

Introduction

About Amy: In 2022, I created my own independent practice after working with Lyn-Lake Centers for Wellness for 7 years. I don't accept insurance. My work is fee-for-service. You may be able to use HSA/FSA funds or submit invoices for out of network reimbursement from your insurance company after you pay me. For more on my fees, please see my website: <https://www.amydigennaro.com/fees>

I plan to offer a variety of ways of working that include more art-based and group/collective helping and learning practices in addition to individual and relational therapy. Currently, I do not schedule later than 5PM and am not seeing people on weekends. So if those are times you need, I am not going to be able to help, unfortunately. Please see below for my list of referrals and email me if you want to be added to my waiting list.

About the referrals: In trying to amass a list of therapists who work in similar ways to me, I put out a call via email and social media to find out who out there in TC therapy-land identifies as a politically rad, non-pathologizing, anti-oppressive, preferably Narrative, definitely trauma- and attachment-informed relational therapist who is also, ideally trained in somatic approaches. Here's what I got in response. Not every practitioner meets all the criteria. And I cannot personally vouch for most of these people, as I have not met them personally, nor know of their work firsthand. I will put an * next to people who I can and do personally recommend; and two ** for folks I highly recommend) This is meant as a springboard for your own research to find out who would be the best fit for you. You can also use Psychology Today (www.psychologytoday.com), which has a great search engine to search for particular criteria such as age, type of insurance accepted, modality, etc. Below is my massive referrals list.

About details: I have tried to be as detailed as I could, putting contact information for each person where I have it – including adding details like identities affirmed, special training, licensure and whether they take insurance. It's an incomplete compendium for sure, but hopefully will get you started. If people you contact are full, ask them to recommend folx, as you never know who you might find that way. Also, be sure to tell them I sent you!

At Lyn-Lake Centers for Wellbeing

Leah Seeger**** www.therapy-mn.com/team-member/leah-seeger/

Jade Erickson*** www.therapy-mn.com/team-member/jade-erickson/

Marcus Manning***

www.therapy-mn.com/team-member/marcus-manning/

Mariah Rooney***

<https://www.therapy-mn.com/team-member/mariah-rooney/>

Xavier Schmitz

<https://www.therapy-mn.com/team-member/xavier-schmitz/>

Nancy Giffen* <https://www.therapy-mn.com/team-member/nancy-giffen/>

Also check out at LLCW: Andrew Braum, Matt Ryan, Amanda Gomez, Charles Kaltenberg, Patricia Lucas, Chesney Limas, Julia Lerner-Scmit, Abbie Shain, Chris Westergaard. You can also call our referrals guru at (612)979-2276; or email referrals@therapy-mn.com to find out who is available and who might be a good fit. Check out all of the therapists at LLCW at www.therapy-mn.com LLCW Interns Courtney Rakkus and Jen Haut-Prokup and Zoe Slaughter are worth looking at. See our website to read about these womxn: www.therapy-mn.com

December 2021: In a recent conversation with the founder of Lyn-Lake Centers for Wellbeing, the following therapists were “introduced” to me as

folx who are worth checking out as you look for someone to work with going forward, or for the interim while I am on sabbatical January-April 2022. I copied the links to their bios and grabbed little tiny bits of info to get you started.

More LLCW Therapists

Izaak Davison-Kerwood, Art Therapist, body-based, cognitive, holistic, collaborative

<https://therapy-mn.com/team/izaak-davison-kerwood/>

Aly Webster, Sensorimotor Certified, social justice oriented, gender and sexuality-affirming, sex positive, all-body and all-ability inclusive

<https://therapy-mn.com/team/aly-webster/>

Erin Trapp, psychoanalytic, trauma-informed, attachment, and anti-oppressive theories, a writer and former writing prof at the U,LGBTQIA+ affirming provider

<https://therapy-mn.com/team/erin-trapp/>

Susan Hermann holistic and direct, gifted with couples and grief work, deeply committed to social justice, teaching, and healing multigenerational collective trauma, "A therapist's therapist."

<https://therapy-mn.com/team/susan-herrmann/>

LLCW Nutritionist

Angela Goens, restore a mindful and personalized relationship with food, intentionally invites individuals who are part of marginalized communities and/or identify as BIPOC to reach out for any support needed

<https://therapy-mn.com/team/angela-goens/>

Outside of LLCW – Personal Recommendations

Nikhil Kaistha**** <https://www.lifeandlightllc.com/About.php>

Joe Molinari**** www.joemolinari.com (Joe is wonderful and fits all these but is private pay. He does also specialize in sex therapy. Teletherapy only, unless you want to travel to New Mexico!)

John Jankord**** My beloved and trusted supervisor. Narrative, LADC/LMFT/LPCC, teaches therapists, highly recommended., at Parkdale Therapy Group (see next)and

Michelle Hunt-Graham**** Narrative, brainspotting, highly recommended, at Parkdale Therapy Group (other good folx at this group as well: Heather Klein, Michelle Craveiro among others) <https://www.parkdaletherapy.org>

Joy Petermann*** Somatic Experiencing Practitioner, highly recommended, LGBT2SQIA
<http://www.peacefulinsightsmn.com/Joy-Petermann.html>

Meghan Wilson*** highly recommended, Mixed-race, LGBT2SQIA, Justice-doing, Poly- and Kink-affirming
<https://www.temperancetherapies.com/>

Rick Laska** LGBT2SQIA, Justice-doing, Poly- and Kink-affirming
Certified Sex Therapist
<https://www.psychologytoday.com/us/therapists/rick-laska-saint-paul-mn/201639>

Eric Levy** and the folx at Phoenix Mental Health
<https://www.phoenix-mental-health.com/eric>

Leisha Suggs* and Lora Strey***** highly recommended, LGBT2SQIA, justice-doing, somatic experiencing training and others at **Edges Wellness Center** <http://www.edgeswellness.com>)

Chris Broughten*** LGBT2SQIA
<http://www.lgbttherapists.org/Sys/PublicProfile/8909355/1118099>

Alexis Clarksean** LGBT2SQIA, Poly- and Kink-affirming, Justice-doing
<https://www.psychologytoday.com/us/therapists/alexis-clarksean-minneapolis-mn/339460>

Lola Osunkoya* Neither/Both Counseling (<https://www.neitherboth.com>)

Cassandra Sawyer*** (Bonus! Cassie is an art therapist too! Private Pay only. She has a BIPOC therapy fund and is a mixed Black woman).
LGBT2SQIA--adffirming, Poly- and Kink-affirming, Justice-doing
<https://www.psychologytoday.com/us/therapists/cassandra-sawyer-saint-paul-mn/487861?fbclid=IwAR2JIIyvWLvSePkbh8Q9Spe-MiVN1ULOW9IE1yBgKwcPLQwBf0AkSOiJhmk>

Justine Mastin LGBT2SQIA, Poly- and Kink-affirming, Justice-doing, nerd-affirming (Justine has a great podcast: Starship Therapize and a book of the same name) <https://blueboxcounseling.com/>

Angela Callais* That's me as well! LGBT2SQIA, Poly- and Kink-affirming, Justice-doing, Brainspotting and constantly doing more trainings in these areas! (Private Pay only) www.thecourageoustruth.com

***Mariah Hutchinson* (also an art therapist!)** at Indigo Counseling Center
<https://www.indigocounselingcenter.com/mariah-hutchinson.html>

Anna Sederberg at DBT & EMDR Specialists
<https://dbtemdr.com/our-team/anna-sederberg/>

Shireen Ghanatabadi**
<http://vandacounseling.com/providers/#shireen-ghanatabadi> at Vada
Counseling in Golden Valley , BIPOC, LGBT2SQIA, Poly- and Kink-affirming

People I Don't Know Personally, But Who Affirm They Meet My Referral Criteria

Allie Johnson [Parasol Wellness Center](#)

Jennifer Knapp Rise Therapy <https://risetherapy.net>

Pat Welch Invigorate Life Counseling <https://invigoratelifecounseling.com>

Sarah Collins <https://www.sarahfcollins.com>

Kelley Estensen <https://www.kaylaestenson.com>

Molly Howard This is my life's work! 🙌 People call my politics radical but I think everyone should be taken care of in society. In California where I trained, diagnosis was not a legal requirement. Almost all my training was somatic, and I went on to do psychoanalytic training. My chief lens is relational and attachment. I do have a narrative training under my belt, and I'm always listening for how the unconscious reveals itself through language. All these pieces work gracefully in my eclectic approach. Sorry, no pony. 🦊 P.S. I'm in Edina! 😊
<https://www.mnmentalhealthconsulting.com/>

Susan E Broadwell Somatic therapy has been my specialty for 20 yrs plus everything else you said.

<https://mindbodytherapymn.com/>

Sarah Hansen Collins Haha! That's actually me. www.sarahfcollins.com

Jennifer Knapp I don't know about politically **rad**, but I own the rest! [Rise Therapy and Consulting](#).

Morgan Paldron I think I fit this 😊 612-363-1910
dr.morgan.paldron@gmail.com no web site at this time

Holly Traynor This is me!

Kayla Estenson Williams Yes 🙌! A huge focus I have is to normalize working on mental health and I love working with attachment and trauma. I am also a registered yoga teacher and utilize somatic approaches in my work. [Www.kaylaestenson.com](http://www.kaylaestenson.com)

Shawny Sena

<https://www.psychologytoday.com/us/therapists/shawny-sena-edina-mn/359911> LGBT2SQIA, Poly- and Kink-affirming

Janelle Schwartz Me! 🙌 Politically **rad**, did the year long narrative training certificate program, EMDR and Certified Brainspotter, attachment focused.
<https://www.ginkgoccc.com/>

Georgeanna Lewis <http://www.lewistherapy.com/my-philosophy.html>

Marinda Kimmel www.fiveriversmhc.com/team/mindy-kimmel

Caspersen Therapy Center <https://www.caspersentherapycenter.com>

Scott Jacoby at Birch Counseling
<https://www.birchcounseling.com/our-counselorst#/scott>

I can also recommend the following people who don't necessarily fit ALL of the criteria above; but whom I know personally and respect:

Renee Divine: <https://reneedivine.com> (cash/fee for service only; but you can use HSA and/or submit the bills to your insurance company for out of network benefits coverage.)

The Minnesota Art Therapy Association web site lists art therapists in town (<http://www.mnata.org/find-an-art-therapist.html>). I can also personally recommend the following art therapists:

Heather Matson, MA, LMFT, ATR-BC

Art of Counseling, St. Paul, MN (Other good folx with this group as well!)

Phone: (651)318-0109 Fax: (651)344-0515

Email: heather@artofcounselingstpaul.com

Erin Dolan, MS, ATR, LPCC

Choices Psychotherapy, Ltd.

St. Louis Park, MN

Phone: 952-544-6806

Email: erin.r.dolan@gmail.com

Nikki Witt, LPCC, ATR-BC

PrairieCare Clinic
Edina, MN
Phone: 952-230-9100

Madeline (Maddie) Davis, MA, LAMFT

Hello! Back from maternity leave, starting another Teen Art/Process group. This group will be a mix of virtual and in-person. It will meet Thursdays from 3:30-5 starting November 11th. If you have a client that may be a good fit, reach me at maddie@heartspacetherapy.org - Thanks!!

This group is located at 7400 Lyndale Ave S when we do meet in person which is TBD based on group interest. The cost is \$240 for all 6 groups.

Maggie Evans, MA, LPCC

Creative Arts Therapy Collaborative of MN
<https://catcmn.wordpress.com/maggie-evans/>
612.695.1813
meevans77@gmail.com

Folx with Current or Upcoming Availabilty (as of 10/25/2021)

The following is a list of people (none of whom I know personally) who recently responded to the following query on my social; media therapist network: *Hi, It's me again! As I mentioned a couple of months ago, I am going on sabbatical in January and reopening in independent practice in April 2022 and will no longer be taking insurance. I have some people who would like to start with new therapists now so they have time to adjust to the transition. I am interested in knowing who has current or upcoming openings, can bill insurance directly and is trauma-informed, attachment-informed, justice-doing/anti-pathologizing, preferably with some kind of somatic training and/or EMDR, Brainspotting, or ART. Also looking for my registered art therapists out there with same. Please provide links/contact information in the comments. Thanks!*

Lisa Nemitz I am trained in EMDR and am able to take most insurance plans. I have some availability now and will have more in mid to end of December!!

<https://www.mindfulwellbeingmn.com/lisa-nemitz>

The Luminous Mind www.TheLuminousMind.com Many providers at The Luminous Mind fit the bill here. Many also currently have capacity. We take all insurance for therapy except the optum/UBH/medica group.

True Balance Farm www.truebalancefarm.com. We have two therapists certified in ART as well other modalities. two locations now with another coming soon!

We take BCBS and HP commercial insurances. I do ART and SSP. I think we could be a great fit. Located in Albertville, seeing clients in-person or telehealth. www.livewithgusto.org

Kaonou Vue: Hi, I am dual licensed in LGSW and LADC. I engage in a relational humanistic harm reduction approach. I am also trained in brainspotting. We accept most major insurance, I do Telehealth and in person session in St. Paul. <https://being-therapy.com/kaonou-vue/>

Lisa Nielsen-Karatz: I work children and adults. Individually and/or with family therapy for children 8+. Narrative Approach, Creative, Attachment...have a Parent Coach Certification and studying EFT/Tapping. S. Mpls office or telehealth. 612-234-7162.
www.counselingconnectionmn.com

Parker Collins We have 2 new Clinicians who are starting this week at our Maple Grove clinic : Julie Morin, LPCC and Ray Majeed, LPCC. They're both trained in AIR Network, EMDR, and DBT. We accept all major insurances. Parkercollins.com

Valentine Counseling Services Valentinecounseling.com 651 373 3886

Accept insurance, Brainspotting, Addiction, Social justice, LGBTQ+ Kink positive, Feminist, Trauma-informed

Surdy Psychological Services

<https://www.surdypsychologicalservices.com>

Malinda King: I currently have a waitlist, but it looks like it wouldn't be for some time. I'm trained in Emdr, air network, and EFIT (emotionally focused therapy for individuals). I also look at everything through an trauma and attachment lens and find everything makes sense through those experiences so I fit the antipathologizing as well and I take insurance. I am not an art therapist though. I'm at wild tree psychotherapy.

<https://wildtreewellness.com/providers/malinda-king/>

Anna Grimm: You have a lot of wonderful resources! I would be happy to add my name to the mix. I'm at The Calli Institute in Maple Grove, accept most insurances and should have a few (daytime) openings. I am trained in EMDR, certified in Brainspotting, IFS Level 1 trained, taking IFS Level 2 in Jan 2022. <https://www.calliinstitute.com/who-we-are/meet-team>

Trinity Love Counseling My name is Trinity and I have a private practice in St Paul. Trinitylovecounseling@gmail.com I am a LICSW, LADC. I am trained in Enhanced Accelerated Resolution Therapy and utilize mindfulness and self compassion in my practice. I have an attachment and trauma informed lense. I take most major insurance plans and am open to taking on new telehealth clients. I do have a waitlist for afternoon and evening availability.

Christy Schick: Here's a bit about me...I am a clinical social worker who is white, female and queer/poly identified in private practice. I primarily serve the queer community, therapists and healers, activists and artists mostly around trauma, mood concerns, family of origin concerns, addiction, codependency, life transitions, interpersonal relations, quality of life, life transitions, creating deep connections in all areas of life and body positivity. I am highly relational, attachment, psychodynamic, mind/body connection and spiritual based clinician. I have had a personal practice of Buddhism and mindfulness for 15 plus years and a personal practice of energetic healing for the past five plus years. I adore integrating Buddhist Psychology and the metaphysical (energetic healing, health realization, quantum physics) into therapy as it fits. I am trained through Phase 3 and have used brainspotting on a good range of needs which mainly include...trauma (intergenerational, developmental, sexual, relationship/domestic abuse and abuse based in the areas of family of origin, sexuality and career concerns), addiction, codependency, mood concerns, procrastination, perfectionism, toxic relationships and body positivity. I have experience in using expansion spotting related to...creative blocks, activism/social justice based work, career goals and mood states desired. I am not certified (next on my list) yet have completed well over 500 sessions... (three plus years of bsp practice). In my private practice I only take private pay. In my contracted position I can take Ucare, Healthpartners, Preferred One, BCBS and Sun Country. Best to you in reopening your practice!!
<https://www.psychologytoday.com/.../christy-schick.../374339>

Brenda Quinn: I fit this as well. I'm in-network with BCBS and Ucare. Private pay is an option as well. I'm doing in person sessions in South Minneapolis. www.quintessentialtherapies.com

I hope this helps. I'm so sorry I can't right now. Sending you my best wishes on your journey. Please feel free to reconnect with me in April 2022!

Warmest regards,

Amy

Amy DiGennaro MFA, MA, ATR, LMFT

Amy DiGennaro, LLC

www.amydigennaro.com

p: (612) 326-0725

My pronouns are she/her/hers, feel free to tell me yours.

Diagnosis Disclaimer A diagnosis does not define who you are, have been, or will become...