**Referral List Updated 10/20/23**

**Therapists that I know personally:**

**Amaliya Bereznyuk, LMHC, CST (Certified Sex Therapist)** (she/her) *Website*: <https://millennialtherapyflorida.com/> *Therapeutic Approach*: Acceptance and Commitment Therapy, Feminist Theory
Solution-Focused Therapy, Cognitive Processing Therapy, Family Systems Theory, Humanistic Theory
 *Special Populations*: LGBTQIA+ Affirming, lived ethnic minority/emigration experience *Specialties*: Anxiety**,** Depression**,** PTSD/Traumatic Experiences**,** Stress Management**,** Adult Child - Parent Issues**,** Life Transitions, Loss of a Loved One/Grief**,** General Unhappiness**,** Work Related Stress**,** Gender Identity (HRT letters)**,** Suicidal Thoughts**,** Toxic/Emotionally Abusive Relationships, Perfectionism, Existential Fatigue, Imposter Syndrome, Drug or Alcohol Abuse**,** Relationship Issues**,** Sexual Concerns**,** Sexuality**,** Vystopia**,** Religious Trauma

*Availability:* Currently accepting individual clients

*Meeting Modality:* Telehealth

*Fees:* $160/session, first assessment $185, offers superbill for out of network insurance reimbursement

**Aims Beardslee, LMHC, EdS, MS** (they/them)

*Website*: <https://www.rainbowcounselingtampabay.com/>

*Therapeutic Approach:* Client centered, eclectic: DBT, Mindfulness-based, solution-focused, feminist therapy, anti-racist, anti-diet/pro health at every size, Gottman method *Special Populations*: LGBTQIA+ Affirming, Neurodivergence affirming, Consensual Non-Monogamy, Gender Affirming Therapy (can write gender affirming health care letters), kink/BDSM affirming, lived gender-diverse and neurodiverse experience

*Specialties*: Individual and Relationship therapy for LGBTQIA+ clients, ADHD and Autism spectrum, Relationship counseling for mixed neurotype, gender-diverse, and mixed sexual orientation relationships, Consensual Nonmonogamy (CNM) and opening up

*Availability:* Currently accepting individuals and couples/relationships

*Meeting Modality:* Telehealth

*Fees:* Individual $200/session, Couples $275/session, offers superbill for out of network insurance reimbursement

**Heather Stambaugh, LMHC, LPC, NCC** (she/they)
*Website*: <https://www.lakelandfltherapy.com/>

*Therapeutic Approach:* Dialectical Behavioral Therapy (DBT), Exposure and Response Prevention (ERP), Cognitive Behavioral Therapy (DBT), Cognitive Processing Therapy (CPT), Eye Movement Desensitization and Reprocessing (EMDR) *Special Populations*: LGBTQIA+, Gender Affirming Care (offers HRT and surgery letters), immigrant populations, clients of color

*Specialties*: Depression, Anxiety, trauma/PTSD/CPTSD, immigration evaluation, BPD, OCD

*Availability:* Call for availability, possibly full through January

*Meeting Modality:* Telehealth, limited in-person availability

*Fees:* $120/session, lowest sliding scale tier $60-$88, possible Open Path Collective availability at $50

**Shannon Perrone, LCSW** (she/her)

*Website:* [www.innerbloomhealing.com](http://www.innerbloomhealing.com/?fbclid=IwAR23ovSr765_0GhXjH8ZJCNNWnw_J7wSan5pUU0p-v9voT2wET2AAAowXuA)

*Therapeutic approach:* “I use an inner directed Somatic approach using yoga if it calls to you. I believe connection and relationship help heal and use Accelerated Resolution Therapy, and Ketamine Assisted Therapy as clients move through their work.”

*Special populations:* LGBTQIA+ affirming

*Specialties:* Therapy for Therapists (Also works with non-therapist clients!)

*Availability:* “Variable mostly mornings while my little is in school”

Meeting modality: online

Fees: $200/session

**Abbie Aldritch, LMHC, LPC, LCPC, LPC** (they/them)

Not currently taking clients, but offers free gender affirming care letters: <https://www.healingvillagetherapy.com/services/referral-letters>

**Therapists who have been recommended to me by therapists I trust:**

**Krista Ringger, MA, NCC, RMHCI** (she/her)

*Website*: https://www.kristaringger.com/

*Therapeutic Approach:* Brief Psychodynamic/Attachment Focused Therapy, DBT informed, Trauma Informed, Anti-racist
 *Special Populations*: Affirming of polyamory, kink/BDSM, sex-workers, LGBTQIA+, lived queer experience

*Specialties*: Gender Affirming Care, BPD, trauma

*Fees:* $130/session, superbill offered for insurance reimbursement

**Cub Larkin, LMHC, LPC** (he/him)

*Website*: https://inclusivetherapygroup.com/staff/cub-larkin/

*Therapeutic Approach:* Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR)
 *Special Populations*: Affirming of non-monogamy, polyamory, kink/BDSM, LGBTQIA+

*Specialties*: Trauma, shame, self-worth,

*Fees:* Individual $150, Relationships $200 (up to four adults), accepts many insurances (check website)

**Theresa Steele Mitchell, LMFT** (she/her)

*Website*: https://inclusivetherapygroup.com/staff/theresa-steele-mitchell/

*Therapeutic Approach:* Cognitive Behavioral Therapy (CBT), Family Systems, Mindfulness Based
 *Special Populations*: LGBTQIA+, Sex-positive

*Specialties*: Anxiety, stress, family issues, parenting, relationship issues

*Fees:* Individual $125, Relationships $175 (up to four adults), accepts many insurances (check website)

**Dr. Josephine Chu** (she/her)

*Website*: https://www.drchupsychology.com/

*Therapeutic Approach:* Dialectical Behavioral Therapy (DBT), Exposure and Response Prevention (ERP), attachment-based therapy, Parent-Child Interaction Therapy (PCIT)
 *Special Populations*: LGBTQIA+ affirming

*Specialties*: Anxiety, OCD, Relationship or interpersonal concerns, Family therapy, ADHD

*Availability:* Telehealth, accepting new clients

*Meeting Modality:* Telehealth

*Fees:* Intake 60-75 mins $250, Follow Up 30-90 mins $120-350

**Meagan Presnell, LMHC** (she/her)

Website: [https://counselormeagan.com/](https://l.facebook.com/l.php?u=https%3A%2F%2Fcounselormeagan.com%2F%3Ffbclid%3DIwAR3UdErmgRhhZ7Jk9v07u2TGFyhMyq3m7rAzvqpGW2CnxD_kpn-z1XL_lRk&h=AT1S42FsMIxwgHUY08XoLITdsVjRsyHjo1l0L43LTfbHhkTCaSA0TFWoI6lKmoFUo5Tx_IeYtxOzKyKON7R5EityERpi-J9EasJ6gAnV6DVYtKRGIwmwKkO732d6r9rPaw)

Therapeutic Approach: Cognitive Behavioral Therapy (CBT), Solution Focused Brief Therapy (SFBT), Acceptance and Commitment Therapy (ACT), Prolonged Exposure (PE), Cognitive Processing Therapy (CPT)

Special Populations: LGBTQIA+ Affirming, Consensual Nonmonogamy (CNM) affirming

Specialties: Infertility, LGBTQIA+, Perinatal and Postpartum Mental Health, Gender Affirming Care (offers surgery letters), depression, anxiety, grief, trauma

Availability: Adult Individuals

Fees: $115; Sliding Scale-$60-$80 Credentialed with Aetna, Cigna, United, and Lyra EAP Offers superbill for other insurance

Meeting modality: Telehealth

**Danielle Angellakis, LCSW, C-DBT** (she/her)

*Website*: https://tbcsgroup.com/ourclinicians/

*Therapeutic Approach:* Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Processing Therapy

(CPT), Dialectical Behavior Therapy (DBT), and Level 1 Radically Open Dialectical Behavior Therapy (RO DBT)
 *Special Populations*: LGBTQIA+ affirming, neurodivergence lived experience

*Specialties*: Trauma, PTSD, Domestic Abuse, Anxiety, survivors of narcissistic abuse, psychosis and disorders on the schizophrenia spectrum, anxiety/depressive disorders, neurodivergence, personality disorders, mood and dissociative disorders, relationship issues, and personal growth/life transitional challenges.

*Availability:* Currently accepting clients

*Meeting Modality:* In person and online

*Fees:* Individual $130-$140, Family and Couple $175

**Dr. Nick Joyce** (he/him) *Website*: https://www.drnickjoyce.com/

*Therapeutic Approach:* Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)
 *Special Populations*: LGBTQIA+ affirming, Non-Monogamy Affirming

*Specialties*: Anxiety, Depression, Trauma, PTSD, Eating Disorders, OCD, Bipolar Addiction, Chronic pain/illness, ADHD, Self Harm/Suicidal Ideation, Grief

*Availability:* Accepting New Clients

*Meeting Modality:* Telehealth

*Fees:* Accepts Aetna, Cigna, United, Lyra, Modern Health, Optum, UMR, Evernorth, $125/session, Sliding Scale Available down to $75 depending on schedule needed

**Therapists recommended through my network with sliding scale availability:**

**Karissa Trombley, MS, RMHCI** (she/her)

*Website*: https://www.rootedwellnessctr.com/

*Therapeutic Approach:* Holistic, Eclectic, Eye Movement Desensitization and Reprocessing (EMDR)
 *Special Populations*: LGBTQIA+ and neurodivergent affirming

*Specialties*: Trauma, PTSD, relationship issues

*Availability:* Accepting new clients

*Meeting Modality:* In person and telehealth

*Fees:* Individual $150, Couples $175, Sliding scale down to $75

**Grace Korley, RMHCI** (she/they)

*Website*: https://www.psychologytoday.com/us/therapists/grace-korley-clearwater-fl/1123675

*Therapeutic Approach:* Dialectical Behavioral Therapy (DBT), Gottman Method (levels 1 & 2),
 *Special Populations*: LGBTQIA+ and neurodivergent affirming

*Specialties*: Multicultural Counseling, Racial Trauma, Identity Development, Life Transitions, Neurodiversity (Autism and ADHD), Couples and Relationship Therapy, Disordered Eating and Self-Esteem concerns, and LGBTQIA+ identities

*Availability:* Accepting new clients

*Meeting Modality:* in person and online

*Fees:* $175/session, accepts Aetna, Cigna, Evernorth, Sliding Scale Available

**Carolyn Taylor, LCSW, MCAP, QS, ART Certified Therapist** (she/her)

*Website:* [www.CultivateCounselingFL.com](http://www.cultivatecounselingfl.com/?fbclid=IwAR2e024xTuSVtl4-4JqHsGMcfNmmzI7-Y8OqYk_cW52Lr7GUrJf97F80GyI)

*Therapeutic approach:* CBT, Solution Focused, Trauma informed, client centered, holistic

*Special populations:* “I have lived experience with ADHD (me) and I have a family member living with autism. I’m kink friendly and an affirming ally/ therapist. I’ve done a lot of work with members of the LGBTQIA+ community, kink community, poly and ENM communities as well as people in the lifestyle (swinger community). I have extensive experience with severe and pervasive mental health, trauma and substance use disorders.”

*Specialties:* trauma, substance abuse, add/adhd, depression, relationship/ interpersonal issues

*Availability*: mornings, lunch, evenings and weekends

*Meeting modality:* Telehealth

*Fees:* $125/ session, offer a sliding scale down to $50. Accepts Aetna, Cigna, United, Optum, Medicare and their affiliates.

**Amanda Morgan, MSW, LCSW, LICSW**

*Website*: https://www.limecounseling.com/providers

*Therapeutic Approach:* Acceptance and Commitment Therapy (ACT), Motivational Interviewing (MI), Cognitive behavioral therapy (CBT), Trauma focused CBT, Exposure and Response Prevention (ERP), Internal Family Systems (IFS), Solution Focused, Client Centered
 *Special Populations*: LGBTQ+

*Specialties*: Stress, Anxiety, Trauma, PTSD, postpartum difficulties, infertility, OCD, bipolar, shame/guilt, sensory processing disorders

*Availability:* Accepting new clients

*Meeting Modality:* Telehealth

*Fees:* $100/session, Sliding scale available, Accepts Magellan and Medicare

**Cypress Wellness Center offers 3 Free Sessions with $60 sessions afterward with supervised counselor interns:** https://www.cypresswellnesscenter.com/affordable-therapy

**Therapist Directory Resources:**Inclusive Therapists: <https://www.inclusivetherapists.com/>

Therapy for Queer/POC: <https://therapyforqpoc.com/>

LGBTQ Therapists of Color: <https://www.lgbtqpsychotherapistsofcolor.com/>

Sliding Scale $40-$70: <https://openpathcollective.org/>