qualifications:

Membership with: American Psychological Association



## Lipika W. Jain, Psy.D. (she/her)

[Website](#) // [Email](#) // (630) 296-5251

I do have openings

Are you an adult struggling with anxiety, depression, or both? I'm here to help you make lasting change. Whether you're navigating social differences, occupational challenges, executive functioning difficulties, autistic traits, or learning differences, among other situations, I understand the unique experiences that come with being neurodiverse. My approach is rooted in empathy, collaboration, and evidence-based techniques, focused on working with you to develop personalized strategies that help you overcome obstacles, build resilience, and thrive. Let's unlock your full potential together - I look forward to hearing from you!

At a Glance	
Services	Fees
Adults Individual therapy, Assessments & evaluations Online appointments	I do take insurance
Specialties	Techniques
ADHD Anxiety Autism Spectrum Depression Relationship Issues Self-Esteem	Acceptance and Commitment Therapy (ACT) Cognitive Behavioral Therapy (CBT) Culturally Sensitive Therapy Dialectical Behavior Therapy (DBT) Eclectic Therapy Holistic Therapy Mindfulness-based Therapy

### Qualifications:

- Practicing for 7 years

### Insurance:

- Blue Cross Blue Shield
- United HealthCare
- Aetna







## Carmen J. Lewis, Psy.D. (she/her/ella)

[Website](#) // [Email](#) // (215) 436-8255

Philadelphia

I do have openings

If you define yourself by your accomplishments and your strength, and you're running out of energy to sustain the pace at which you're moving, I can help. Society or culture have dictated the ideal for your role or gender, be that provider of the family, or eldest child in a family of immigrants, and you have molded yourself to reach this ideal and not let anyone down. But you can see how this has taken its toll, and you're curious about finding another way. The single most important factor in successful therapy is the relationship between client and Psychologist. As a culturally competent Latina

Psychologist, fluent in English and Spanish, we will code-switch our way to a more easeful life.

At a Glance	
<b>Services</b>  Adults Individual therapy Online appointments	<b>Fees</b>  \$225 I take traditional Medicare
<b>Specialties</b>  Anxiety Depression Perfectionism Disconnection from own emotions, others' emotions Romantic or family relationship difficulties	<b>Techniques</b>  Interpersonal

### Qualifications:

- Licensed since 2014
- Membership with: PPA, PSCP, Latinx Psych Assn

**Insurance:** Traditional Medicare





## Karla A. Rennhofer, Ph.D, ABPP (she/her)

[Website](#) // [Email](#) // (708) 634-6174

Illinois

I do not have openings

I believe that being Covid Cautious is a logical response to danger.

I have a direct, non-judgmental and caring style, intermingled with humor. I thoroughly interview you about your past and examine how it shaped you, your emotions, your thoughts, and the way you interact in the world. I

welcome clients of different ethnicities, cultures, religions, sexual orientations, nationalities, and abilities and am always eager to learn about areas I'm not as familiar with.

My approach to therapy primarily incorporates interpersonal and family system techniques, but I can also utilize EMDR, CBT, Gestalt, Attachment, and Trauma-based therapies. I'm able to work with clients who enjoy homework and structure as part of the therapy process, as well as clients who enjoy a more fluid approach. For those who want structure, I usually provide writing or behavioral assignments that specifically target the issues that you are working on. My focus is to help you achieve the changes that you want in your life so that you can obtain the goals that are meaningful for you.

At a Glance	
<b>Services</b>  Adults Individual Therapy Online appointments	<b>Fees</b>  Free 15-minute consultation to gauge fit \$250/session See below for insurance information
<b>Specialties</b>  Anxiety, Attachment, Burnout, Depression, Grief or Loss, Life Transitions, LGBTQ issues, Relationship Issues, Self-Esteem, Women's Issues, Work Stress	<b>Techniques</b>  EMDR, Attachment Theory, Eclectic Therapy, Existential Therapy, Experiential, Gestalt, Internal Family Systems, CBT, and Person-Centered

### Qualifications:

- Practicing for 25 years
- Additional certifications: American Board of Professional Psychology, Board Certified Expert in Traumatic Stress
- Membership with: ABPP, IPA, APA, PSYPACT

### Insurance:

- I am an out-of-network provider. I practice courtesy billing, which means I file the claim for you and if your insurance plan covers any of the session, they would then compensate you. I also can provide Superbills to help speed up the process.



## Dr. Geneva Reynaga Abiko, Psy.D. (she/they)

Licensed Clinical Psychologist

[Website](#) // [Email](#) // 703.493.1550

I do have openings

Dr. Geneva is a Latinx licensed clinical psychologist with over 20 years experience. She provides trauma-informed relational and depth-oriented (psychodynamic, intersubjectivity) individual and couples/polycule therapy to adults. She specializes in working with BIPOC (Black/Indigenous/People of Color), LGBTQIA+ and gender nonconforming clients. Areas of focus for treatment center around anxiety, traumatic experiences, body positivity, identity-related concerns and spirituality (including difficulties with belief systems). Her work is sex positive and poly- and kink friendly. COVID conscious. HAES provider.

At a Glance	
<b>Services</b>  Adults Individual & Couples therapy Online appointments	<b>Fees</b>  \$195-\$255 Sliding scale available
<b>Specialties</b>  Relational trauma in LGBTQIA+ and BIPOC (QTPOC) adult populations	<b>Techniques</b>  Relational psychodynamic therapy Depth therapy Multicultural Feminist

### Qualifications:

- Practicing since 2003
- Additional certifications: Licensed clinical psychologist
- Membership with: International Association for Relational Psychoanalysis and Psychotherapy, National Latinx Psychological Association, Society of Indian Psychologists, California Psychological Association, Washington Psychological Association







## Sarah Scheckter, Ph.D.

[Website](#) // [Email](#) // (215) 839-3151

Ardmore, PA

I do have openings

Over the course of the Covid pandemic, I've heard from many people struggling to build or maintain meaningful relationships and feel connected to their communities, as well as from many people adjusting to a medical diagnosis for themselves or a loved one. You may find yourself working hard to care for others, but wondering who is looking out for you. As a therapist, my goal is to create a safe and trusting environment where we can understand your experiences, shift patterns that aren't working for you, and chart a path toward a more satisfying life.

At a Glance	
<b>Services</b>  Adults Individual therapy Online appointments	<b>Fees</b>  \$190  If you would like receipts for your records, I would be glad to provide them.
<b>Specialties</b>  Anxiety Depression Relationship difficulties Grief and loss Caregiver stress and burnout in helping professions Medical illnesses such as cancer, auto-immune, and COVID-related conditions	<b>Techniques</b>  Psychodynamic Relational Existential

### Qualifications:

- Practicing for 10 years
- Membership with: National Register of Health Service Psychologists; Philadelphia Society for Psychoanalytic Psychology; Society for Psychoanalysis and Psychoanalytic Psychology (Division 39 of APA); Climate Psychology Alliance of North America





## Steven E. Schiele, Ph.D.

[Website](#) // [Email](#) // (501) 229-9889

I do have openings

Hello! My name is Steven, I'm a warm and empathic clinical psychologist specializing in stress and trauma, anxiety and depression, and relationship challenges. I'm dedicated to fostering understanding, self-acceptance, and empowered living in his clients. I work collaboratively with individuals who are ready to engage with life's difficulties to cultivate meaningful change and acceptance.

At a Glance	
<b>Services</b>  Adults Individual & Couples therapy Online appointments	<b>Fees</b>  \$210 I do take insurance
<b>Specialties</b>  Trauma Depression Anxiety Marriage/relationship problems	<b>Techniques</b>  CBT ACT PE IBCT Mindfulness

### Insurance:

- BlueCross BlueShield
- Ambetter





## Amelia Swanson, Ph.D. (she/her)

[Website](#) // [Email](#) // (312) 564-5938

Skokie, IL 60076

I do have openings

Are you frustrated that others don't support you in trying to lower your risk for covid and other illnesses? Do you want help exploring how to enjoy your life while staying covid conscious? We can work together to help understand your values and how to use them as a guide. I am a licensed psychologist that specializes in chronic illness, ADHD, anxiety, infertility, pregnancy loss, postpartum depression and anxiety. I conduct forensic evaluations for civil litigation. I am licensed in IL, MA, NY, IA and PSYPACT states.

At a Glance	
<b>Services</b>  Adults Individual therapy Online & In-person appointments	<b>Fees</b>  \$250 Free 30-minute consultation I do take insurance
<b>Specialties</b>  Chronic illness; Infertility; Third-party reproduction Pregnancy loss; Postpartum anxiety & depression ADHD; Anxiety Stress/burnout in medical professionals Forensic evaluations	<b>Techniques</b>  ACT, CBT, Family systems

### Qualifications:

- Practicing for 9 years
- Membership with: APA; ASRM

### Insurance:

- Illinois: BCBS PPO, Aetna PPO
- Massachusetts & New York: Aetna PPO

### In-person safety precautions:

- I always wear an N-95 masks during sessions. Clients are welcome to wear masks (I have N-95 available for clients as needed) but not required
- HEPA filters in office
- Switch to telehealth if any concern about illness for myself or client





## Dr. Nichole Vincent

[Website](#) // [Email](#) // (512) 790-0183

I do have openings

Are anxiety, perfectionism, ADHD, and relationship struggles holding you back from the life you deserve? It's time to break free and thrive! I'll provide unwavering support in a safe space where we'll conquer self-doubt, manage anxiety, and nurture fulfilling connections. Together, we'll unleash your inner strength and equip you with practical tools to conquer life's challenges. with authenticity, confidence, and meaningful connections like the badass you are meant to be!

As a compassionate Clinical Psychologist, I extend a warm invitation to embark on a path of self-discovery and growth together. My expertise spans a variety of therapeutic approaches, each tailored to meet your unique needs and circumstances. Whether you're grappling with anxiety, trauma, self-esteem struggles, or relationship complexities, rest assured, I'm here to walk alongside you every step of the way. Through our collaborative efforts, we'll curate a therapy experience designed just for you, drawing from evidence-based techniques to navigate through these challenges. My goal is to empower you to achieve meaningful change and reach your fullest potential. Let's create a supportive space where you can explore, heal, and thrive.

At a Glance	
<b>Services</b>  Adults Individual & Couples therapy Online appointments	<b>Fees</b>  \$235 per 50-minute individual appointment \$310 per 75-minute couples appointment Additional time can be added for an additional fee
<b>Specialties</b>  ADHD, Anxiety, Perfectionism, Relationship Concerns, Grief and Loss, Life Transitions, Communication Concerns	<b>Techniques</b>  Acceptance and Commitment (ACT); Art Therapy; Cognitive Behavioral Therapy (CBT); Compassion Focused Therapy; Culturally Sensitive; Dialectical Behavioral Therapy (DBT); Integrative; Interpersonal Therapy; Mindfulness-Based (MBCT); Motivational Interviewing; Person-Centered Therapy; Positive Psychology; Reality Therapy; Solution Focused Brief (SFBT); Strength-Based; Trauma Focused

### Qualifications:

- Practicing for 10 years



## Christopher Watkins

[Website](#) // [Email](#) // (201) 472-3993

I do have openings

I am a licensed psychologist based in Philadelphia who also meets with folks virtually across 42 PSYPACT-participating states.

I know firsthand that navigating life in a world that was not built with you in mind can be exhausting. If you're Black, neurodivergent, or hold other marginalized identities, you may be carrying weight that others can't see—but you feel it every day. This is a space where your experience is not only acknowledged but centered.

I offer individual therapy to help you reconnect with your sense of self, explore your emotions safely, and build tools for navigating a world that often misunderstands you. I also provide psychological testing and diagnostic clarification for Autism, ADHD, and other concerns—especially for people who have had difficulty accessing accurate, affirming diagnoses in the past.

Whether you're seeking healing, answers, or simply a place where you don't have to explain the basics of who you are, I'm here to walk alongside you.

At a Glance	
<b>Services</b>  Adults & Teens Individual therapy Online appointments	<b>Fees</b>  Free 15-minute Consultation \$160 - Individual Therapy \$2,000 - Psychological Assessment I do take insurance
<b>Specialties</b>  Testing and Evaluation; Racial Identity; Gender Identity/Issues; ADHD; Autism; Grief/Loss; Trauma; LGBTQ+ Poly/Non-Monogamy Sex-Positive, Kink Allied	<b>Techniques</b>  Person-Centered/Humanistic Therapy Cognitive Behavioral Therapy (CBT) Acceptance and Commitment Therapy (ACT) Afrocentric Approaches Feminist Therapy

### Qualifications:

- Practicing for 8 years
- Membership with: American Psychological Association; National Association of Black Psychologists

**Insurance:** Aetna, Optum (UnitedHealth, Oxford, Oscar)



