

Atlanta therapists who specialize in working with people who are recovering from sexual abuse and/or trauma

Curated By: Rivka Freitag

This list is divided between therapists that treat adults, therapists that treat young adults and teens, and therapists that treat children. A therapist may appear in more than one category.

This is a long-term list, and some therapists may not have availability for new patients at any given time. In that case, if the therapist appears to be a good fit, it may be a good idea to request to be put on a waiting list and continue calling additional therapists.

All therapists on this list are credentialed and have been recommended by at least one additional therapist for their experience in treating sexual trauma and for their general level of compassion, success and experience in treatment. Nevertheless, not every therapist is a fit for every person. If things don't seem to be working/progress is not being made even after effort by the client, another therapist may be a better fit. Additionally, if a therapist offers ideas that the client is uncomfortable with on a personal or religious level, the therapeutic relationship should be open enough that the client can disclose this to the therapist. Therapists for children, and to some extent teens, should be discussing the treatment and partnering with the parents (although for teen treatment to be successful, they may need some level of confidentiality with the therapist).

Many therapists are out of network for insurance but clients may still be able to get some reimbursement from their insurance. For the best possible financial understanding, details should be discussed with the insurance company before commencing therapy. Notwithstanding these important considerations, in certain situations, the need for therapy may outweigh typical financial considerations.

Note that in cases of domestic abuse, JF&CS therapists may be able to use the Shalom Bayit program to charge significantly reduced fees.

Adults

Nicole Albert, MHS, LPC (JF&CS) (female)

- Licensed psychotherapist with over 20 years of experience
- Much of her work focuses on trauma and grief, sexual abuse and trauma, domestic violence counseling, and Crisis Intervention.
- She uses a variety of techniques including attachment based therapy, mindfulness, and psychodynamic approaches.
- See <https://jfcsatl.org/services/clinical-services/our-therapists/nicole-albert>
- Regular JF&CS intake line for initial scheduling is 770-677-9436 but if a situation is sensitive, they can also call Wendy Lipshutz directly at 770-677-9322

Sally Anderson, MS, LPC, CPCS (JF&CS) (female)

- She works with clients who have undergone a wide range of traumatic experiences, and has training in Strategic Trauma and Abuse Recovery. She is also a certified Applied Suicide Intervention Skills Training (ASIST) caregiver.
- She believes in channeling the power of connection and compassion within the therapeutic relationship, and helps individuals cultivate their own resiliency.
- She uses concepts and training from various therapeutic approaches such as internal family systems, mindfulness, person centered therapy, and psychodynamic therapy.
- See <https://jfcsatl.org/services/clinical-services/our-therapists/sally-anderson>
- Regular JF&CS intake line for initial scheduling is 770-677-9436 but if a situation is sensitive, they can also call Wendy Lipshutz directly at 770-677-9322

Kim Asher, MS, LPC, CCH (Atlanta Center for Wellness) (female)

- Works with childhood abuse, PTSD, anxiety and depression
- Using many types of psychotherapy, assisted by techniques such as Brainspotting, Eye Movement Desensitization and Reprogramming (EMDR), Rapid Resolution Therapy (RRT) and hypnotherapy.
- Contact: kimasher@comcast.net, 404-610-8625. Also see <https://atlantacenterforwellness.com/kim-asher/>

Armann Fenger, LPC (male)

- Very experienced in treating survivors of sexual trauma.
- Additionally, he leads the trauma prevention program for the Birdwell Foundation that focuses on supporting veterans and first responders struggling with PTSD.
- May be sensitive to some religious concerns as he is a religious Christian.
- His motto (especially for men) is, “Let’s talk it out, not tough it out.”
- Treats teens and adults of all ages
- See <https://www.armannfenger.com/about> and <https://atlantacenterforwellness.com/armann-fenger/>
- Contact: (404)579-3048 or afenger1@gmail.com or TheFengerGroup@gmail.com or <https://www.armannfenger.com/contact>

Wendy Lipshutz, LCSW (JF&CS) (female)

- Directed Shalom Bayit domestic abuse program since inception in 1993.
- “[Wendy] works with adults to understand the dynamics of abuse, to cope with and address the impact of trauma in their lives, and to move from victimization to survival towards wholeness with freedom from the intensity of the effects of abuse.”
- See <https://jfcsatl.org/services/clinical-services/our-therapists/wendy-lipshutz>
- Regular JF&CS intake line for initial scheduling is 770-677-9436 but if a situation is sensitive, they can also call Wendy directly at 770-677-9322

Pegah Moghaddam, PsyD (Living Fully Therapy) (female)

- Focus on trauma
- Natural Processing and Eye Movement Desensitization and Reprogramming (EMDR) therapies, with a strong focus on attachment
- Contact: <https://www.livingfullytherapy.com/contact> or pegah@livingfullytherapy.com
See her profile at [livingfullytherapy.com](https://www.livingfullytherapy.com)

Radhika Murty, MD, Child, Adolescent, Adult Psychiatrist (female)

- Psychiatrist. Provides therapy, medication if necessary, and consultation.
- Fairly close to Toco.
- Psychodynamically trained with incorporation of cognitive behavioral techniques.
- Contact: 404-237-3636 ext 4

Tzivie Pill, LMSW (J Lewis Therapy) (female)

- Psychodynamic approach
- Primarily adults and some older teens
- See <https://jlewistherapy.com/meet-the-team/tzivie-pill/> Although her bio focuses a great deal on eating disorders, she also has training and experience in trauma.
- Contact: tzivie@jlewistherapy.com and 718-869-2148

Rachel Rose, PhD (female)

- Works specifically in trauma. Uses general therapy as well as aspects of dialectical behavioral therapy (DBT), eye movement desensitization and reprocessing (EMDR), cognitive behavioral therapy (CBT) and cognitive processing therapy (CPT).
- On Lake Forrest Drive – close to Dunwoody and Sandy Springs
- See <https://www.rachelrosephd.com> for more information on approach
- Contact: 404-590-5535 or <https://www.rachelrosephd.com/> (Contact Me tab)

Terri Sivilli, MPH, LMSW (Living Fully Therapy) (female)

- Focus on trauma, PTSD, anxiety and depression, addiction
- Psychodynamic approach integrating mindfulness and meditation, as well as other therapies including cognitive behavioral therapy (CBT).
- Contact: <https://www.livingfullytherapy.com/contact> or terisivilli@livingfullytherapy.com See her profile at livingfullytherapy.com

Kelli Spencer, MS, LPC, NCC (Atlanta Center for Wellness) (female)

- Uses ego state therapy, somatic processing, mindfulness, dialectical behavioral therapy, cognitive behavioral therapy, and acceptance and commitment therapy.
- In-office (Sandy Springs) or teletherapy appointments available
- See <https://atlantacenterforwellness.com/kelli-spencer/>
- Contact: kspencer.lpc@gmail.com, 404-500-9232.

Judy Spira, MS, LCSW (JF&CS) (female)

- “[Judy] prefers an integrative approach which incorporates many areas of clinical practice. . . .Most importantly, Judy works towards developing a trusting therapeutic relationship between client and therapist.”
- See <https://jfcsatl.org/services/clinical-services/our-therapists/judy-spira>
- Contact jspira@jfcs-atlanta.org or 770-677-9349

Celia Webb, MS, LPC, CPCS (Atlanta Center for Wellness) (female)

- Specialist in trauma, complex trauma, and PTSD
- Uses approaches including Eye Movement Desensitization and Reprocessing (EMDR), Internal Family Systems (IFS), and Dialectical Behavioral Therapy (DBT). “I incorporate compassion, mindfulness, and body based approaches in my work with clients.”
- In office and virtual appointments
- See www.CeliabWebbLPC.com and <https://atlantacenterforwellness.com/celia-webb/>
- Contact: Hello@CeliaWebbLPC.com , www.CeliaWebbLPC.com, and 404-919-7241

Chaya Menucha Wohlfarth, LCSW-C (female)

- Level 1 certification in Advanced Trauma Treatment from Ferentz Institute
- In her overall therapeutic approach, uses trauma-informed techniques such as Internal Family Systems (IFS) and psychodrama
- Contact: 404-821-9078 or chaya@lgwellness.org (email may change – cell phone likely most reliable contact)

Haylie Yakrus, MS, APC, NCC (Berman Psychotherapy) (female)

- Works with patients suffering from trauma, depression, anxiety, and grief.
- Uses approaches from Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Rapid Resolution Therapy (RRT), Internal Family Systems (IFS), and other trauma therapy approaches. Believes that the therapeutic relationship needs to be a relationship of trust and connection.
- See <https://www.bermanpsychotherapy.com/about>
- All therapists at Berman Psychotherapy are trauma-informed and trained.
- Contact at <https://www.bermanpsychotherapy.com/contact> or info@bermanpsychotherapy.com or for immediate questions text 404-694-2027

Ellen Zucrow, LCSW, Clinical supervisor (JF&CS) (female)

- Regular JF&CS intake line for initial scheduling is 770-677-9436 but if a situation is sensitive, they can also call Wendy directly at 770-677-9322
- “Ellen believes that the therapeutic relationship we develop is the primary vehicle for healing and growth as we work through the challenges one is facing. . . Providing a safe and nurturing space while helping one recognize and develop their strengths and skills makes way for change and the opportunity to flourish in one’s life.”
- Trained in attachment based therapy, cognitive behavioral therapy, DBT-informed therapy, domestic violence counseling, family systems therapy, humanistic therapy, mindfulness, person centered therapy, psychodynamic, trauma-informed care.
- See <https://jfcsatl.org/services/clinical-services/our-therapists/ellen-zucrow>
- Treats ages 18+

The Berman Center is a good resource for adults who need a more intensive program, such as intensive outpatient therapy (generally a few hours a day, 5 days a week, for a set number of weeks). The program incorporates individual and group therapies using a variety of approaches. See bermancenteratl.com and 770-336-7444.

Teens and Young Adults

Kim Asher, MS, LPC, CCH (Atlanta Center for Wellness) (female)

- Works with childhood abuse, PTSD, anxiety and depression
- Older teens, will also work with parents/family to support the teen
- Using many types of psychotherapy, assisted by techniques such as Brainspotting, Eye Movement Desensitization and Reprogramming (EMDR), Rapid Resolution Therapy (RRT) and hypnotherapy.
- Contact: kimasher@comcast.net, 404-610-8625. Also see <https://atlantacenterforwellness.com/kim-asher/>

Armann Fenger, LPC (male)

- Very experienced in treating survivors of sexual trauma.
- Additionally, he leads the trauma prevention program for the Birdwell Foundation that focuses on supporting veterans and first responders struggling with PTSD.
- May be sensitive to some religious concerns as he is a religious Christian.
- His motto (especially for men) is, “Let’s talk it out, not tough it out.”
- Treats teens and adults of all ages
- See <https://www.armannfenger.com/about> and <https://atlantacenterforwellness.com/armann-fenger/>
- Contact: (404)579-3048 or afenger1@gmail.com or TheFengerGroup@gmail.com or <https://www.armannfenger.com/contact>

Tzipporah Gerson Miller, LCSW (JF&CS) (female)

- Trained in trauma therapy.
- Trained in attachment based therapy, DBT-informed therapy, domestic violence counseling, eye movement desensitization and regulation (EMDR), family systems therapy, family systems therapy, mind-body therapy, mindfulness, somatic therapy, trauma-informed care, and yoga therapy.
- See <https://jfcsatl.org/services/clinical-services/our-therapists/tzipporah-gerson-miller>
- Will see younger teens, in addition to older teens
- Regular JF&CS intake line for initial scheduling is 770-677-9436 but if a situation is sensitive, they can also call Wendy Lipshutz at 770-677-9332

Karen Kallis, LPC (Atlanta Center for Wellness) (female)

- Registered Play Therapist
- Recommended highly by a school counselor
- Specializes in treating anxiety, depression, and grief and loss in children and teenagers (all ages)
- Believes in helping children form positive visions of themselves and their abilities through the therapeutic relationship.
- Works closely with parents
- Bio on <https://atlantacenterforwellness.com/karen-kallis/>
- Contact: 404-423-1087 or kckallis@comcast.net

Pegah Moghaddam, PsyD (Living Fully Therapy) (female)

- Focus on trauma
- Natural Processing and Eye Movement Desensitization and Reprogramming (EMDR) therapies, with a strong focus on attachment
- Youngest clients typically 16-18
- Contact: <https://www.livingfullytherapy.com/contact> or pegah@livingfullytherapy.com

Radhika Murty, MD, Child, Adolescent, Adult Psychiatrist (female)

- Psychiatrist. Provides therapy, medication if necessary, and consultation.
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- Psychodynamic approach
- Older teens
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- Contact: tzivie@jlewistherapy.com and 718-869-2148

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- Youngest clients typically 16-18

Kelli Spencer, MS, LPC, NCC (Atlanta Center for Wellness) (*received permission*)

- Uses ego state therapy, somatic processing, mindfulness, dialectical behavioral therapy, cognitive behavioral therapy, and acceptance and commitment therapy.
- In-office (Sandy Springs) or teletherapy appointments available
- Treats ages 16+
- See <https://atlantacenterforwellness.com/kelli-spencer/>
- Contact: kspencer.lpc@gmail.com, 404-500-9232.

Jaime Stepansky, LCSW (Stepansky Counseling and Consulting)

- “Jaime’s work is grounded in a strength-based, relational approach. Her treatment modalities include play therapy, sand tray therapy, Internal Family Systems (IFS), behavioral modification, DBT and CBT techniques.” Also trained in trauma-informed care.
- Will see younger teens in addition to older teens
- jaimestepanskylcsw@gmail.com, (678) 931-9434
- <https://www.psychologytoday.com/us/therapists/jaime-stepansky-atlanta-ga/1098125>
- Stepansky Counseling and Consulting
2900 Paces Ferry Rd SE suite c-2000, Atlanta, GA 30339

Haylie Yakrus, MS, APC, NCC (Berman Psychotherapy) (female)

- Works with patients suffering from trauma, depression, anxiety, and grief.
- Uses approaches from Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Rapid Resolution Therapy (RRT), Internal Family Systems (IFS), and other trauma therapy approaches. Believes that the therapeutic relationship needs to be a relationship of trust and connection.
- Sees ages 14+
- See <https://www.bermanpsychotherapy.com/about>
- All therapists at Berman Psychotherapy are trauma-informed and trained.
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Children

Sherri Cauthen, LCSW (JF&CS) (female)

- Extensively trained in play therapy, including sandtray therapy.
- Registered play therapist supervisor, international credentialed sandtray therapist, and Certified Adlerian Play therapist.

- Specializes in treating children and adults who have experienced difficulties with emotional regulation, impulse control, complex trauma, grief and loss, anxiety, and mood disorders.
- She assists individuals to feel validated, connected, and significant through the therapeutic relationship.
- See <https://jfcsatl.org/services/clinical-services/our-therapists/herri-cauthen>
- Regular JF&CS intake line for initial scheduling is 770-677-9436 but if a situation is sensitive, they can also call Wendy Lipshutz at 770-677-9322

Tzipporah Gerson Miller, LCSW (JF&CS) (female)

- Trained in trauma therapy and play therapy
- Trained in attachment-based therapy, yoga therapy, DBT-informed therapy, domestic violence counseling, eye movement desensitization and regulation (EMDR), somatic therapy, trauma-informed care, and yoga therapy.
- See <https://jfcsatl.org/services/clinical-services/our-therapists/tzipporah-gerson-miller>
- Regular JF&CS intake line for initial scheduling is 770-677-9436 but if a situation is sensitive, they can also call Wendy Lipshutz at 770-677-9322

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- Specializes in treating anxiety, depression, and grief and loss in children and teenagers.
- Believes in helping children form positive visions of themselves and their abilities through the therapeutic relationship.
- Works closely with parents
- Bio on <https://atlantacenterforwellness.com/karen-kallis/>
- Contact: 404-423-1087 or kckallis@comcast.net

Lisa Angert Morris, MS, LPC, CGP, CPCS (female)

- Specializes in working with trauma survivors experiencing complex PTSD, dissociative disorders, chronic traumatization, and issues related to attachment.
- Uses play therapy and sand tray therapy
- See <https://atlantapsychotherapy.com/bios/lisa-angert-morris-ms-lpc-cgp/>
- 404-321-4954 x 319, angertmorris@mindspring.com

Jaime Stepansky, LCSW (Stepansky Counseling and Consulting) (female)

- “Jaime’s work is grounded in a strength-based, relational approach. Her treatment modalities include play therapy, sand tray therapy, Internal Family Systems (IFS), behavioral modification, DBT and CBT techniques.” Also trained in trauma-informed care.
- jaimestepanskylcsw@gmail.com, (678) 931-9434
- <https://www.psychologytoday.com/us/therapists/jaime-stepansky-atlanta-ga/1098125>
- Stepansky Counseling and Consulting
2900 Paces Ferry Rd SE suite c-2000, Atlanta, GA 3033