

**PLEASE READ BELOW FIRST FOR FULL UNDERSTANDING OF PURPOSE OF DOCUMENT**

This document was created with the purpose of compiling a list of all therapists in the community that identify as (separated by the below tabs)  
1. 'Black, Indigenous, People of Colour' (BIPOC) or have an ethno-cultural background that is marginalized in the U.S.A.  
2. therapists that provide services that are affirming towards the above.

Included are therapists in community mental health or private practice that support and have experience working with culturally diverse communities.

This document is focused on therapists that are established in the area already and does not include graduate interns or post-doctorate trainees/fellows. Additionally, the list does not include BIPOC mental health providers that work in service agencies/nonprofits specific to a population. I.E: practitioners at UO Counseling Services, Ophelia's Place, Sexual Assault Support Services, Womenspace, etc are not included.

Since this document is crowdsourced, it may not be fully comprehensive. All the details included can be found publicly and/or is information therapists have directly provided to include in this document.

**If you would like to add yourself and/or another mental health service provider to the list, please email [rituroy307@gmail.com](mailto:rituroy307@gmail.com) with the subject header "BIPOC Therapists" and the details (preferably for each column B-K) indicated in the spreadsheet.**

Though the document is public, it has restricted access so please contact Ritu Roy for questions or updates (check row 6 for how).

Shareable Link: <https://tinyurl.com/POCtherapistsOR>

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Name	Pronouns	Licensure	Specialty	Agency + Notes	Phone	Email	Address	Cost (before health insurance or out of pocket)	In-Network Providers (Insurance)	Payment Options	Website
<p>BIPOC Group Therapy with Justin Castro (check Rowline 26 for more details)   wjcastro@coastalgroup.com                      BIPOC Adult and Teen Group Therapy (check Rowline 26 for more details)   Strong Integrated Behavioral Health   541-393-0383   http://www.strongbh.com/GroupTherapy-on.html                      BIPOC Outreach Coordinator @ Looking Glass - Sara Barrera (check Rowline 82 for more details)</p>											
Aaron Porter	he/him	Licensed Marriage & Family Therapist (LMFT)	Telehealth Only	Private Practice	541-203-6698	connect@summitwellnesscounseling.com	1717 Centennial Blvd, Suite 12 Springfield, OR 97477	30 minute Group Therapy \$30 individual, couple, and family therapy Rates Vary Sliding Scale Available	Pacific Source		https://summitwellnesscounseling.com/contact-us/ https://www.psychologytoday.com/us/therapists/summit-wellness-counseling-licaron-porter-ipc-eugene-or491658
Alyana Park	she/they	Licensed Psychologist (PhD)	Telehealth in Oregon & California	Private Practice - Specializes in anxiety, depression, traumatic stress, and health concerns such as chronic pain and insomnia - Trained in cognitive behavioral therapy and acceptance and commitment therapy	541-579-8790	alyanapark@gmail.com		Per Session: \$250	Private Pay	Accepts: Credit cards	https://www.sync.com/alyanapark
Alex Casillas	she/her/ella	Clinical Social Work Associate (CSWA)	Telehealth in Oregon, Washington & Idaho	Alive Holistic Counseling - Provides bilingual therapy in English & Spanish - Specializes in trauma & domestic violence - PPT for stress support of kink and non-monogamous relationships	458-203-1611 541-357-3248	aliveholisticcounseling@gmail.com	777 High Street, Suite 240 Eugene, OR 97401	Sliding Scale Available	Private Pay OHP/PacificSource only (no others)		https://www.psychologytoday.com/us/therapists/alex-casillas-eugene-or81940 https://www.aliveholisticcounseling.com/alive_casillas
Alexandra Perez Urbina	she/her/ella	Clinical Social Work Associate (CSWA)	Telehealth in Oregon	Alive Holistic Counseling - Provides bilingual therapy in English & Spanish - Specializes in trauma, grief, & anxiety	541-357-3248	aliveholisticcounseling@gmail.com	777 High Street, Suite 240 Eugene, OR 97401	Per Session: \$85 - \$150	Pacific Source Pacific Source OHP Providence	Accepts: Credit Card	https://www.aliveholisticcounseling.com/alexandra-perez-urbina https://therapist.com/cinclinalexandra-perezurbina-1195137
Alexandra Reyes	she/her/ella	Clinical Social Work Associate (CSWA)	Telehealth in Oregon	Bilingual/Cultural services (English and Spanish) - Specializes working with LGBTQ+ clients	541-484-4428 Ext. 308	alexandra.reyes@lookingglass.us	260 East 11th Avenue Eugene, OR 97401	Per Session: \$100 - \$160	BlueCross & BlueShield OHP PacificSource Providence OHP Regence Kaiser Samaritan United Healthcare/Optum	Accepts: American Express, Cash, Check, Discover, Mastercard, Paypass, Visa	https://www.psychologytoday.com/us/therapists/alexandra-reyes-eugene-or200376 https://www.psychologytoday.com/us/groups/individual-and-group-clinical-supervision-eugene-or98234 https://www.lookingglass.us/services/counseling
Althea Herrell	she/her	Licensed Clinical Social Worker (LCSW)	Telehealth Only	Private Practice Clinical Supervisor at The Child Center	541-639-3985	althea@altheaherrellcsw.com		The other P/T package for Althea (starting \$90-\$120) is for clinical supervision (2hrs/line just to ease confusion)	BlueCross & BlueShield OHP PacificSource Providence OHP Regence Kaiser Samaritan United Healthcare/Optum	Accepts: American Express, Cash, Check, Discover, Mastercard, Paypass, Visa	https://www.psychologytoday.com/us/therapists/althea-herrell-csw-eugene-or200376 https://www.psychologytoday.com/us/groups/individual-and-group-clinical-supervision-eugene-or98234
Amada Jimenez	she/her	Licensed Psychologist (PhD)	Telehealth and In-Person	Eugene Therapy	541-868-2004	info@eugenetherapy.com	399 E 10th Ave Eugene, OR 97401	Per Session with licensed therapists: \$100 - \$200 Per Session with pre-licensed therapists: \$60 - \$100 Per Session with graduate students: \$25 - \$60	First Choice HealthNetMHN HMA Moda PacificSource (not OHP) Providence Health Plan Regence BCBS Samaritan United Healthcare/Optum	Accepts: MasterCard, Visa, and most health savings account (HSA) cards	https://eugenetherapy.com/team/amada-jimenez
Anam Gulzai	she/her	Psychiatric Nurse Practitioner (PMHNP)	Telehealth and In-Person	Neuropsychiatric Treatment Center (NTX) - First Black, queer owned clinic in Oregon - Ketamine treatment - Provides ADHD Testing	541-406-7124 858-468-9660	anam@neuropsychiatry.com	1705 Coburg Road, Suite 502 Eugene, OR 97401		Does NOT accept OHP Optum United Healthcare United Healthcare Shared Services (UHSS) SHS - United Healthcare Shared Services (UHSS) Chiron Harvard Pilgrim Oxford UHC Babert Resources All Savers (UHC) Blue Cross Blue Shield Sind Aetna/Aetna Coventry Methan Hippoc Allied Benefit Systems Cigna & Evernorth		https://neuropsychiatry.com/ https://www.psychologytoday.com/us/therapists/anam-gulzai-clinic-eugene-or99667
Andrea Tanaka		Licensed Marriage & Family Therapist Associate (LMFTA)		- Specialty in sexuality and sex therapy - Provides in real identity work - Bio shows support of kink and non-monogamous relationships	541-525-0668	andrea@andreatanakaherapy.com	374 West 12th Avenue #1 Eugene, Oregon 97401	Initial Intake (Individual): \$120 Initial Intake (Couples): \$145 Couples Therapy (50mins): \$120	Private Pay		https://www.andreatanakaherapy.com/ https://www.psychologytoday.com/us/therapists/andrea-tanaka-couples-individual-therapy-eugene-or74783
Anjali Smith	she/they	Qualified Mental Health Provider (QMHP)		Cascades Health	541-228-3000		2685 Suzanne Way, Suite 200 Eugene, OR 97408	Initial Intake (Family): \$145 Family Therapy (50mins): \$120			https://www.cascadehealth.org/counseling-eap/our-team
Angel Oliver	she/they	Licensed Professional Counselor Associate (LPCA)	Telehealth Only	Private Practice - Senzu Therapy Oregon Directions - Specializes working with Black/African American and/or Latine clients - Focuses on Trauma and PTSD (racial, generational, childhood, etc.) ADHD, Anxiety, Relationship concerns	Senzu: 541-748-3771 Oregon Directions: 541-818-0009	angel@oregondirections.com	Senzu (for mail) 1292 High Street, #1025 Eugene, OR 97401 Oregon Directions 1705 Centennial Blvd Suite 2 Springfield, OR 97477	Individual Therapy: \$120 Couples Therapy: \$145 Sliding Scale via <a href="#">Open Path Collective</a> Individual: \$40 - \$70 Couples/Family: \$40 - \$80	Providence Health Plan Regence BCBS Samaritan United Healthcare/Optum	Accepts: American Express, Discover, Health Savings Account, Mastercard, Visa	https://www.psychologytoday.com/us/therapists/angel-oliver-eugene-or87774 https://oregondirectionscounseling.com/our-ourselves
Angeline Hendrickson	she/they	Licensed Psychologist (PhD)	Telehealth	Eugene Therapy - Treatment modalities include Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Sand Tray Therapy, Art Therapy, Motivational Interviewing, and Behavioral Activation Therapy	541-868-2004	info@eugenetherapy.com	399 E 10th Ave Eugene, OR 97401	Per Session with licensed therapists: \$100 - \$300 Per Session with pre-licensed therapists: \$60 - \$100 Per Session with graduate students: \$25 - \$60	First Choice HealthNetMHN HMA Moda PacificSource (not OHP) Providence Health Plan Regence BCBS Samaritan United Healthcare/Optum	Accepts: MasterCard, Visa, and most health savings account (HSA) cards	https://eugenetherapy.com/team/angeline-hendrickson http://www.eugenetherapy.com/
Anjali Dhar	she/her	Licensed Psychologist (PhD)	Telehealth Only	- Specializes working with LGBTQIA+ populations - - Provides services for gender affirming medical care - Specialty in trauma processing	541-229-2625	info@anjaldharpsyd.com (preferred)	1127 Pearl St Eugene, OR 97401	Intake: \$200 60 min session: \$250 Sliding scale: \$85-\$150	Out-of-Network: Provides Superbill for claims BCBS Regence First Choice Health Moda PacificSource Commercial Out-of-Network: Provides Superbill and self invoice, courtesy billing	Accepts: Checks and credit cards	https://www.dhartherapy.com/
Anjali Chikara	she/her	Licensed Psychologist (PhD)	Telehealth & In-Person	Private Practice - EMDR Trained - specializes in trauma processing	541-229-3671	info@anjulichikaraphd.com	1079 Williams Street, Eugene, OR 97401	Intake: \$260 60 min session: \$225 45 min session: \$170	Out-of-Network: Provides Superbill and self invoice, courtesy billing	Accepts: Cash, checks and major credit cards	www.anjulichikaraphd.com https://www.psychologytoday.com/us/therapists/anjali-chikara-eugene-or709867
April Lacey	she/they	Licensed Professional Counselor (LPC)	Telehealth Only	Private Practice - Mend House Therapy - Specializing in treating anxiety, depression and trauma - PPT for stress support of sex workers, kink and non-monogamous relationships	541-313-8697	mendhousetherapy@protonmail.com	P.O. Box 2606 Eugene, OR 97402	Cost Per Session: \$120	Ticore West	Accepts: American Express, Discover, Mastercard, Visa	http://www.mendhousetherapy.com/ https://www.psychologytoday.com/us/therapists/april-lacey-eugene-or792126
Arni Yabek	she/her	Licensed Marriage & Family Therapist (LMFT)	In person OR CA & Telehealth	AlKindred Healing - Specialty in holistic care - "Master" Level Reiki Practitioner	541-204-2705		1442 Pearl Street, Unit A Eugene, OR 97401	Per Session: \$165 - \$190	BlueCross and BlueShield PacificSource Regence Out of Network	Accepts: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Venmo, Visa	https://www.alkindredhealing.com/ https://www.psychologytoday.com/us/therapists/arni-yabek-eugene-or361986
Asha Stephen	she/they	Psychologist (Ph.D)	Telehealth Only	Private Practice	541-838-0833	drashastephen@outlook.com	260 East 11th Avenue Eugene, OR 97401	Per Session: \$170 - \$200	Only accept In-Network BlueCross and BlueShield First Choice Health Kaiser PacificSource Regence First Choice Aetna Cigna United Cigna EAP United EAP Kaiser NW	Accepts: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Visa	https://www.psychologytoday.com/us/therapists/asha-stephen-eugene-or41419
Ashley Carr	she/her	Licensed Professional Counselor Associate (LPCA)	In person and Telehealth	Oregon Directions Counseling - Specializes in racial trauma - Specializes working with Black and Biracial populations - Bio mentions being a "neurodivergent, neurodivergent affirming, queer, parent, body positive, and spiritual ally therapist" Coming Soon: ADHD Evaluations 1+	541-818-0009	ashley@midnightcounseling.com	1695 Jefferson Street, Eugene, OR 97401	Per Session: \$100 Couples/Family \$120	COMING SOON: Oregon Health Plan (Care Oregon, Pacific Source, Trillium, and Open Card)	Accepts: American Express, Discover, Mastercard, Visa	https://www.psychologytoday.com/us/therapists/ashley-carr-springfield-or1041750 https://www.midnightcounseling.com/
Audrey Medina		Pre-Licensed Psychologist		- Speaks Spanish - Specialty in cross-disability and neurodivergent identities	844-936-2398		Only states West University neighborhood	Per Session: \$90 - \$200	Moda Health PacificSource	Accepts: Cash	https://www.psychologytoday.com/us/therapists/audrey-medina-eugene-or74976
Bertram Muruthi		Licensed Marriage & Family Therapist Associate (LMFTA)		- Bio indicates client focus on Black/African-American and Latine clients	458-200-4017				Blue Cross Blue Shield BlueCross and BlueShield PacificSource Regence	Accepts: Mastercard, Paypass, Venmo, Visa	https://www.psychologytoday.com/us/therapists/bertram-muruthi-eugene-or81263
Brian Parks		Psychologist (PhD)		Silver Springs Therapy, LLC - Specializes working with international, LGBTQ & BIPOC - Works primarily with younger to middle-aged adults (including college students) - Modalities include: Interpersonal, Cognitive-Behavioral, Multicultural, Humanistic, Strength-Based, and Motivational Interviewing	541-203-0372	DrBrian@Siverspringstherapy.com	Silver Springs Therapy, LLC Eugene, Oregon, 97405		Blue Cross Blue Shield BlueCross and BlueShield PacificSource Regence	Accepts: Cash, Check, Visa	https://www.psychologytoday.com/us/therapists/silver-springs-therapy-eugene-or769392
Carly Wierda		Licensed Marriage & Family Therapist (LMFT) Qualified Mental Health Professional (QMHP)		Looking Glass	541-484-4428	carly.wierda@lookingglass.us	260 East 11th Avenue Eugene, OR 97401	Sliding Scale (as per insurance)	Pacific Source OHP Trillium OHP Doesn't accept Blue Cross Blue Shield		http://pnppt.providence.org/BaseSearch/Provider/View/60365680541004?PlanName=
Cecilia Escobedo	she/her	Licensed Marriage & Family Therapist (LMFT)	In person and Telehealth	- Offers Bilingual therapy sessions in Spanish & English	541-514-6019	escobedocelia@gmail.com	492 East 13th Avenue #204 Eugene, OR 97401	Per Session: \$100	Aetna Blue Cross Blue Shield Cigna MHN Moda Pacific Source commercial United Healthcare	Accepts: Cash or check	http://www.ceciliaescobedo.com/ https://www.psychologytoday.com/us/therapists/cecilia-escobedo-eugene-or409612
Chantia Surman		Licensed Marriage & Family Therapist (LMFT)	Telehealth in Oregon & California	Spesity Counseling - Specializes in Eating Disorders - Offers Christian Counseling when requested	760-833-1158	chantiamt@gmail.com		Per Session: \$150 - \$175	Private Pay Private Pay (Out of Network)	Accepts: American Express, Discover, Mastercard, Visa	https://www.chantiasurman.com/ https://www.psychologytoday.com/us/therapists/chantia-surman-springfield-or893854
Christina Martinez-Cay		Licensed Clinical Social Worker (LCSW)	In person and Telehealth	Private Practice - Speaks Spanish - Specialty in Children & Adolescents - Specialty in Art & Play Therapy - Bio shows support of Open Relationships/ENM			(Not Listed) Cal Young & Laurel Hill Valley Neighborhoods Eugene, OR - 97405	Per Session: \$125 Sliding Scale: contact to apply		Accepts: ACH, Cash, Venmo, Visa	https://www.psychologytoday.com/us/therapists/christina-martinez-cay-eugene-or1718171
Christopher Smith	he/him	Licensed Psychologist (PhD)	In person and Telehealth	Vibrant Health Therapy and Consultation LLC - Specialty working with athletes - Specialty working around body image and eating disorders - Specializes working with Black/African American clients	541-515-7800	chris@vibranthealththerapy.com	1901 Garden Avenue, Suite 111 Eugene, OR 97403	Per Session: \$180 - \$280	In process of being parareted Blue Cross Blue Shield First Choice Moda Health MHN PacificSource Regence Samaritan Health	Accepts: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Visa	https://www.psychologytoday.com/us/therapists/vibrant-health-therapy-and-consultation-llc-eugene-or481190
David Moore	In person and Telehealth	Licensed Marriage & Family Therapist Associate (LMFTA)		Private Practice - EMDR Trained - specializes in trauma resolution in couples - Works with individuals, couples, and families	503-534-2796 ext. 1006	info@davidmoore.com	1445 Williams Street, Suite 6 Eugene, OR 97401	Per Session: \$125	CareOregon (OHP) Private pay	Accepts: Cash, Check, and major Credit Cards	https://www.davidmoore.com/ https://www.psychologytoday.com/us/therapists/david-moore-eugene-or1035617

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Name	Pronouns	Licensure	Service Options	Agency / Notes	Phone	Email	Address	Cost (Before health insurance or out of pocket)	In-Network Providers (Insurance)	Payment Options	Website
Della Donaldson		Licensed Clinical Social Worker (LCSW)	Telehealth Only	All Tribes Mental Health Services - Not in Eug. Spd but serving Douglas, Curry, Coos, and Lane Counties - Specializes in addressing psychological trauma related to historical and intergenerational trauma within BIPOC communities - Will work with people for all other mental health needs but specializes in helping those who are oppressed, discriminated against, and who have experienced forced assimilation - Harship waivers for indigenous clients	541-366-7640	adonaldson@atribesmentalhealth.com atribes@atribesmentalhealth.com	PO BOX 802 Coos Bay, OR 97420	Per Session: \$25 - \$250 Out of Pocket: \$45.00 Harship waivers for indigenous clients	Accepts all insurance plans Sliding Scale Available	Accepts Credit/Debit card, bank transfer, PayPal, Venmo, Check	<a href="https://www.atribesmentalhealth.com/">https://www.atribesmentalhealth.com/</a> <a href="https://www.psychologytoday.com/us/therapists/tribes-mental-health-svcs-inc-coos-bay-or/394003">https://www.psychologytoday.com/us/therapists/tribes-mental-health-svcs-inc-coos-bay-or/394003</a>
Elmor Topda		Licensed Professional Counselor (LPC)	Telehealth Only	Private Practice - Top Counseling (previously Cascades Counseling Services) - Provides Bilingual (Spanish) support - Offers Couples therapy - Specializes in life transitions, stress & anxiety	503-765-6171	elmor@topcounseling.com elmor@cascalescounselingservices.com		Per Session: Individual: \$100 Couples: \$190	Lyla Health Private Pay (Out of Pocket)	Accepts American Express, Discover, Health Savings Account, Mastercard, Visa	<a href="https://cascalescounselingservices.com/">https://cascalescounselingservices.com/</a>
Elisabeth Eugenia Goldberg	she/her/ta	Licensed Clinical Social Worker (LCSW)	Telehealth Only	Arise Counseling - Private Practice (PP) - Emerging Phases EMDR - Certified in EMDR (specializes in PTSD) - Bilingual in Spanish	Arise: 541-321-2278 EMER: 541-517-2517	elisabeth.goldberg@arisecounseling.com emerging@elisabethgoldberg.com	Arise Location: 2440 Wilamette St. Suite 201, Eugene, Oregon 97400	PP Per Session: \$150	Accepts Insurance through Arise Counseling Private Pay through Private Practice	PP Accepts: Payment through website (all debt / major credit cards)	Arise Counseling: <a href="https://www.arisecounseling.com/">https://www.arisecounseling.com/</a> PP: <a href="https://elisebethgoldberg.com">https://elisebethgoldberg.com</a>
Eric Leong		Psychiatrist (DO) Retired Psychiatrist Colonel		Oregon Psychiatric Partners - Specializes in PTSD, severe anxiety and panic disorders	541-726-9912		3203 Wilamette Street, Eugene, OR 97405		Bridgeway HealthCare Mgmt Admins Moda PacificSource Providence Regence Blue Cross Trillium Health Plan United Healthcare	Accepts: American Express, Cash, Check, Discover, Mastercard, Visa	<a href="https://opdc.com/our-providers">https://opdc.com/our-providers</a>
Erin Amelia Russell		Licensed Professional Counselor (LPC)		- Speaks Spanish	541-293-1109	<a href="mailto:erin@erinhps.com">erin@erinhps.com</a>	328 W. Broadway, Eugene, Oregon 97401	Per Session: \$80 - \$125	Accepts American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Visa	<a href="https://www.erinhps.com/">https://www.erinhps.com/</a> <a href="https://www.psychologytoday.com/us/therapists/erin-amelia-russell-eugene-or/401214">https://www.psychologytoday.com/us/therapists/erin-amelia-russell-eugene-or/401214</a>	
Frankie Lemmons	she/hers	Licensed Marriage & Family Therapist Associate (LMFTA)		- Bio mentions being a bi-racial Black woman - Specializes in mental health with a focus on Perinatal Mood & Anxiety and Perinatal Loss & Grief	971-224-7892		8454 River Road North #2118 Kaiser, OR 97300	Per Session: \$120 - \$150	Accepts American Express, Cash, Check, Discover, Mastercard, Visa	<a href="https://www.accessjourney.com/frankiemlemmons">https://www.accessjourney.com/frankiemlemmons</a>	
Hana Burnett		Licensed Professional Counselor Associate (LPCA)		Griffin & Associated Practitioners							<a href="https://www.accessjourney.com/hanaburnett">https://www.accessjourney.com/hanaburnett</a>
Heather Miller	she/hers	Certified Alcohol and Drug Counselor (CADC-F)	Telehealth Only	Person Centric Therapy - Specialty in substance use	503-559-2550		740 East 13th Avenue, Suite 501 Eugene, OR 97401	Per Session: \$100-\$125	Private Pay	Accepts: Cash, Check, Discover, Venmo, Visa	<a href="https://www.personcentrictherapy.com/">https://www.personcentrictherapy.com/</a> <a href="https://www.psychologytoday.com/us/therapists/person-centric-therapy-eugene-or/882434">https://www.psychologytoday.com/us/therapists/person-centric-therapy-eugene-or/882434</a>
Ida Moaad	she/hers	Licensed Psychologist (Ph.D.)		Private Practice Started Eugene Center for Anxiety and Stress	541-357-9764	<a href="mailto:info@eugeneanxiety.com">info@eugeneanxiety.com</a>	101 E Broadway Suite 400 Eugene OR 97401	Initial/Assessment session: \$75 45-minute session: \$170 60-minute session: \$250 Group therapy: \$50 Psychological Assessment: \$150	Medicare OHP Open Card (only Lane County residents) PacificSource Regence Blue Cross Blue Shield Trillium	Accepts cash, checks, and major credit cards Payments due at the time of service	<a href="https://www.eugeneanxiety.com/">https://www.eugeneanxiety.com/</a>
Janette Oltide		Licensed Marriage & Family Therapist (LMFT)		- Speaks Spanish - Specialty in addiction counseling (substances & gambling)	541-233-0262		272 West 11th Avenue Eugene, Oregon 97401	Per Session: \$50 - \$80	Accepts: Cash, Check		
Jasmine Rose Pester		Licensed Clinical Social Worker (LCSW)			541-359-0139		438 Chamellon St. #102 Eugene, Oregon 97401	Per Session: \$50 - \$250	Alta BlueCross BlueShield MHA Colum Oregon Health Plan (OHP) PacificSource Providence Regence UnitedHealthcare	Accepts: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, PayPal, Visa	<a href="https://glimmerstrength.wordpress.com/about/">https://glimmerstrength.wordpress.com/about/</a> <a href="https://www.psychologytoday.com/us/therapists/jasmine-rose-pester-eugene-or/163479">https://www.psychologytoday.com/us/therapists/jasmine-rose-pester-eugene-or/163479</a>
Jeffrey Lucero		Licensed Clinical Social Worker (LCSW)	Telehealth Oregon	All Tribes Mental Health - Trained in CBT, RET, motivational interviewing - Specialized in Depression, Anxiety, Relationships, substance abuse, Harm reduction, trauma, self-harm - Client focus: adults, children & adolescents, LGBTQI - Private Practice - Be Well Family Counseling	541-366-7640 801-949-2986	<a href="mailto:atribes@atribesmentalhealth.com">atribes@atribesmentalhealth.com</a>	PO BOX 802 Coos Bay, OR 97420	Per Session: \$25 - \$250 Out of Pocket: \$45.00 Harship waivers for indigenous clients	Accepts all insurance plans Sliding Scale Available	Accepts: Credit/Debit card, bank transfer, PayPal, Venmo, Check	<a href="https://www.atribesmentalhealth.com/">https://www.atribesmentalhealth.com/</a> <a href="https://www.psychologytoday.com/us/therapists/all-tribes-mental-health-svcs-inc-coos-bay-or/394003">https://www.psychologytoday.com/us/therapists/all-tribes-mental-health-svcs-inc-coos-bay-or/394003</a>
Jessica Hsieh Zhou Tui		Licensed Professional Counselor Associate (LPCA)	In person Telehealth	Options Counseling - Works with children and adolescents (play therapy) - Specialized in parent coaching and management - Speaks Cantonese and Mandarin	Be Well: 541-649-2089 / 541-283-9807 Options: 241-987-6983	<a href="mailto:jui@beowellfamilycounseling.com">jui@beowellfamilycounseling.com</a>	1907 Garden Ave. Suite 103, Eugene, OR 97403 360 East 10th Avenue, Suite 450 Eugene, OR 97401	Be Well Per Session: Intake: \$100 Individual & Family: \$80 Parent Coaching: \$100 Sliding Scale: apply	Private Pay	Accepts: Cash, Check, Major Credit Card, Venmo	<a href="https://www.beowellfamilycounseling.com/about">https://www.beowellfamilycounseling.com/about</a> <a href="https://options.org/education/eugene">https://options.org/education/eugene</a> <a href="https://www.psychologytoday.com/us/therapists/be-well-family-counseling-jessica-zhou-tui-eugene-or/1054211">https://www.psychologytoday.com/us/therapists/be-well-family-counseling-jessica-zhou-tui-eugene-or/1054211</a>
Jingping Liu	she/her	Licensed Psychologist (PhD)	In person Telehealth	Savannah Therapy - Speaks Mandarin - Trained in EMDR & Sensorimotor Psychotherapy - Specialized working with racial identity, immigration, adoption, college students	541-262-4845	<a href="mailto:connect@savannahtherapy.com">connect@savannahtherapy.com</a>	280 East 11th Avenue Eugene, OR 97401	Per Session: \$285	Pacific Source Private Pay	Accepts: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Visa	<a href="https://www.savannahtherapy.com/">https://www.savannahtherapy.com/</a> <a href="https://www.psychologytoday.com/us/therapists/jingping-liu-eugene-or/1024200">https://www.psychologytoday.com/us/therapists/jingping-liu-eugene-or/1024200</a>
Joanna Castro		Licensed Professional Counselor (LPC)		Looking Glass Counseling - Spanish fluency for individual and couples - Specialized in racialized trauma and/or experiences of oppression related to being marginalized - Willamette City Counseling	541-484-4428	<a href="mailto:joanna.castro@lookingglass.us">joanna.castro@lookingglass.us</a>	206 E. 11th Ave. Eugene, OR 97401		PacificSource OHP Private Pay		<a href="https://www.wslkycounseling.com/joanna-castro-a.html">https://www.wslkycounseling.com/joanna-castro-a.html</a> <a href="https://www.psychologytoday.com/us/therapists/joanna-castro-portland-or/998828">https://www.psychologytoday.com/us/therapists/joanna-castro-portland-or/998828</a>
Jonathan Printers		Clinical Social Work Associate (CSWA)	Telehealth	But Psychology Today webpage indicates being in Portland, OR - Trained in EMDR	541-600-2034	<a href="mailto:scheduling@butcounseling.com">scheduling@butcounseling.com</a>	Willamette Sky Counseling Eugene, OR 97401	Per Session: \$150 - \$200	PacificSource OHP Private Pay		<a href="https://www.psychologytoday.com/us/therapists/jonathan-printers-portland-or/998828">https://www.psychologytoday.com/us/therapists/jonathan-printers-portland-or/998828</a>
Jonathan Shaw	he/him	Psychiatric Mental Health Nurse Practitioner (PMHNP)	In person Telehealth	New Direction Treatment Center (NTX) - First Black, queer owned Clinic in Oregon - "KIDSAFE" treatment - Provides ADHD Testing	541-406-7124 888-468-9669	<a href="mailto:admin@newdirectiontx.com">admin@newdirectiontx.com</a>	1755 Deburg Road Suite 502 Eugene, OR 97401		Cigna United Healthcare United Healthcare Shared Services (UHSS) SEIA - United Healthcare Shared Services (UHSS) Cigna Harvard Pilgrim CIGNA UHC Student Resources UHS All Savers (UBC) Health Plans Inc Aetna/Aetna Coventry Metanet Nippon Aetna Benefit Systems Cigna & Evernorth		<a href="https://neuropsychiatry.com/">https://neuropsychiatry.com/</a> <a href="https://www.psychologytoday.com/us/therapists/keatrine-clinic-icpc-eugene-rtx-eugene-or/976602">https://www.psychologytoday.com/us/therapists/keatrine-clinic-icpc-eugene-rtx-eugene-or/976602</a>
Jordan Shin		Licensed Professional Counselor (LPC)		- Specializes include working with people with disabilities and people who identify as transgender/non-binary/gender diverse - Training director at HIV Alliance	541-342-9144	<a href="mailto:jshin@hccounseling.org">jshin@hccounseling.org</a>	122 East Broadway #218 Eugene, Oregon 97401	Per 50min-80min session: \$120 Sliding Scale: \$40-\$120	Cigna PacificSource Commercial	Accepts: cash, check, credit card, debit card, and PayPal Payments due at the time of service	<a href="http://hccounseling.org/jordan-shin">http://hccounseling.org/jordan-shin</a>
Judith Castro	she/hers	Licensed Marriage & Family Therapist (M. Ed)	Telehealth HI, Hawaii & Oregon	New Destiny Counseling, LLC - Speaks Spanish and offers a Spanish Speaking group - Offers online BIPOC Group Therapy for those with OHP Pacific Source (must have individual therapist) - Specializes in poly and queer clients	541-799-0788	<a href="mailto:wsepapcounsel@outlook.com">wsepapcounsel@outlook.com</a>	Only states Ca Young and/or Family Neighborhood areas		Pacific Source OHP PacificSource	Accepts: Cash, Check, Health Savings Account, Mastercard, PayPal, Visa	<a href="https://www.destinycounselor.wslk.com/mykate">https://www.destinycounselor.wslk.com/mykate</a> <a href="https://www.psychologytoday.com/us/therapists/judith-castro-eugene-or/565407">https://www.psychologytoday.com/us/therapists/judith-castro-eugene-or/565407</a>
Karen Crocker-Wenest		Doctor of Medicine (MD)		Willamette Valley Psychiatry Private Practice - Proud Colors specializing in: - BIPOC & racialized trauma - LGBTQIA+ teens and adults - transgender & gender-expansive teens and adults (including assessments & letters for gender-affirming medical care) - kink-experienced, non-monoamorous/polyamorous - sexually & sensual concerns/difficulties - body liberation and fat-affirming - neurodivergent-affirming (particularly autism and ADHD)	541-344-5363		809 Wilamette Street #330 Eugene, OR	Only states - discounted rates for senior citizens	Blue Cross OR HMA UWise COO Pacific Source	Accepts: Cash, Check, VISA, Master Card	<a href="http://www.wpspsych.com/karen.html">http://www.wpspsych.com/karen.html</a>
Keisha Jahney	she/her (premier outreach preferred)	Licensed Professional Counselor (LPC)	Telehealth Only	- kink-experienced, non-monoamorous/polyamorous - sexually & sensual concerns/difficulties - body liberation and fat-affirming - neurodivergent-affirming (particularly autism and ADHD)	541-378-6799	<a href="mailto:keisha@keishajahney.com">keisha@keishajahney.com</a>	PO Box 6057 Eugene, OR 97405	Sliding Scale Available Individual intake: \$175 Individual session: \$145 Relational intake: \$215 Relational session: \$185	Private pay only		<a href="https://www.facebook.com/keishajahneymft">https://www.facebook.com/keishajahneymft</a> <a href="https://www.instagram.com/proudcounselortherapy/">https://www.instagram.com/proudcounselortherapy/</a> <a href="https://www.psychologytoday.com/us/therapists/keisha-jahney-eugene-or/446919">https://www.psychologytoday.com/us/therapists/keisha-jahney-eugene-or/446919</a>
Keyona McCulloch		Clinical Social Work Associate (CSWA) (E: PHA/LCSW)		Arise Counseling - Specialty in Christian Counseling	541-321-2278	<a href="mailto:info@arisecounseling.com">info@arisecounseling.com</a>	2448 Wilamette St. #201 Eugene OR 97405	Arise: \$45-60/ session / \$100 / Harship assistance available	Oregon Health Plan Open card/OHP Plus PacificSource Community Solutions PacificSource Trillium, Oregon Health Plan	Accepts: American Express, Discover, Health Savings Account, Mastercard, Visa	<a href="https://www.arisecounseling.com/keyona-mcculloch-cswa">https://www.arisecounseling.com/keyona-mcculloch-cswa</a> <a href="https://www.psychologytoday.com/us/therapists/keyona-s-mcculloch-eugene-or/472136">https://www.psychologytoday.com/us/therapists/keyona-s-mcculloch-eugene-or/472136</a>
Kyle Rodriguez	he/him	Licensed Professional Counselor (LPC)	Telehealth Only	A Guided You, LLC - Specialty working with transgender clients.	541-645-2175	<a href="mailto:krodriguezshon@aguidedyou.com">krodriguezshon@aguidedyou.com</a>		Sliding Scale Available Per Session: \$160 - \$200	Cigna PacificSource Commercial	American Express Mastercard Visa	<a href="https://a-guided-you-clientsecure.me">https://a-guided-you-clientsecure.me</a> <a href="https://www.psychologytoday.com/us/therapists/a-guided-you-llc-eugene-or/819799">https://www.psychologytoday.com/us/therapists/a-guided-you-llc-eugene-or/819799</a> <a href="https://transponder.com/our-services/therapists/kyle-rodriguez-hudson-mba-pc/">https://transponder.com/our-services/therapists/kyle-rodriguez-hudson-mba-pc/</a>
Larissa Miller		Licensed Psychologist (Ph.D.)		Strong Integrated Behavioral Health - specializes working with Black clients - primarily works with adolescents and young adults (< 25 years old)	541-393-5983		67 Club Road #120 Eugene, OR 97401	Some sessions free of charge to BIPOC therapy clients (check with admin)	OHP Private Pay	Cash / Check American Express Mastercard Visa	<a href="https://mentaltherapy.org/psychologists/larissa-catherine-miller-phd-eugene">https://mentaltherapy.org/psychologists/larissa-catherine-miller-phd-eugene</a> <a href="http://www.strength.com/">http://www.strength.com/</a>
Lea Boya		Licensed Professional Counselor (LPC)		Strong Integrated Behavioral Health	541-393-5983		67 Club Road #120 Eugene, OR 97401				<a href="http://www.strength.com/laBoyaPCMA.html">http://www.strength.com/laBoyaPCMA.html</a>
Lisa Nyabingi	she/her	Psychologist (PsyD)	Telehealth Only	All Tribes Mental Health - Specializes in grief counseling	541-366-7640	<a href="mailto:atribes@atribesmentalhealth.com">atribes@atribesmentalhealth.com</a>	PO BOX 802 Coos Bay, OR 97420	Per Session: \$25 - \$250 Out of Pocket: \$45.00 Harship waivers for indigenous clients	Accepts all insurance plans Sliding Scale Available	Accepts: Credit/Debit card, bank transfer, PayPal, Venmo, Check	<a href="https://www.atribesmentalhealth.com/">https://www.atribesmentalhealth.com/</a> <a href="https://www.psychologytoday.com/us/therapists/all-tribes-mental-health-svcs-inc-coos-bay-or/394003">https://www.psychologytoday.com/us/therapists/all-tribes-mental-health-svcs-inc-coos-bay-or/394003</a>
Liz "Michelle" Baughman		Licensed Marriage & Family Therapist (LMFT)	Telehealth Only	Private Practice (PP) - Bilingual/Bicultural services (English and Spanish) - Specialty in eating disorders, family therapy, perinatal loss, trauma, anxiety, depression, bereavement - Currently working with clients 18 and older.	541-666-1553	<a href="mailto:therapist.michellebaughman@gmail.com">therapist.michellebaughman@gmail.com</a>		Per Session: \$165 - \$180	BlueCross and BlueShield MODO Trillium/OHP Pacific Source	Accepts: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, PayPal, Visa	<a href="https://www.psychologytoday.com/us/therapists/liz-michelle-baughman-eugene-or/454330">https://www.psychologytoday.com/us/therapists/liz-michelle-baughman-eugene-or/454330</a>
Lucy Dao		Licensed Clinical Social Worker (LCSW)	Telehealth Only	Stronger Oregon Griffin & Associated Practitioners	541-900-4285		2403 SE Monroe Street, Suite A, Milwaukie, OR 97222		Available to work with other insurances - call to ask.		<a href="https://www.strongeroregon.com/find-your-fit">https://www.strongeroregon.com/find-your-fit</a>
Mahina (Michelle) Wong	she/hers	Masters in Social Work (MSW)	In person Telehealth	Looking Glass - Specializes in working with kids up to 18 - Working with the Latino community on issues of identity and acculturation, family therapy, and EMDR - Trauma work	541-484-4428 ext. 315	<a href="mailto:mahina.davis@lookingglass.us">mahina.davis@lookingglass.us</a>	260 East 11th Avenue Eugene, OR 97401		OHP	Accepts: American Express, Mastercard, Visa	<a href="https://www.lookingglass.us/services/counseling">https://www.lookingglass.us/services/counseling</a>
Malaya Espinoza	Elle/Her	Licensed Marriage & Family Therapist (LMFT)	In person Telehealth	Clinical Supervisor of Looking Glass Counseling - Bilingual/Bicultural services (English and Spanish) - Working with the Latino community on issues of identity and acculturation, family therapy, and EMDR - Trauma work	541-484-4428	<a href="mailto:malaya.espinoza@lookingglass.us">malaya.espinoza@lookingglass.us</a>	260 East 11th Avenue Eugene, OR 97401		MODO OHP Pacific Source United Behavioral Health		<a href="https://www.lookingglass.us/services/counseling">https://www.lookingglass.us/services/counseling</a>
Maria Elena Samson-Moody		Licensed Professional Counselor Intern		Lili Changes Counseling - Speaks Filipino and Spanish	541-205-0835		1305 North 8th Street Springfield, Oregon 97477	Per Session: \$20 - \$70	Private Pay	Accepts: ACH Bank Transfer, Cash, Check	<a href="https://www.lilichngs.com/">https://www.lilichngs.com/</a>
Maria Leija Briones	not listed	Professor Counselor Associate		Insight Northwest Counseling - Offer bilingual services in Spanish & English	541-307-9433	<a href="mailto:info@insightnw.com">info@insightnw.com</a>	132 East Broadway, Suite B10 Eugene, OR 97401		Out of Network (Private Pay)	Accepts: American Express, Health Savings Account, Mastercard, Visa	<a href="https://www.insightnorthwest.com/staff-directory/maria-leija-briones">https://www.insightnorthwest.com/staff-directory/maria-leija-briones</a>
Mayranye Mueller	she/her/ta	Licensed Marriage & Family Therapist Associate (LMFTA)	Telehealth Only	Private Practice - Specializes in suicide prevention and DBT - Low Fee available especially for BIPOC - call to negotiate rate	541-224-8950	<a href="mailto:mayranye@oregonhealingcollective.com">mayranye@oregonhealingcollective.com</a>	P.O. Box 72410 Springfield, Oregon 97475	Per Session \$90-120 Sliding Scale/Low Fee available especially for BIPOC call to negotiate rate	Private Pay	Accepts: Venmo, American Express, Discover, Health Savings Accounts, Mastercard, Visa	<a href="https://www.oregonhealingcollective.com/mayranyemueller">https://www.oregonhealingcollective.com/mayranyemueller</a> <a href="https://www.psychologytoday.com/us/therapists/mayranye-mueller-springfield-or/925248">https://www.psychologytoday.com/us/therapists/mayranye-mueller-springfield-or/925248</a>

**PLEASE READ DISCLAIMER FOR FULL UNDERSTANDING OF THE PURPOSE OF THIS DOCUMENT**

Name	Pronouns	Licensure	Service Options	Agency + Notes	Phone	Email	Address	Cost (before health insurance or out of pocket)	In-Network Providers (Insurance)	Payment Options	Website	
Melissa Todd		Psychologist (Ph.D)		- Specialty in sports psychology	541-725-4002		1848 Wilamette St #5 Eugene, Oregon 97401	Initial Evaluation-60 to 90 min: \$200 45-minute session: \$170 Psychotherapy-45 min: \$150	Armen (Out of Network) Anthem Blue Cross and Blue Shield BridgeSpan Cigna (Out of Network) First Choice Health HMA Moda Health PacificSource Premera Providence (Out of Network) Regence Santarian Health UC Exclusive Network	Accepts: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Visa	<a href="http://www.melissatoddphd.com/">http://www.melissatoddphd.com/</a> <a href="https://www.psychologytoday.com/us/therapists/melissa-todd-engine-or230311">https://www.psychologytoday.com/us/therapists/melissa-todd-engine-or230311</a>	
Mah Long		Qualified Mental Health Provider (QMHP)		Bridges Community Health (BCH)					First Choice Health Moda Medicare CHIP Open Card (only Lane County residents) PacificSource Regence Blue Cross Blue Shield Trillium TriWest	Accepts: cash, checks, and major credit cards.	<a href="https://bchpscommunityhealth.com/bch-therapists/mah-long/">https://bchpscommunityhealth.com/bch-therapists/mah-long/</a>	
Michael Cantales	he/him	Licensed Psychologist (PsyD)	Telehealth Only	Eugene Center for Anxiety & Stress -Specializes in working with adults in the following communities: LGBTQIA+ Latin American, DACA-migrants/undocumented, college students (especially graduate students), Jewish, Muslim -will provide letters for gender-affirming healthcare (i.e. hormones, surgeries) -Modalities include ACT, CBT, DBT, interpersonal process, multicultural, feminist	541-357-6764	info@eugeneanxiety.com	101 E. Broadway, Suite 400 Eugene, OR 97401	Intake/Assessment Session: \$275 45-minute session: \$170 60-minute session: \$250 Group therapy: \$50 Psychological Assessment: \$1500	Medicare CHIP Open Card (only Lane County residents) PacificSource Regence Blue Cross Blue Shield Trillium TriWest	Accepts: cash, checks, and major credit cards.	<a href="https://www.eugeneanxiety.com/about-us/">https://www.eugeneanxiety.com/about-us/</a>	
Michael Sanchez-Schotes	he/him	Clinical Social Work Associate (CSWA)		Arise Counseling Service - Specialty supporting LGBTQIA+ populations - Specialty with EMDR, cultural identity, trauma, grief & loss	Arise: 541-321-2778	info@arisecounselingservice.com	2440 Wilamette Street, Suite 201 Eugene, OR 97405	Arise offers 40% off self-pay / hardship assistance available Initial assessment: \$300 (40% discount: \$180) Psychotherapy 60 min: \$250 (40% discount: \$150) Psychotherapy 45 min: \$205 (40% discount: \$123) Psychotherapy 30 min: \$180 (40% discount: \$108) Family therapy or minors 60 min: \$250 (40% discount: \$150) Couples therapy: 60 min: \$250 (40% discount: \$150)	Blue Cross First Choice Health Network PacificSource Regence Blue Cross Trillium-CHP	Accepts: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Visa	<a href="https://arisecounselingservice.com/michael-sanchez-schotes-mae-clinic-clinical-social-work-associate/">https://arisecounselingservice.com/michael-sanchez-schotes-mae-clinic-clinical-social-work-associate/</a>	
Natasha Crow		Licensed Professional Counselor		Private Practice -Treatment Modalities: Somatic mental health therapy, mindfulness-based CBT and core process psychotherapy - Focus on transgenerational trauma, ancestral trauma healing, childhood trauma, & C-PTSD	541-632-6843		171 Lawrence Street Eugene, OR 97401	Intake Fee Individual: \$150 Intake Fee Couples, Relationships & Families: \$215 Session Fee Individual: \$160 Session Fee Couples, Relationships & Families: \$190	PacificSource Commercial (not CHP) Private Pay	Accepts: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Visa	<a href="https://www.facebook.com/natashacrowcounseling/">https://www.facebook.com/natashacrowcounseling/</a> <a href="https://www.psychologytoday.com/us/therapists/natasha-crow-engine-or410646">https://www.psychologytoday.com/us/therapists/natasha-crow-engine-or410646</a>	
Nicole Cashley	she/her	Clinical Social Work Associate (CSWA)	Telehealth Only	All Tribes Mental Health	541-366-7640	atribes@alltribementalhealth.com	PO BOX 602 Coos Bay, OR 97420	Per Session: \$25 - \$250 Out of Pocket: \$45.00 Hardship waivers for indigenous clients	Accepts all insurance plans Sliding Scale Available	Accepts: Credit/Debit card, bank transfer, PayPal, Venmo, Check	<a href="https://www.alltribementalhealth.com/">https://www.alltribementalhealth.com/</a> <a href="https://www.psychologytoday.com/us/therapists/all-tribes-mental-health-svcs-inc-coos-bay-or394003">https://www.psychologytoday.com/us/therapists/all-tribes-mental-health-svcs-inc-coos-bay-or394003</a>	
Pat Therapeutic Counseling		Licensed Marriage & Family Therapist (LMFT)		- Christian Counseling - Specialty in Alcohol & Drug Counseling (CADC) - Specializes working with Black/African American and Native American clients	541-716-4537		767 Wilamette St, Suite 306 Eugene, Oregon 97401	Per Session: \$250 - \$300 Sliding Scale Available	Blue Cross First Choice Health Network PacificSource Regence Blue Cross Trillium-CHP	Accepts: ACH Bank transfer, American Express, Cash, Check, Health Savings Account, Mastercard, Paypal, Visa	<a href="https://pfcounselor.com/">https://pfcounselor.com/</a> <a href="https://www.psychologytoday.com/us/therapists/p-the-therapeutic-counseling-engine-or44465">https://www.psychologytoday.com/us/therapists/p-the-therapeutic-counseling-engine-or44465</a>	
Pauline Botway		Licensed Professional Counselor (LPC)		Griffin & Associated Practitioners - Mentions speaking Oia and Twi (Ghana)	541-648-1060		66 Club Road #350 Eugene, OR 97401	Per Session: \$100 - \$170	Blue Cross First Choice Health Network PacificSource Regence Blue Cross Trillium-CHP	Accepts: American Express, Cash, MCOA, Health Savings Account, Mastercard, Visa	<a href="http://www.accessoregion.com/paulinebotway">http://www.accessoregion.com/paulinebotway</a> <a href="https://www.psychologytoday.com/us/therapists/pauline-botway-eugene-or347288">https://www.psychologytoday.com/us/therapists/pauline-botway-eugene-or347288</a>	
Priya Singh	she/hers	Licensed Professional Counselor (LPC)	Telehealth for now	Through the Woods Counseling - Speaks elementary Hindi and Punjabi - Offers play therapy and specialty in children (4-10) along with adults & families	773-669-7403	priya@thewoodscounseling.com		Per Session (50mins): Individual Counseling: \$200 Couples and Marriage Counseling: \$215 Play Therapy: \$215 Family and Friendship Counseling: \$215 Sliding Scale: As low as \$100/weekly and \$150/2-weekly	Out of Network (Private Pay)	Accepts: American Express, Health Savings Account, Mastercard, Visa	<a href="https://www.thewoodscounseling.com/">https://www.thewoodscounseling.com/</a> <a href="https://www.psychologytoday.com/us/therapists/priya-singh-engine-or369009">https://www.psychologytoday.com/us/therapists/priya-singh-engine-or369009</a>	
Griffin Associates		Licensed Clinical Social Worker (LCSW)		Griffin & Associated Practitioners	541-343-1728				Blue Cross First Choice Health Network PacificSource Regence Blue Cross Trillium-CHP	Accepts: American Express, Cash, MCOA, Health Savings Account, Mastercard, Visa	<a href="https://www.accessoregion.com/robynannon">https://www.accessoregion.com/robynannon</a>	
Ron Miyaguchi		Licensed Psychologist (PhD)		Private Practice + Eugene Center for Anxiety and Stress: <a href="https://www.eugeneanxiety.com/">https://www.eugeneanxiety.com/</a>	541-357-6764	<a href="https://www.eugeneanxiety.com/contact-us.aspx">https://www.eugeneanxiety.com/contact-us.aspx</a>		Intake/Assessment Session: \$275 45-minute session: \$170 60-minute session: \$250 Group therapy: \$50 Psychological Assessment: \$1500	Medicare CHIP Open Card (only Lane County residents) PacificSource Regence Blue Cross Trillium-CHP	Accepts: American Express, Cash, MCOA, Health Savings Account, Mastercard, Visa	<a href="https://www.eugeneanxiety.com/ron-miyaguchi">https://www.eugeneanxiety.com/ron-miyaguchi</a>	
Ruth Vargas-Foreman		Licensed Psychologist (PhD)		Options Counseling - Specializes in trauma and resilience - Fluent in Spanish	541-687-6983		360 East 10th Avenue, Suite 450 Eugene, OR 97401	Per Session: \$75 sliding scale For people without insurance Looking class country/hill (ending for 10 hrs sessions (Ask about this during the initial referral process))	PacificSource CCO Trillium CCO	Accepts: ACH Bank transfer, American Express, Cash, Discover, Mastercard, Paypal, Visa	<a href="https://www.options.org/about-us/eugene">https://www.options.org/about-us/eugene</a>	
Sandra Stubbs		Licensed Professional Counselor (LPC)	Telehealth Only	if/nk Strong Center (ifS) (relocated to "Inas") - Christian based center - Specializes working with Black/African American clients - Specializes working with veterans	(503) 871-264-0669 (571) 350-3276	stuf@ifscounseling.net	1452 Hughes Road Ste 200, #459 Grapewine, TX 76001	60 min session: \$150 45-minute session: \$110 30 min session: \$85 50 min group: \$65	Altera Regence BCBS Regence EAP Moda Pacific Source Private (CHP) Providence United Health Care	Accepts: ACH bank transfer, Cash, Discover, Mastercard, Paypal, Visa	<a href="https://www.ifscounseling.net">https://www.ifscounseling.net</a> <a href="https://www.psychologytoday.com/us/therapists/sandra-g-stubbs-engine-or208372">https://www.psychologytoday.com/us/therapists/sandra-g-stubbs-engine-or208372</a>	
Sara Barrera	she/her	Licensed Marriage & Family Therapist Associate (LMFTA)	Telehealth Only	Looking Glass - BIPOC Outreach Coordinator - Offers therapy sessions in Spanish - specializes working with the Latinx community and people of color	541-484-4428 ext. 409	sara.barrera@lookingglass.us	260 East 11th Avenue Eugene, OR 97402	Per Session: \$75 sliding scale For people without insurance Looking class country/hill (ending for 10 hrs sessions (Ask about this during the initial referral process))	CHP - Pacific Source Kaiser - Trillium	Accepts: American Express, Cash, MCOA, Health Savings Account, Mastercard, Visa	<a href="https://www.lookingglass.us/counseling-program">https://www.lookingglass.us/counseling-program</a> <a href="https://www.vtadoc.com/doctor/colle-hill-engine-or-97401/sara-barrera-or-VJ4E4xK9hNHUJD3x2Ua">https://www.vtadoc.com/doctor/colle-hill-engine-or-97401/sara-barrera-or-VJ4E4xK9hNHUJD3x2Ua</a>	
Shauna Washington		Licensed Clinical Social Worker (LCSW)		Private Practice + Stronger Oregon - Specializes include LGBTQIA+ and working with Black & African-American populations	541-900-4285		59 East 11th Ave, Suite 200, Eugene, OR 97401	Per Session: \$75 sliding scale	Altera Blue Cross/Blue Shield Humana Moda Health PacificSource Premera Primera Blue Cross United Health Care Wellpoint	Accepts: credit card, cash, check	<a href="https://www.strongeroregon.com/find-your-ft">https://www.strongeroregon.com/find-your-ft</a>	
Shin Shin Tang		Psychologist (PhD)		Private Practice + Co-Director at Oregon Mind Body Institute - Works with clients over 16 years old	541-953-4969	shinshintang.phd@gmail.com	1339 Oak Street Eugene, OR 97401	Moda Pacific source Regence Blue Cross Blue Shield Trillium-CHP	Accepts: credit card, cash, check	<a href="https://shinshintang.com/">https://shinshintang.com/</a>		
Shinichi Daimyo		Psychiatric Mental Health Nurse Practitioner (PMHNP)		Insight Northwest Counseling	541-357-6433	info@insightnorthwest.com	132 East Broadway, Suite 810 Eugene, OR 97401	60-minute session: \$170 90-minute individual therapy session: \$245.00 45-minute individual therapy session: \$180.00	Out of Network (Private Pay)	Accepts: American Express, Health Savings Account, Mastercard, Visa	<a href="https://www.insightnorthwest.com/staff-directory/shinichi-daimyo">https://www.insightnorthwest.com/staff-directory/shinichi-daimyo</a>	
Sir Aaron Mason	he/him	Licensed Marriage & Family Therapist (LMFT)		Edify Therapy Options Counseling	Edify: 541-600-2300 Options: 541-687-6983	sraaron@edifytherapy.com sraaron.mason@options.org	2295 Coburg Road, Suite 200 Eugene, OR 97401 360 East 10th Avenue, Suite 450 Eugene, OR 97401	Initial Assessment (60min) = \$200 Per Session - Individual (50min) = \$160 Per Session - Couple/Family (90min) = \$180 Sliding Scale Available Intake/Initial assessment session (60 to 90 minutes): \$200.00 60-minute individual therapy session: \$245.00 45-minute individual therapy session: \$180.00	Kaiser Permanente CHP	Accepts: cash, checks, and major credit cards	<a href="https://options.org/location/eugene">https://options.org/location/eugene</a> <a href="https://info.nps.com/marriage-counselor/10437875354-sir-aaron-mason/">https://info.nps.com/marriage-counselor/10437875354-sir-aaron-mason/</a>	
Stephanie Ragin		Licensed Marriage & Family Therapist (LMFT)		Private Practice - Seminate At Its Best - Specializes in Anger Management, Cognitive Behavioral Therapy (CBT), Relapse Prevention, Spiritual Growth Lane County Behavioral Health Services, Community Health Center	Health Center: 541-682-3608 Lane County Office: 541-682-7588		2411 Martin Luther King Jr Blvd, Eugene, OR 97401	Altera Blue Cross/Blue Shield Humana Moda Health PacificSource Premera Primera Blue Cross United Health Care Wellpoint	Private Pay	Accepts: American Express, Cash, MCOA, Health Savings Account, Mastercard, Visa	<a href="https://thereminatitsbest.com/services">https://thereminatitsbest.com/services</a> <a href="https://ohpood.providence.org/BaseSearch/Provider/View/1996367786051077">https://ohpood.providence.org/BaseSearch/Provider/View/1996367786051077</a> <a href="https://www.stephanie-ragin.com/doctor/stephanie-ragin-us-7">https://www.stephanie-ragin.com/doctor/stephanie-ragin-us-7</a>	
Steve Han		Licensed Professional Counselor Associate (LPCA)	Telehealth Only	Stronger Oregon	541-900-4285		2403 SE Monroe Street, Suite A, Milwaukie, OR 97222	Initial Assessment (60min) = \$200 Per Session - Individual (50min) = \$160 Per Session - Couple/Family (90min) = \$180 Sliding Scale Available Intake/Initial assessment session (60 to 90 minutes): \$200.00 60-minute individual therapy session: \$245.00 45-minute individual therapy session: \$180.00	Altera Blue Cross/Blue Shield Humana Moda Health PacificSource Premera Primera Blue Cross United Health Care Wellpoint	Private Pay	Accepts: Cash, Check	<a href="https://www.strongeroregon.com/find-your-ft">https://www.strongeroregon.com/find-your-ft</a>
Summer Martin		Licensed Marriage & Family Therapist (LMFT)	Telehealth Only	Private Practice	Call/Text: 541-246-9688			Initial Assessment (60min) = \$200 Per Session - Individual (50min) = \$160 Per Session - Couple/Family (90min) = \$180 Sliding Scale Available Intake/Initial assessment session (60 to 90 minutes): \$200.00 60-minute individual therapy session: \$245.00 45-minute individual therapy session: \$180.00	CHP PacificSource	Accepts: cash, checks, and major credit cards	<a href="http://www.summermartinlmt.com">http://www.summermartinlmt.com</a>	
Susie "Elisabeth" Musch	she/her	Psychologist (PhD)	Telehealth Only	Private Practice - Tu-Sa 9am-4pm - Specialty in anxiety and trauma processing - Primary approaches: Internal Family Systems (IFS) and EMDR	541-203-6395	info@elisabethmuschphd.com	220 E 11th Ave, Suite 3 Eugene, OR 97401	Initial Assessment (60min) = \$200 Per Session - Individual (50min) = \$160 Per Session - Couple/Family (90min) = \$180 Sliding Scale Available Intake/Initial assessment session (60 to 90 minutes): \$200.00 60-minute individual therapy session: \$245.00 45-minute individual therapy session: \$180.00	First Choice Health Network Moda Health Network PacificSource Commercial and CHP Regence Blue Cross Blue Shield of Oregon Kaiser Permanente Medicaid MCOA CHIP PacificSource Regence BCBS Trillium	Accepts: American Express, Cash, Check, Discover, Mastercard, Visa	<a href="https://relishbeahealthphd.com/">https://relishbeahealthphd.com/</a> <a href="https://www.psychologytoday.com/us/therapists/susie-elizabeth-musch-engine-or778849">https://www.psychologytoday.com/us/therapists/susie-elizabeth-musch-engine-or778849</a>	
Ty Wong	they/them	Licensed Clinical Social Worker (LCSW)	In person + Telehealth	Options Counseling - Primary approach: DBT - experience with gender and sexuality & intersections with race and ethnicity	541-687-6983 ext. 1048	tywong@options.org	360 East 10th Avenue, Suite 450 Eugene, OR 97401	Per Session: \$102 - \$150	Medicare MCOA CHIP PacificSource Regence BCBS Trillium	Accepts: most payment options	<a href="https://options.org/about/eugene">https://options.org/about/eugene</a>	
Wendy Eagleworte		Licensed Clinical Social Worker (LCSW)		Care For The Caregiver - Mentions shamanic counseling & energy work	541-746-4192	info@CareForTheCaregiver.net	1430 Wilamette St, Suite 195 Eugene, OR 97401	Per Session: \$90 - \$130	Private Pay	Accepts: Cash, Check	<a href="https://www.psychologytoday.com/us/therapists/wendy-eagleworte-engine-or259134">https://www.psychologytoday.com/us/therapists/wendy-eagleworte-engine-or259134</a>	
Zarkhana Smith	she/hers	Psychologist (PsyD)	In person + Telehealth	Vibrant Hues Therapy and Consultation LLC - Specializes working with BIPOC Clients with an emphasis on South Asian, Brazaat/cultural communities	541-515-7800	zarkhana@vibrant huestherapy.com	1901 Garden Avenue, Suite 111 Eugene, OR 97403	Per Session: \$180 - \$230	Blue Cross Blue Shield First Choice Health PacificSource Regence Santarian Health	Accepts: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Visa	<a href="https://www.vibrant huestherapy.com/">https://www.vibrant huestherapy.com/</a>	
Zara Elias	she/hers	Clinical Social Work Associate (CSWA)		Eugene Center for Anxiety & Stress - Offers bilingual support in English & Spanish	541-357-6764	info@eugeneanxiety.com	101 E. Broadway Suite 400 Eugene, OR 97401		Medicare CHIP Open Card (only Lane County residents) PacificSource Regence Blue Cross Trillium TriWest	Accepts: cash, checks, and major credit cards (online bill pay)	<a href="https://www.eugeneanxiety.com/about-us/">https://www.eugeneanxiety.com/about-us/</a>	
Zoraya Henao		Licensed Professional Counselor (LPC)		Griffin & Associated Practitioners - Bilingual/cultural services (English and Spanish)	541-343-1728		69 Club Road, Suite 350, Eugene Oregon 97401		Blue Cross First Choice Health Network PacificSource Regence Blue Cross Trillium-CHP	Accepts: American Express, Cash, MCOA, Health Savings Account, Mastercard, Visa	<a href="https://www.accessoregion.com/zoraya">https://www.accessoregion.com/zoraya</a>	

