

# Directory of Utah LGBTQ- Affirmative Psychotherapists

*All psychotherapists on this list describe themselves as LGBTQ-affirmative. Our organization does not specifically endorse providers on the list. Providers vary in their treatment approaches and in their level of experience working with lesbian, gay, bisexual, transgender, queer, 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](http://www.LGBTQtherapists.com)) for a list of potential questions to ask prospective therapists.*

**February 2007**

## Agencies

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### **Aspen Grove Counseling**

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

[www.aspengrovecounseling.com](http://www.aspengrovecounseling.com)

*An agency with 8 licensed psychologists and 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.*

### **Women's Resource Center**

200 S. Central Campus Dr., Room #293  
801-581-8030

*The Women's Resource Center provides individual and couples counseling to University of Utah students, staff, and faculty. Groups are open to community members and University affiliates (sliding-scale services available).*

Contact person: Robin Tracy, Professional Counseling graduate student (clinical supervision provided by Donna Hawxhurst, Ph.D)

### **Pride Counseling**

**Jerry Buie, LCSW – Clinical Director**

231 East 400 South, Suite 208  
Salt Lake City, Utah 84111  
801-595-0666

[www.PrideCounseling.com](http://www.PrideCounseling.com)

*Providing Gay, Lesbian, Bisexual and Transgender Counseling services in a gay-affirming atmosphere. Conveniently located in Downtown Salt Lake City, sliding fee scale and work with most insurance companies. We offer several forms of group therapy and a variety of workshops and seminars.*

(Sliding scale services available; pro bono services in some special circumstances; student interns available to provide lower cost services)

### **Utah AIDS Foundation**

1408 South 1100 East  
Salt Lake City, Utah 84105  
801-487-2323

*Work with individuals living with HIV/AIDS*

Contact person: David Ferguson, CSW  
(clinical supervision provided by Janet Wolf, LCSW, available for pro bono services)

## Individual Practitioners

### **Beckstead, Lee, PhD, Psychologist**

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

[www.aspengrovecounseling.com](http://www.aspengrovecounseling.com)

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

### **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.*

### **Buller, Kathy, LCSW**

2880 West 4700 South, Suite A  
West Valley City, Utah 84118  
801-596-7428

*I work with individuals, groups, and families, with an emphasis on GLBT, children, and Autism Spectrum Disorders. Medicaid and Medicare. (sliding fee scale services)*

### **Call, Michelle, LCSW**

Seven Sisters  
1751 Kenwood Circle  
Salt Lake City, Utah 84106  
801-915-0154

[Michelle@seven-sisters.org](mailto:Michelle@seven-sisters.org)  
[www.severn-sisters.org](http://www.severn-sisters.org)

*Counseling includes focus on empowerment, self-discovery, relationships, issues of sexuality, trauma/abuse recovery, and creating a life that you love.*

### **Dansie, Kirk R., PsyD, Psychologist**

Innovative Clinical Services, P.C.  
5691 South Redwood Road, Suite 15  
Taylorsville, Utah 84123  
801-755-3108

[drkirkdansie@gmail.com](mailto:drkirkdansie@gmail.com)

*General private-practice psychotherapy and psychological evaluation services provided to adults, couples, adolescents, and children. Specializations include psychoanalytic-oriented psychotherapy; play therapy; forensic consultations/ evaluations; sexual victimization; sexual addictions, and sexual offending. (Limited sliding fee scale appointments are available.)*

### **Dow, Mary Jane, LPC**

1462 East 3150 South  
Salt Lake City, Utah 84106  
801-262-9619 [mjdow@hotmail.com](mailto:mjdow@hotmail.com)

*(Sliding fee services as low as \$20; pro bono)*

**Friedman, Robin, LCSW**

660 South 200 East, Suite 308  
Salt Lake City, Utah 84111  
801-599-1411

*Focus includes individual and group therapy for life transitions, relationships, addictions recovery, sexual identity, depression, anxiety, trauma/abuse healing, self-discovery, and personal empowerment.*

*Trained Expressive Arts Therapist.*

**Hawxhurst, Donna, PhD, Psychologist**

Women's Resource Center  
801-585-1213

Multicultural Feminist  
Counseling/Consultation

*Specializing in supporting LBQ women's transitions and transformations, individually and in relationship.*

**Helmbrecht, Larry, Ph.D.,**

**Psychologist**

Weber State University  
1114 University Circle  
Ogden, Utah 84408  
801-626-6406

*Gay-affirmative individual and relationship therapy.*

**Limberakis, George J., LPC**

Center For Human Potential  
2237 South 600 East  
Salt Lake City, Utah 84106  
801-487-4298 [www.c4hp.net](http://www.c4hp.net)

*Counseling services provided for individuals, couples, groups and businesses with a focus on achieving a state of dynamic balance in major life areas including mental, physical, emotional, financial and spiritual. Areas of focus: sexual orientation issues, substance abuse, relationships, anxiety and depression. (sliding fee scale services available)*

**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.*

**MacWilliams, Elizabeth Scott, LCSW**

124 South 400 East, Suite 301  
Salt Lake City, Utah 84111  
801-230-3263

*Affirmative psychotherapy with individuals and couples. HIV issues.*

**Owens, Mark, PhD, Psychologist**

Rock Mountain Psychological Center  
2005 E. 2700 S., Suite 180  
Salt Lake City, Utah 84109-1759  
801-474-1900 [owens@xmission.com](mailto:owens@xmission.com)

*I work with adult individuals and couples.*

**Reading, Karla, LCSW**

P.O. Box 521212  
Salt Lake City, Utah 84152  
801-534-8642

*Discovery, healing and respect. I work with any adult issue, with specialties of working with people who are 50 or older, and with people of any age who want to better integrate their spirituality and sexuality.*

**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

**Stella, Matt, LCSW**

Red Rock Counseling & Education  
150 South 600 East, Suite 7-C  
Salt Lake City, Utah 84102  
801-524-0560 Ext. 1

*Working with individuals, couples, families, and groups. Focus for adults or teens may include relationship difficulties, depression, anxiety, addictions, spiritual growing pains and search for meaning.*

**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)*

**Taft, Denise, LCSW**

3940 West 4100 South  
West Valley City, Utah 84118  
801-414-7395

*Offering Individual, Couple, and Family Therapy. Specializing in GLBT issues including relationship loss and life transition. Anxiety, Addictions, Life and Spiritual appreciation.*

**Thornhill, Denise, PhD, Psychologist**

2880 West 4700 South, Suite A  
West Valley City, Utah 84118  
801-964-2465

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

**Wolf, Janet, LCSW**

515 South 700 East, #3A  
Salt Lake City, Utah 84102  
801-256-4923