

Directory of Utah LGBTQ- Affirmative Psychotherapists

All therapists and counselors on this list describe themselves as affirming of gay, lesbian, bisexual, transgender, queer, and questioning issues. Inclusion of anyone in the Directory is not necessarily an endorsement of them by the Guild. These counselors vary in their counseling approaches and in their level of experience and knowledge working with lesbian, gay, bisexual, and transgender, and questioning clients.

It is advisable that individuals seeking therapy ask questions of prospective therapists prior to scheduling an appointment.

See our web site (www.LGBTQtherapists.com) for a list of potential questions to ask prospective therapists.



The
LGBTQ-Affirmative
Therapist Guild
of Utah

(a.k.a. "The Guild")

August 2011

Agencies

Aspen Grove Counseling

1400 South Foothill Drive, Suite 24
Salt Lake City, Utah 84108
801-581-0422

www.aspengrovecounseling.com

An agency with 4 licensed psychologists and 2 social workers who specialize in resolving concerns with relationships, sexuality, depression, anxiety, eating disorders, substance abuse, sexual abuse, trauma, sexual addiction, HIV/AIDS, careers, parenting, and grieving. Providing assessments and psychotherapy for children, adolescents, and adults in an individual, couples, family, or group format.

Inner Spectrums, Inc.

3051 Maple Loop Drive Suite 201
Lehi, UT 84043

www.innerspectrums.com

innerspectrums@gmail.com

801-400-5096 - Cheryl E. Haws MCHt, LCSW, ABD

801-636-6609 - Shelly A. Eyre MSW, LCSW, OSW-C

*We are psychotherapists serving the community through deep witnessing, compassion and healing artistry; facilitating strategic treatments for those suffering with health or mental health care needs specific for the LGBTQ community. *Specialties: Religious transitions, grief & loss, bereavement, depression, anxiety, spiritual & intuitive development, business consultation, and complementary healing methods.*

Rape Recovery Center

2035 South 1300 East
Salt Lake City, UT 84105
(801) 467-7282

Office Hours: Monday-Thursday, 9am-6pm

Local Hotline: (801) 467-7273 24 hours

Website: www.raperecoverycenter.org

Email: d.thomas@raperecoverycenter.org

The Rape Recovery Center clinical team includes four licensed therapists who provide individual therapy and support groups for primary and secondary survivors of sexual violence. Sliding fee scale applies for all clinical services. The Rape Recovery Center strives to provide a welcoming, inclusive and culturally sensitive environment.

Individual Practitioners

Baker, Jessica, LCSW

801-580-0064

Populations served: Individual, couple, and family. Adults and adolescents.

Clinical focus: PTSD/trauma, depression, anxiety, and general mental health. (sliding fee scale available)

Beckstead, Lee, PhD

Aspen Grove Counseling

1400 South Foothill Drive, Suite 24

Salt Lake City, Utah 84108

801-581-0422

www.aspengrovecounseling.com

I specialize in relationship dynamics, such as assertiveness, intimacy, self-esteem, and sexuality. I provide individual and couples therapy for adults dealing with depression, anxiety, substance abuse, eating disorders, sexual abuse, HIV/AIDS, and transgender issues. Overall, resolving sexual, religious, and social conflicts has been my research and counseling focus. (sliding fee scale available)

Bell, Jeff, LCSW

1399 South 700 East, Suite 2

Salt Lake City, Utah 84105

801-364-5700, Ext. 2

I provide individual, couples and family therapy with adults, adolescents and children. My practice focus includes gay/lesbian/bi-sexual adjustment issues, trauma/abuse/neglect, HIV issues, depression/anxiety disorders, self-esteem issues, addictions recovery, men's issues, eating disorders, body image issues, life transitions, blended families and relationship issues.

Brown, Jennifer T., Psy.D.

44 West 400 North, #6

Provo, UT. 84601

801-592-9113

I practice affirming psychotherapy with individuals and couples. I believe therapy is a collaboration between the client and therapist and together we work to meet your therapeutic goals. I also conduct learning disability and ADHD assessments.

Busch, Terri, LCSW

4055 South 700 East Ste 102

Salt Lake City, Utah 84107

801-264-9048

Adults/Teens (13-18)/Seniors

Individuals/Couples/Families/Groups

Supervision of MSW/CSW Candidates

Practice Description: Women's Issues, Trauma Work, ACOA, LBQ, Adult Transgender emergence/group support, Aging/ (partners w/dementia), Spinal Cord Injuries adjustment, Divorce, Relationship/Intimacy issues, Adolescents/bullying issues, Eating Disorders, Sexuality, Grief and Forgiveness, Life Transitions, Medical Social Work, Previous business owner, Providing Retreats for Women, teaching outdoor skills and personal growth.

Dansie, Kirk R., Psy.D., M.S.C.P.

Licensed Psychologist, Master's in Clinical Psychopharmacology, UDC Approved Sex Offender Treatment Provider

Innovative Clinical Services, P.C.

5691 South Redwood Road, Suite 15

Taylorsville, Utah 84123

801-750-4374

drkirkdansie@gmail.com

I provide private-practice psychotherapy and psychological evaluation services to adults, couples, adolescents, and children. I specialize in psychoanalytic-oriented psychotherapy, forensic consultations/evaluations, non-prescribing pharmacotherapeutic

consultations, medical psychology, substance abuse, and sexual behavior concerns. I also provide consultation and supervision to other professionals. (sliding fee scale available)

Freed, Anne, LCSW

4505 Wasatch Blvd, Ste 320
Salt Lake City, Utah 84124
801-556-2430

I provide psychotherapy for adult mental health issues. I sit with individuals, couples, and families. Specific areas of expertise are eating disorders, addiction, life transition, sexual orientation, depression, woman's issues, anxiety, trauma, and plural relationships.

Friedman, Robin, LCSW

2035 S 1300 E
Salt Lake City, Utah 84105
801-599-1411

www.RobinFriedmanTherapy.com

I offer compassionate and effective psychotherapy for individuals and couples. Receive help and support with life transitions, relationships, personal empowerment, depression, anxiety, trauma recovery, addictions recovery, issues of sexuality, and creating a path of greater joy and aliveness. I am also trained in EMDR and Expressive Arts Therapy for those interested. (sliding fee scale available, Ryan White and some insurance plans accepted)

Helmbrecht, Larry, PhD

Weber State University: 801-626-6406
1114 University Circle
Ogden, Utah 84408
Private Practice: 801-540-0706

I provide LGBTQ-affirmative individual and relationship therapy. Focus areas: anger management, addiction/recovery, HIV/AIDS, and survivors of current and/or historical abuse.

Jensen, Ron, LCSW

650 North 200 West 6138 South 380 West
American Fork & Salt Lake City
801-598-3417

www.goodtherapy.org/ronald-jensen-therapist.php

My IMMEDIATE goal is to help clients ACHIEVE a feeling of SUCCESS from our first contact in order for treatment to be successful and ENDURING. I focus upon LGBTQ adjustment issues, trauma, HIV issues, depression and anxiety disorders, self-esteem issues, addictions, blended families and relationship struggles. A sliding fee is possible.

Kuhn, Colleen M., Ph.D.

Clinical Child and Adolescent Psychologist
One Haven at Comprehensive Psychological Services

1208 East 3300 South
Salt Lake City, UT 84106
(801) 483- 1600 ext.221

Individual and family therapy, birth to 19 year olds. Experience in ADHD, anxiety and depression, trauma, and PDD spectrum disorders. I also specialize in attachment work with expecting mothers. I accept most insurance and also conduct psycho-educational, psychological, and neuropsychological evaluations for 19 and under.

Lambert, Kate, LCSW

1399 South 700 East Ste. 2 Salt Lake City, UT
84105 801-474-2349

I provide counseling to adults, adolescents, couples and families.

Le, Phuong, LCSW, RPT

4055 South 700 East Suite 102
Salt Lake City, Utah 84107
801-4507658

centeredcounseling@yahoo.com

As a registered play therapist, I have found that play therapy can be a powerful healing experience for children and adolescents. My clinical experience include treating various issues such as anxiety, PTSD, ADHD, mood

and personality disorders, identities issues related to one's ethnic and racial background, gender roles and sexual orientation.

Lehman, Mary Eileen, LCSW

86 North B Street - #3
Salt Lake City, UT. 84103
801-201-7661

maryeileenlehman@gmail.com

Creating non-judgmental space for clients to be able to explore their emotional needs.

Experienced in working with complicated grief therapy, medical issues, substance abuse, depression, anxiety, gender, adolescents, adoption, self-esteem, spirituality, mindfulness, and relationship issues.

Limberakis, George J., M.Ed.

Licensed Professional Counselor

1399 S 700 East, Suite 12E
Salt Lake City, Utah 84105

George@georgelimberakis.com

<http://www.georgelimberakis.com/>

Counseling services provided for individuals and couples. Areas of focus: sexual orientation issues, substance abuse, compulsive/addictive behaviors, relationships, anxiety & depression. Ryan White provider (sliding fee scale services)

Lyons, Susan, LCSW

124 South 400 East, Suite 301
Salt Lake City, Utah 84111
801-364-3723

Affirmative psychotherapy with individuals and couples. HIV issues. Provider on most insurance plans. Ryan White provider.

MacDougall, Mindy, LCSW

124 South 400 East, Suite 301
Salt Lake City, Utah 84111
(801) 322-3923

I've been in private practice 15 years and have experience working with GLBT concerns, depression, anxiety, survivors of childhood sexual abuse, trauma, loss, relationship issues. I accept most insurances; sliding-fee scale available. Weekends and holidays by appointment.

McQuade, Shannon, LCSW

Real Caring at Comprehensive Psychological Services

1208 East 3300 South
Salt Lake City, Utah 84102
(801) 712-6140

www.RealCaring.com

Individual, couples and family therapy.

Adolescents - Adults. Experience in ADHD, anxiety and depression, trauma, and addictions. I specialize in DBT (Dialectical Behavior Therapy) and EMDR (Eye Movement Desensitization and Reprocessing). I accept most insurance and offer reduced rates for non-insured.

Midyett, Kristin, CSW

Holly Willard Counseling
5689 South Redwood, Building 27, Suite B
Taylorsville, UT 84123
(801) 403-6470

LGBTQ-affirmative counseling with individuals, couples, families, and plural relationships. (Sliding fee scale services)

Pederson, Kim, LCSW

86 North B Street #3
Salt Lake City, UT 84103
801-521-7646

kim.echo11@gmail.com

30 years experience in treating addictions, depression and anxiety, gender difficulties, relationship heartbreaks and puzzles, traumas, and learning to swim better in the sometimes murky pool of life.

Posner, Kara, LPC

SLC Counseling
77 S 700 E, Suite 200
Salt Lake City, UT 84105
(801) 948-0944 SLCcounseling@gmail.com

I am a non-judgmental multi-culturally competent counselor who has experience working with LGBTQ clients, both in individual and couples therapy. I specialize in helping clients get unstuck and/or aiding them to achieve the improvements they want to see in their lives.

Randall, Ryan C., LCSW

PERSPECTIVES

24 South 600 East #6

Salt Lake City, UT 84102

801-580-3823; 801-521-0688

Providing mental health therapy for children, adolescents and adults who are facing difficulties with depression, anxiety, substance abuse, sexuality and interpersonal conflicts. Particular specialties in working with Lesbian and Gay families, children in foster care and post-adoption attachment difficulties. Some insurance accepted. Evening appointments available.

Rosen, Deanna, LCSW

970 E. Murray-Holladay Blvd, Suite 2E

Salt Lake City, Utah 84117

801-288-1062

*Individual & couples gay friendly therapy. Specialties include unresolved family or origin issues, chemical dependency, bereavement, & adoption issues. Foreign languages: Hebrew, French, & German.
(Available for sliding fee and pro bono)*

Scott, Lynn K., LCSW

275 E. South Temple, Suite 101

Salt Lake City, Utah 84111

801-531-7389 X4

Blending Eastern philosophy and Western psychotherapy: Learn to bring insight and compassion to the challenges in life, such as anxiety, depression, pain, life transitions, illness, and loss. Cultivate clear awareness, warmth, and gentle humor. Soften your life.

Spadaro, Nina, PhD

Impact Education & Therapy, LLC

11710 Sanders Circle

Sandy, Utah 84092

(304) 319-4041

Impact Education & Therapy, LLC offers counseling in the privacy of my home office. My specialty interests are adult individual, relationship and sexuality counseling. Using collaborative cognitive behavioral approaches which empower, educate, respect, and

celebrate the unique strengths of each individual, my counseling is multi-sensory and creative.

Struve, Jim, LCSW

1399 South 700 East, #2

Salt Lake City, Utah 84105

801-364-5700, Ext. 1

www.mindfulpresence.com

Mindful presence in relationship-based psychotherapy. Individual, Couples, & Group Therapy. NET Practitioner. Specializing in life transitions, fostering resilience, strengthening relationships, healing from childhood trauma & neglect (including male survivors of sexual abuse), addictions recovery, sexual identity, & empowerment for LGBTQ individuals/couples. (Sliding fee scale services)

Sommers, Jania, MSW, LCSW

1731 South 1400 East

Salt Lake City, UT 84105

(843) 345-4940

janiasommers@gmail.com

Provides opportunities for individuals, couples and families to work on issues that encourage healing and peace. Many years of experience working with adults and children who have experienced anxiety, depression and trauma. Knowledgeable about marriage and family issues, GLBT ally, adoption issues and process. (Sliding fee scale services)

Taylor, Nancy, MS, LPC

Ascent Counseling, Inc.

1343 So. 1100 East

Salt Lake City, UT 84105

(801) 891-6123

ascentcounseling@yahoo.com

The purpose of therapy is to increase a client's ability to rise about the constricting and self-limiting ways in which he/she views him/herself and the world. I work with clients who struggle with issues: Depression, anxiety, LGBT and sexual orientation issues, trauma, PTSD, substance abuse and spirituality. (Sliding fee scale available)

Thornhill, Denise, PhD

715 East 3900 South, Suite 202
Salt Lake City, UT 84107
801-261-5141

Provide a general adult practice with emphasis on LGBT concerns, women's issues, and chronic pain management.

Williams, Sheri LCSW

3098 S. Highland Drive Suite 347
SLC, UT 84106 801.505.3133
www.sheri-williams.com

I provide affirmative, client centered psychotherapy for adolescents, adults, and their families. I specialize in the treatment of mood disorders, addiction issues, behavioral problems, childhood traumas, PTSD, emotional regulation skills, and sexual orientation/gender identity issues. I offer a free phone consultation and a sliding fee scale.

Wolf, Janet, LCSW

370 East South Temple #550
Salt Lake City, Utah 84105
801-256-4923
jwolflcsw@gmail.com