

Mental Health Providers Jefferson County Area

Name & Credentials	Address and Contact Info	Specialty Area	Insurance Accepted and Payment/Cost
Nani Baran Psychotherapy Counselor, MA, LMHC	18978 Front St NE Satori Well Being Center Suite 200 Poulsbo, Washington 98370 (206) 538-2866	Grief , Trauma, PTSD & Coping Skills	Avg Cost (per session): \$50 - \$100 Sliding Scale: Yes
Patricia Bolen LMHC CMHS	213 Decatur St Port Townsend WA 98368 360 774-0006 patriciabolenlmhc@gmail.com	Adults and youth and specialize in trauma and transition	Sliding scale and private pay only but I can send a super bill to insurance that accepts out of network providers.
Timothy Craig, Counselor, MC, CDP,LMHC	Jefferson/Kitsap clients By Arrangement In Greater Port Townsend Area Port Townsend, Washington 98368 (360) 284-7037	<ul style="list-style-type: none"> • Anxiety • Depression • Chronic Pain 	Most insurance and Medicare, with Supplements, including Apple Health
Christine Copeland, PhD	140 N. Stromberg Ave. Port Townsend 360-774-0452	Cognitive Behavioral Therapy, EMDR, Interactive Guided Imagery, Mindfulness, Family System Therapy	Aetna, First Choice, Premera & Regence- also cash pay with cash discount
Julia E Eakes, Marriage & Family Therapist, MA, LMFT	211 Taylor St #37 Port Townsend, Washington 98368 (360) 310-4136	<ul style="list-style-type: none"> • Anxiety • Depression • Parenting 	Accepts most insurance. Call to inquire
Ann Emineth, Licensed Mental Health Counselor	1136 Water Street #113 Port Townsend, WA 98368 www.annemineth.com 360-301-6318	<ul style="list-style-type: none"> • Anxiety • Trauma and PTSD • Depression 	I can bill Medicaid, Lifewise, Premera, Regence,
Cynthia Flowers Counselor, LMHC	101-2 Upper Bluffs Drive Port Townsend, Washington 98368 (919) 429-7329	Relationship Issues, • Trauma and PTSD, Developmental Disorders	Bridgespan LifeWise Premera Regence Uniform

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Document Purpose: Community Resources

Owner: Susi Reidt

Department: Jefferson Healthcare Medical Group

Reference (Policy, Procedure, Other): Resource

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Jo Hadlock-King, Therapist, LICSW, RCST, LMP	Port Townsend, Washington 98368 (425) 610-8936	Depression • Anxiety • Trauma and PTSD	Premera, Regence and Medicare
Diane Johnson Psychologist, PhD	Discovery Center For Behavioral Health 219C W. Patison Port Hadlock, Washington 98339 (360) 209-2405	Trauma and PTSD • Depression • Child or Adolescent	BlueCross and BlueShield First Choice Health Kitsap Physicians Service MHN Medicare Multiplan TriWest
Dr. Linda F. Little, Ph.D. Psychologist, PhD	Port Townsend, Washington 98368 LindaFLittlePhD@gmail.com Phone: 360-385-7459	Life Coaching • Coping Skills • Relationship Issues	Medicare
Lou-Ann Lauborough, Clinical Social Work/Therapist, LICSW	8987 McConnell Ave NW Silverdale, Washington 98383 (360) 389-3915	• Elderly Persons Disorders • Depression • Grief	Medicare and most insurances
Robert Nuffer Counseling	9732 Old Olympic Highway Wright's Home Care Sequim, Washington 98382 (360) 972-3376	• Depression • Marital and Premarital • Relationship Issues	APS Healthcare Aetna BlueCross and BlueShield Medicare Regence Out of Network
Jeremy Rossa Cole Clinical Social Work/Therapist, MSW, LICSW	The Bayside Center 18820 Front St, Suite 220 Poulsbo, Washington 98370 (360) 930-0615	• Mood Disorders • Trauma and PTSD • Life Transitions	Accepted Insurance Plans Cigna Many other insurances Medicare Premera Out of Network
Mark Saran, LMHC	419 Maple	Child or Adolescent	Accepted Insurance Plans

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	Port Townsend, Washington 98368 (206) 522-4747	Relationship Issues, Family Conflict	Medicaid Most Insurance Providers
Jean Scarboro, LMHC	213 Decatur Street Port Townsend, Washington 98368 (360) 209-7200	Relationship Issues ,Life Transitions , Anxiety	Avg Cost (per session): \$120 Sliding Scale: Yes
Laura J. Lewis Thayer, LMHC, EAMP, Jungian Analyst	LJ Thayer Medical Services, Inc. Port Townsend, Washington 98368 (360) 810-5175	Specialties: Self Esteem • Life Transitions • Growth of Consciousness, Self-Knowledge	My services are covered by most insurances as an out- of-network provider I offer reduced rate to a percentage of my practice, on a case by case basis.
William Range, LMHC	914 Washington Street, Suite 7 Port Townsend, WA 98368 (360)912-4741	Child or Adolescent • Marital and Premarital • Trauma and PTSD	Currently accepting most insurances including Apple Health, Premera, and Regence.
Toni Wilhelm Marriage & Family Therapist, MS, LMFT	Port Townsend, Washington 98368 (360) 328-7181	Relationship issues, anxiety, depression, illness, aging and family problems	Most insurances accepted, call to confirm. Sliding scale also possible.
Freida Fenn, MA, LMFT	1520 Jefferson Street, Port Townsend, WA. 98368 (360) 390-8337	Family systems therapy, couples therapy, child development, parenting and positive behavior management and trauma healing	Currently private pay but in process of enrolling with insurance companies.
Craig Isenberg, MA, LMFT	Port Townsend Family Therapy 211 Taylor Street Ste 403B	Individual, couple and family therapy	

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	Port Townsend, WA. 98368 (360) 301-2753		
Deborah Gellert, LMHC	Mindful Counseling 1135 Lawrence Street Port Townsend, WA. 98368 (360) 379-4857	Individual, couples, families and youth	
Jumping Mouse Children's Ctr	1809 Sheridan Street Port Townsend, WA. 98368 (360) 379-5109	Children. Healing through play therapy, expressive mental health therapy.	
Discovery Behavioral Health	360-385-0321		Medicaid
Sherry Nesmith	1116 Tyler Street Port Townsend 360-379-9107		Almost all insurances including Military
Martina Abba- Richard; Lee Richard (limited- older males)	11136 Water Street Suite 106 Port Townsend 360-379-8779	Marriage, Family, kids 3+, grief and loss	Medicare/Medicaid (state) and almost all other insurances
Shannon Tierney	530 19 th Street Port Townsend 360-379-5339		Accepting almost all insurances
Caroline Teal	626 Calhoun Street Port Townsend 360-385-5898	Adult, Grief, Loss & Eating Disorders	First Choice Health, Premera & Lifewise
Linda Brooking	360-379-3507		Many Insurances including Medicaid
Christine Nock, LMHC	219 Patison Street Port Hadlock 360-821-1407		Many insurances including Medicaid
Julie Rouse	360-379-0299	Marriage, Family, Anxiety, relationships	No Insurance billing
Kirk Gresham, RN, LMFT	Port Townsend 360-529-5741		

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Esther Conway, PhD	Port Townsend 360-301-4564		
Rebecca Nerison, PhD	Port Townsend 360-218-0061		
David EeKhoff, LMFT, MDiv	Port Townsend 360-328-7354		
Barbara Solomon, LMFT	Port Townsend 360-344-8266		
Extra Mf Goetzen, PhD	Port Townsend 646-588-1596		
Alice Tibbals, LMHC	Port Hadlock 360-419-6876		
Lisa Bottomley, LMHC	Port Hadlock 360-774-0790		
Barbara Hansen, LMHC	Port Hadlock 360-703-9532		
Therapy Groups Offered in Jefferson County			
Name Of Group	Addresss and Phone	Cost	Details
Breathing Circle for Oneness & Peace. Pure Energy Integration Ms. Nancy Rosen Counselor, MC, MEd, BS	Unitarian Universalist Fellowship Sanctuary 2333 San Juan Avenue Port Townsend, Washington 98368	\$20-\$40	To address issues of ADHD, Anxiety and Coping Skills for adults. Session Cost:
Tension and Trauma Releasing Exercises Group (TRE) Ann Emineth, Counselor, MS, LMHC	1136 Water Street #113 Port Townsend, Washington 98368 Call Ann Emineth (360) 489-6923	Cost: \$30-\$90	Are you looking for a really different approach to therapy? This is a somatic approach that can relief stress, body tension, emotional tension that is held in the body. After 2 to 3 sessions, you will be able to develop your own practice.

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Mindfulness Meditation Terrance Wolf Marriage & Family Therapist, MACP, LMFT	Village Heartbeat Studios 353 Chickadee Lane Sequim, Washington 98382 (360) 529-4709	Call to confirm cost. Every Tuesday 7pm - 8:30pm	After the sitting we have a group discussion about our practice and sometimes about a book we are reading.
Counselors outside of Jefferson County			
Name Of Group	Address and Phone	Specialty Areas	Details
Lou-Ann Laubo, Clinical Social Work/Therapist, LICSW	8987 McConnell Ave NW Silverday, WA 98383 360-389-3915	Elderly Persons Disorder, Depression, Grief	Medicare and most insurances
Robert Nuffer Counseling	97320 Old Olympic Highway Wright's Home Care Sequim, WA 98382 360-972-3376	Depression, Matial and Premarital, Relationship issues	APS Healthcare, Aetna, BlueCross; Medicare, Regence out of network
Jeremy Rossa Cole Clinical Social Work/Therapist, MSW, LICSW	The Bayside Center 18820 Front St., Suite 220 Poulsbo, WA 98370 360-930-0615	Mood Disorders, Trauma, PTSD, Life Transitions	Cigna, Medicare, Premera Out of Network, many other insurances

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