



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	
Services Adults & Teens Individual, Family, & Group Therapy Online appointments	Fees Individual therapy - \$325 Group therapy - \$75 Family therapy - \$325 Parent coaching - \$325 Sliding scale available
Specialties Eating disorders, Athletes, Depression, Anxiety, Bipolar disorder, Substance abuse, Self-harm, Chronic pain, Stage-of-life transitions, Weight loss	Techniques 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





Lindsey Gould

[Website](#) // [Email](#) // (269) 480-4817

I do have openings

I'm Lindsey Gould and I'm dedicated to helping individuals navigate trauma and anxiety and find clarity. Many people find themselves trapped in a cycle of negative thoughts and feelings, leading to debilitating anxiety. I provide a supportive space to explore your history, uncover patterns, and align your actions with your core values. Together, we can unlock your potential and create a fulfilling, meaningful life centered on what truly matters to you.

At a Glance	
Services Adults Individual therapy Online appointments	Fees \$190 for 50 minutes
Specialties Childhood trauma Medical trauma Chronic illness Anxiety	Techniques IFS EMDR Brainspotting Hypnotherapy ART

Qualifications:

- Practicing for 10 years
- Additional certifications: Hypnotherapy



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 Adults & Teens Individual, Couples, & Family therapy Online appointments	Fees 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 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	Techniques 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 Adults Individual therapy, Assessments & evaluations Online appointments	Fees I do take insurance
Specialties ADHD Anxiety Autism Spectrum Depression Relationship Issues Self-Esteem	Techniques 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



Dr. Regina Lazarovich, Ph.D. (she/her)

[Website](#) // [Email](#) // (347) 735-9740

San Jose, CA

I do have openings

If you're tired of fear, anxiety, and insecurity running your life, I can help you take charge! I'm uniquely equipped to help with anxiety, panic attacks, OCD, adult ADHD, binge eating, negative body image, and perfectionism. I create a safe and non-judgmental space where you can be yourself. My style is warm, affirming, and encouraging. Together, we'll understand how fear and self-judgment are getting in the way of the life you want. I'll equip you with tools to change unhelpful patterns of thought and behavior. As a result of our work together, you'll cultivate more peace, confidence, and joy.

At a Glance	
Services Adults Individual therapy Online appointments	Fees \$395
Specialties Panic attacks (panic disorder) Obsessive-compulsive disorder (OCD) Social anxiety Generalized anxiety Phobias Binge eating disorder (BED) Disordered eating Chronic dieting Negative body image Perfectionism Adult ADHD	Techniques Cognitive Behavioral Therapy (CBT) Acceptance and Commitment Therapy (ACT) Exposure and Response Prevention (ERP) Inference-Based Cognitive Behavioral Therapy (I-CBT) Dialectical Behavioral Therapy (DBT) Intuitive Eating (IE) Mindful Self-Compassion (MSC) I approach disordered eating from a HAES and weight-inclusive lens.

Qualifications:

- Practicing for 15 years
- Membership with: American Psychological Association (APA), Bay Area Psychological Association (BAPA), International OCD Foundation (IOCDF), Association for Size Diversity and Health (ASDAH)

Insurance:

While I do not accept insurance, I can provide you with a Superbill (itemized receipt) that you may submit to your insurance company for partial reimbursement. In my experience, the reimbursement amount varies from 40% to 90% of my fee, especially for PPO plans.



Adrienne Lee Smith, LCSW-R, LIMHP, CMSW

[Website](#) // [Email](#) // (347) 464-9209

Brooklyn, NY

I do have openings

Adrienne is a psychotherapist practicing in NY, NJ, NE, and FL. She is a warm, attentive therapist who works with you to determine your individual needs and goals and to help you move toward finding clarity, healing, and happiness. Adrienne's interest in counseling began as a volunteer on The Trevor Project's suicide prevention and crisis intervention lifeline. Her early career focused on working with LGBTQIA+ youth at The Ali Forney Center before transitioning to an outpatient hospital clinic for adolescents and adults with HIV/AIDS. During the coronavirus pandemic, she has worked frequently

with individuals who suffer from long covid and grief. Adrienne also has experience volunteering with Planned Parenthood and working with individuals on depression, anxiety, trauma, transracial adoption and identity issues, gender and sexuality, and neurodivergence. She graduated with her Master of Social Work (MSW) with a concentration on LGBTQIA+ populations from New York University, where she also attained her Seminar in Field Instruction (SIFI) certification. She earned a postgraduate certificate in psychodynamic psychotherapy from the Institute for Contemporary Psychotherapy. Adrienne approaches her practice with genuineness and compassion in a grounded and focused environment that helps her clients work towards growth and fulfillment.

At a Glance	
Services Adults, Teens, Pre-adolescents Individual therapy Online appointments	Fees \$260
Specialties Chronic illnesses/long covid; Grief; Relationships; LGBTQIA+; Depression; Anxiety; Trauma; Transracial adoption and identity issues; Gender and sexuality; Neurodivergence	Techniques Relational; Psychodynamic psychotherapy; Patient-centered care; Motivational interviewing; Harm reduction; Guided meditation; Breathing

Qualifications:

- Practicing for 16 years
- Additional certifications: Psychodynamic Psychotherapy certification, Autism Specialist certification, SIFI certification
- Membership with: NASW



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

Qualifications:

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

Insurance: Traditional Medicare





Emily Maynard, LMFT (she/her)

[Website](#) // [Email](#) // (949) 478-5644

Mission Viejo, CA

I do have openings

Hi, I'm Emily! I help smart, sensitive people rewrite harmful stories from the past, tame anxiety, and live with more peace and confidence.

You're not overreacting - the world is so messed up, and your grief and trauma are valid. But I want to help you find moments pleasure, calm, and be able to join collective action in alignment with your values.

Much of my work focuses on issues around complex trauma, anxiety, family dysfunction, and religious trauma.

I offer anti-racist, non-pathologizing, LGBTQIA+ affirming virtual therapy. Check my website to see current openings and schedule a free consultation call.

At a Glance	
Services Adults Individual & Couples therapy Online appointments	Fees \$195
Specialties Anxiety; Trauma; Complex Trauma; Family Dysfunction; Religious Trauma	Techniques Narrative Therapy, Feminist Therapy, Postmodern Therapy, Family Systems, Solution-Focused Therapy, EMDR Therapy

Qualifications:

- Practicing for 5 years
- Additional certifications: CA 40-Hour Domestic Violence Certification, Certified EMDR Therapist (EMDRIA)
- Membership with: CAMFT, OC-CAMFT, EMDRIA





Carrie McNulty, LCSW

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

Pittsburgh, PA

I do have openings

You know yourself better than anyone else. Working with a therapist who can help you continue to build that insight can be transformative. I use levity when appropriate and our work together will be collaborative. Some of the treatment modalities I use are Cognitive behavioral therapy (CBT), Dialectical behavioral therapy (DBT), and Motivation interviewing (MI). I am also an EMDRIA certified EMDR therapist and a level 1 trained Internal Family Systems therapist through the IFS Institute. My approach is tailored to meet the needs of each client individually. Please reach out via my website if you

feel we would be a good fit.

I see clients virtually, and I continue to take Covid precautions in my daily life. My hope is to provide a space where you can feel validated in your choices to continue keeping yourself and those in your community safe.

At a Glance	
Services Adults Individual therapy Online appointments	Fees \$145 for 55-minute session \$90 for 45-minute session I do take insurance
Specialties Eating Disorders, Anxiety, Mood disorders, Trauma related disorders, Relationship issues, Women's issues, Health related concerns, and Adjustment disorders	Techniques I utilize Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), and motivational interviewing. I am also certified in EMDR and level one trained in IFS via the IFS Institute.

Qualifications:

- Practicing for 14 years
- Additional certifications: Certified in EMDR
- Membership with: Emdria

Insurance:

- Highmark, BC/BS, UPMC, Aetna, Optum, United Healthcare
- I am in network with most insurance companies in PA.





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	
Services Adults Individual Therapy Online appointments	Fees Free 15-minute consultation to gauge fit \$250/session See below for insurance information
Specialties Anxiety, Attachment, Burnout, Depression, Grief or Loss, Life Transitions, LGBTQ issues, Relationship Issues, Self-Esteem, Women's Issues, Work Stress	Techniques 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	
Services Adults Individual & Couples therapy Online appointments	Fees \$195-\$255 Sliding scale available
Specialties Relational trauma in LGBTQIA+ and BIPOC (QTPOC) adult populations	Techniques 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	
Services Adults Individual therapy Online appointments	Fees \$190 If you would like receipts for your records, I would be glad to provide them.
Specialties 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	Techniques 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	
Services Adults Individual & Couples therapy Online appointments	Fees \$210 I do take insurance
Specialties Trauma Depression Anxiety Marriage/relationship problems	Techniques CBT ACT PE IBCT Mindfulness

Insurance:

- BlueCross BlueShield
- Ambetter



David Shoup, Ph.D.

[Website](#) // [Email](#) // (650) 278-5217

Pacifica, California

I do have openings

Are you striving to appear confident, professional, and composed on the outside while feeling overwhelmed on the inside? Do anxiety, ADHD, learning differences, or relationship challenges often hinder your progress? Many skilled professionals envision the life they desire but struggle to achieve it. If you're encountering setbacks and frustrations, remember you don't have to face them alone. Sometimes, an external perspective can help clear the internal obstacles preventing you from reaching your potential.

No two people are the same and as such, every therapy is tailored to meet the specific needs of my clients. Whether you are struggling with anxiety, depression, mental blocks, or any other issue, I will help you recognize and address the underlying problem, work with you to fully realize your unique strengths and abilities, and support the removal of limiting behaviors and thoughts to approach life in a different, healthier, and more empowering way.

My practice specializes in treating adults (over 18) and couples.

At a Glance	
Services Adults Individual and Couples therapy Online appointments	Fees \$250 for 50-minute individual session \$380 for 100-minute couples session Sliding scale available
Specialties ADD/ADHD Coaching; Career Counseling; Coaching; Cognitive Behavioral Therapy; Anxiety; Caregivers; Couples; Dyslexia Coaching; Executive Coaching; Depression; Virtual Reality Assisted Therapy	Techniques Cognitive Behavioral Therapy, Mindfulness, Motivational Interviewing, and others

Qualifications:

- Practicing for 4 years
- Additional certifications: AD/HD, Gottman, and others.
- Membership with: San Francisco Psychology Association, Board Member (SFPA); Washington State Psychological Association (WSPA); California Psychology Association (CPA); American Psychology Association (APA); The Association of Black Psychologists (ABP)





Carla Siri, LCSW (she/they)

[Website](#) // [Email](#) // (917) 924-2491

I do have openings

It's been an endless search for a therapist who really gets you. Someone who can dive into your problems without making you feel you have to compartmentalize important parts of your life. Someone who can be a safe sounding board whatever comes up. I want you to know it's ok to show up however you're feeling that day. It's ok to open up at your own pace. I will be right here beside you as you discover unique pathways towards resilience, fulfillment and fun.

I center the needs of non-binary & other LGBTQPIA+ people in my practice. I am affirming of Pagan and other non-traditional spiritual practices. I help people navigate: stress management and resilience; emotional impact of chronic illness; family of origin issues; and enhancing fulfillment in all sorts of relationships through increased self-knowledge, communication, and collaboration.

I believe therapy is most effective when it is a dynamic, collaborative process that integrates the wisdom of our body and mind. I use various approaches including Brainspotting, Heartmath, and mindfulness-based somatic therapy, that allow us to access the deep healing potential of brain, body and mind. Check out my website for more info.

At a Glance	
Services Adults Individual therapy Online appointments	Fees \$185 I do take insurance
Specialties Chronic illness Codependency Developmental trauma LGBTQPIA+ identity PTSD Anxiety Depression	Techniques Somatic psychotherapy (Hakomi) Brainspotting Parts work (Ego state therapy) Super resourcing

Qualifications:

- Practicing for 15 years

Insurance: Aetna, United Healthcare, Oscar, Oxford



Shana Smith, LCSW, LICSW

[Website](#) // [Email](#) // (480) 527-0929

I do have openings

Over a decade ago, I was taught the "correct" way to do therapy—a neurotypical method. When I started on my own, it felt inauthentic and didn't help my neurodivergent clients. Embracing my neurodiversity, I realized: if neurodivergent people don't think like neurotypicals, why should their therapy look the same?

Now, I use sarcasm, humor, and follow the ADHD train. Our path may differ, but I'll always guide you back and support you in reaching your goals.

At a Glance	
Services Adults Individual therapy Online appointments	Fees \$200 for 55-minute session Trauma intensives - price varies I do take insurance
Specialties Anxiety Trauma Trauma Intensives Anxiety Intensives ADHD	Techniques EMDR, CBT, DBT, ACT Jungian, Gottman, IFS, Gestalt Trauma Informed Client Centered

Qualifications:

- Practicing for 13 years
- Additional certifications: EMDR certified
- Membership with: EMDRIA, NASW

Insurance:

- Arizona: Aetna, Cigna, UHC/Optum
- Indiana: UHC/Optum
- Florida & Massachusetts: None





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	
Services Adults Individual therapy Online & In-person appointments	Fees \$250 Free 30-minute consultation I do take insurance
Specialties Chronic illness; Infertility; Third-party reproduction Pregnancy loss; Postpartum anxiety & depression ADHD; Anxiety Stress/burnout in medical professionals Forensic evaluations	Techniques 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	
Services Adults Individual & Couples therapy Online appointments	Fees \$235 per 50-minute individual appointment \$310 per 75-minute couples appointment Additional time can be added for an additional fee
Specialties ADHD, Anxiety, Perfectionism, Relationship Concerns, Grief and Loss, Life Transitions, Communication Concerns	Techniques 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	
Services Adults & Teens Individual therapy Online appointments	Fees Free 15-minute Consultation \$160 - Individual Therapy \$2,000 - Psychological Assessment I do take insurance
Specialties Testing and Evaluation; Racial Identity; Gender Identity/Issues; ADHD; Autism; Grief/Loss; Trauma; LGBTQ+ Poly/Non-Monogamy Sex-Positive, Kink Allied	Techniques 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)