

Local Therapists for Sacramento, CA

Research and recommendations for trans folks. Most of these therapists also specialize in neurodiversity.

Bold for therapists directly recommended by community members

Local listings

From Sutter health:

<https://www.sacgender.org/health-resources/gender-therapists>

Trans Queer Youth Collective

<https://tqyc.org/>

Gender Health Center

Includes drop in counseling

<https://www.genderhealthcenter.org/counseling>

UCSF Child and Adolescent Gender Center networked therapists

<https://www.genderyouthproviders.com/locations/sacramento/>

In person in Sacramento

Trans/nonbinary Identifying (Sacramento)

- **Chez Tarleton AMFT**
 - Community recommendation
 - Nonbinary
 - Chez identifies with the terms non-binary, queer, black, neurodivergent
 - <https://www.intuitiveheartcounseling.com/our-team>
- Ajay Casey Reed LMFT
 - Nonbinary
 - Adults
 - www.ajayreed.com
- Ari Lozano
 - Online or outdoors
 - Private pay

- <https://www.arianalozano.com/>
- Abbie Aldridge
 - In person
 - Family support consultations for family members of trans or gender nonconforming folks
 - Takes some insurance, mostly private
 - WPATH certified
 - <https://www.healingvillagetherapy.com/about>
- Julie Grande-Strathdee LMFT
 - Gender nonconforming
 - Children through adults
 - Private pay
 - <https://www.psychologytoday.com/us/therapists/julie-strathdee-sacramento-ca/371269>
- Andy Price AMFT
 - Nonbinary
 - Several insurance plans
 - <https://counselingcollab.com/therapists/andy-price-amft>
- Leigh Johnson LMFT
 - Trans nonbinary
 - Teen and adults
 - Private pay
 - <https://thrivetherapyandcounseling.com/leigh-johnson>

Specializing (Sacramento)

- **Danielle Greenspan, LMFT, LPCC**
 - Community recommendation
 - Children, toddlers, preteen, teen, through adults
 - Specializes in preteen, teen gender identity.
 - Preteen trans support group
 - Private pay or Kaiser out of network
 - <https://www.daniellegreenspanlmftlpcc.com/>
- **Dr. Kate Bautch**

- Community recommendation
- queer, neurodiverse, chronically ill/disabled, ethically non-monogamous
- Private pay only
- Preteen through adult
- <https://www.bravepassagestherapy.com/>
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- **Genevieve Fahey LMFT**
 - Also AMFT trainees at Lavender Heart therapy
 - In person in Sacramento or online
 - Neurodivergence, drama therapy, EMDR
 - Private pay only
 - <https://www.lavenderhearttherapy.com/>
- Trisha Wallis
 - WPATH certified
 - In person or telehealth
 - <https://drtrishawallis.com/about-dr-trisha-wallis/>
- Malakai Côté
 - Extensive experience with gender diverse folk
 - Retraining in African/Black psychology and restorative practices
 - In person or online
 - Accepts some insurance
 - <https://www.drmalakaicote.com/about>
- Jackie MacNear
 - Davis
 - Fat, queer, neurodivergent
 - Private pay
 - <https://jackiemacnear.com/>
- Beth Laskosky AMFT and Holly Stone AMFT
 - LGBTQ+ and neurodivergent support group for adults
 - Accepts several insurance plans, medical
 - <https://www.lifepractice.org/about>
- Lori Pranger LMFT
 - Preteen through adults
 - Gender health center
 - Private pay
 - <https://www.psychologytoday.com/us/therapists/lori-t-pranger-sacramento-ca/398439>
- Jamie Frazier
 - Teen, adult

- Several insurance
- eating disorders
- <https://www.psychologytoday.com/us/therapists/jamie-frazier-roseville-ca/396490>

Affirming / Allied (Sacramento)

- **Sarah Marie Collins**
 - Community recommendation
 - Teen through adult
 - Kaiser out of network or private pay
 - <https://www.sarahcollinstherapy.com/>
- **Kindra McCall**
 - Community recommendation
 - Kids, teens, adults
 - Private pay
 - <https://www.kindred-connection-therapy.com/>
- **Spark Center**
 - Community recommendation
 - Brenda Dominguez Vaccaro PsyD, Danielle Laughter ASW, Travis Nelson LMFT
 - Children through adult
 - Some insurance by some therapists
 - <https://www.sparkcenter.com/our-team>
- **Brett Collins LCSW**
 - Community recommendation
 - Relationships, privilege, queer, high control environments
 - Several insurances accepted
 - <https://www.therapyden.com/therapist/brett-collins>
- **Dr. Teresa Hooker PsyD**
 - Insurance: DJUSD employee, Yolo Co employee
 - Roseville outdoor in person or Davis office
 - <https://www.psychologytoday.com/us/therapists/teresa-hooker-davis-ca/486996>
- **Sandy Kong**
 - Bicultural, neurodivergent
 - 14+, adults
 - <https://www.nourishmentmh.com/nourishment-mental-health>

- Margot Frost LCSW
 - Takes some insurance
 - Teens, young adults, or adults
 - Neurodiversity affirming
 - <https://www.margotfrosttherapy.com/>
- Jessie Ott LMFT
 - Game therapy
 - Private pay or through Alta
 - <https://www.heroestherapy.net/about/>
- Courtney Kim Morgan LPCC
 - Art therapy
 - Some insurance
 - <https://courtneykimmorgan.com/>
- Love Heal Grow
 - Relationship focus
 - <https://www.lovehealgrow.com/>
- Victor Urrego-Vallowe
 - Trauma and EMDR
 - Teens and adults
 - Kaiser out of network
 - <https://www.norcaltraumahealingcenter.com/>

Online for California

Trans/nonbinary Identifying (online)

- **Lou Ursa LMFT**
 - Community recommendation
 - femme/nonbinary
 - Adults only
 - Specializing in childhood trauma
 - Private pay
 - <https://www.creaturecomforttherapy.com/>
- Sean Garcia LMFT

- Private pay only
 - <https://seangarciatherapy.com/>
 - <https://bayareaneuroqueercenter.com/our-team>
- Cheryl Leong MFT
 - Gender nonconforming
 - South East Asian queer immigrant
 - Adults only
 - Some insurance
 - <https://www.cherylleong.com/>
- Anya Kavanaugh
 - Play therapy
 - Children through 25 yo
 - Nonbinary
 - Private pay
 - <https://www.ngtherapy.clinic/>
- Bowie Winnike
 - IFS
 - ASL
 - Sliding scale through Queer Life Space
 - <https://www.queerlifespace.org/bowie-winnike>
- Priscilla Cheng
 - Christian/faith based
 - non-binary, trans, SF Bay Area native, second generation Chinese-American, Exvangelical
 - Some insurance or private pay
 - <https://www.pridegracecounseling.com/>
- Randy Mendoza LCSW
 - Mixed racial identity
 - Children, teens, adults
 - Private pay
 - <https://www.inclusivetherapists.com/california/willits/andy-mendoza>
- Cadence McCracken APCC
 - Queer trans femme
 - Art therapy
 - Teens and adults
 - Teen support group Oakland
 - <https://www.therapywithcadence.com/>

- Aubrey Grande-Strathdee LMFT
 - Nonbinary
 - Preteen through adult
 - Private pay
 - <https://www.psychologytoday.com/us/therapists/aubrey-grande-strathdee-sacramento-ca/1019894>
- Ryan Kim Tiêu LCSW
 - first-generation, Vietnamese, transgender, and queer therapist
 - Adults
 - Accepts medi-cal
 - <https://growththerapy.com/provider/5sp37ejwpyuu/ryan-tieu?ref=pt%3F>

Specializing (online)

- Natasha Mitchell
 - Feeling not right in the body, gender transitions
 - <https://www.natashia.org/specialties>
- Heather Blessing
 - Specializes in children-teens gender journey
 - Accepts several insurance plans
 - <https://heather-blessing.clientsecure.me/#about>
- Karen Kochenburg LCSW
 - Accepts some insurance
 - Teen through adult
 - Specializes in neurodivergence and LGBTIQQAPPGNGFNBA individuals and couples
 - <https://www.karencanhelp.com/>
- Molly Gildersleeve
 - Neurodivergence, gender dysphoria
 - Private pay
 - <https://www.hellagoodtherapy.com/molly-gildersleeve>
- Jenna King, PhD
 - Gender diverse youth, neurodivergence
 - Private pay
 - <https://www.rippleinkindcare.org/about>

Affirming / Allied (online)

- **Clarissa Harwell**
 - Local families' recommendation
 - Assessments and Therapy
 - Private pay only
 - <https://www.clarissaharwellcsw.com/#services>
- **Julia Brochstein LMFT**
 - Eating disorders, Health at Every Size framework
 - Private pay only
 - Pre-teen, teen, adult
 - <https://www.juliabrochsteinlmft.com/>
- **Marco Antonio**
 - Adults
 - EMDR
 - Several insurance plans accepted
 - <https://secure.helloalma.com/providers/marc-antonio/#More-info>
- **Jupiter Gore AMFT**
 - IFS, somatic, EMDR, decolonial, LGBTQIA2S+
 - <https://www.therapyden.com/therapist/christina-jupiter-gore-oakland-ca>
- **Bethami Lawson**
 - Private pay
 - WPATH member
 - <https://www.bethamilawson.com/#therapyservices>
- **Emily Cannon**
 - Kids, teens not adults
 - Play therapy, brainspotting, CBT
 - Private pay
 - <https://illuminatecounselingca.com>
- **Lianna Gliksman**
 - Neurodivergence affirming
 - Teens and adults
 - Private pay only
 - <https://www.gliksmantherapy.com>

- Ashleigh Sorenson LMFT
 - Adults
 - Private pay
 - <https://www.psychesandsomatherapy.com/>
- Diana Strimling AMFT
 - Queer
 - Rural
 - <https://www.therapyden.com/therapist/diana-strimling>
- James at Solstice Mental Health
 - Trauma, neurodivergence
 - Adults
 - Private pay
 - www.solsticementalhealth.com
- Gyna Costa, LCSW
 - Neurodivergence
 - Some insurance
 - Adults only
 - <https://www.bloomingcounseling.com/>