



THE HEALING CENTER

Individual Grief & Loss Counseling Resource List Greater Seattle Area

While we try our best to update this information, we hope you will contact these services directly to verify the availability and cost.

We understand that getting started with an individual therapist can be challenging. In an effort to help in that process, here are some terms that you may come across in your search. As always, it is best to verify with the therapist and your insurance to confirm benefits and cost.

Intake Session vs Regular Sessions	Frequently therapists will charge a higher fee for the first appointment (the intake appointment). Intake appointments tend to last longer than regular sessions as well.
Reduced Rate/Sliding Scale	Occasionally, therapists will offer reduced rate appointments for a select number of clients based on financial need. We have noted if therapists on this referral list have indicated if they offer this, but it is best to inquire with the therapist about reduced rate options.
Out of Network (OON)/Private Pay Provider	Providers who indicate that they are Out of Network or Private Pay providers do not participate with insurance. Often, they will provide a <i>superbill</i> which is a receipt that can be submitted to insurance for potential reimbursement. If you are looking to get started with a therapist that is OON, talk with your insurance first about what kind of benefits are available to you.
Recommended Questions to ask Insurance Provider before starting therapy	<ul style="list-style-type: none">- Do I have coverage for mental health counseling?- Have I met my deductible? If not, how much is left?- How many sessions will be covered per year?- How much is covered per counseling session with an OON provider?- Do I need a referral from my doctor?

Counselors- Telehealth and In-Person Appointments Available

Name	Address	Contact Information	Additional Notes
<p>Jenny Johnson, MS, LMFTA</p>	<p>Telehealth and In-person sessions available. In-person appointments held at 711 N 35th ST, #206 Seattle, WA 98103</p>	<p>(206) 923-8894 jennyjohnsontherapy@gmail.com thesagetherapygroup.com</p>	<p>-Couples and sex therapy - Trained in EDMR -Sliding scale may be available</p>
<p>Dr. Meghan McGinn at Have the Talk Counseling</p>	<p>13110 NE 177th PL STE 394 Woodinville, WA 98072</p>	<p>(206) 451-7217 info@havethetalkcounseling.com Havethetalkcounseling.com</p>	<p>Couples Therapy only, offers primarily Telehealth options.</p>
<p>Katie Lin, MA, LMHCA, CBP at River Tree Healing Arts</p>	<p>1501 N 200th St, Suite 105, Shoreline, WA 98133</p>	<p>(360) 217-9200 katie@rivertreehealingarts.com www.rivertreehealingarts.com/</p>	<p>Adults and Teens 13+ Trained in BodyTalk and somatics. Has openings both in-person and telehealth.</p>
<p>Zoe Freeman, LICSWA and Skye White, LICSW at Catalyst Counseling</p>	<p>17330 135th Ave. NE Suite 2B Woodinville, WA 98072</p>	<p>(425) 998-9769 welcome@catalystcounseling.net www.catalystcounseling.net</p>	<p>Individual Therapy Telehealth Available</p>

Jill Gross, Psy.D.	7107 Greenwood Avenue North, Suite D Seattle, WA 98103	(206) 778-2780 jill@drjillgross.com https://www.drjillgross.com/	In-Person available Individuals Only
Bobbie Ewing, MA, LMHC, CYT at Sacred Wounds Psychotherapy	5020 Meridian Ave N, Seattle, WA 98103	(206) 596-5303 bobbi@sacredwoundspsychotherapy.com Sacredwoundspsychotherapy.com	In-person or Telehealth Individuals Only
Stephen Coates-White, LMHC at CW Counseling Services	In-person (6626 Wagner Way, Gig Harbor, Washington 98335) and virtual appointments available.	(253) 466-4428 Stephen@CWCounselingServices.com cwcounselingservices.com	
Anna Tibstra, MA, LMFT	Telehealth and In-Person sessions available. In- person sessions are located at 600 N 36th St #312, Seattle, WA 98103	(206) 867-1645 Anna@AnnaTibstra.com Annatibstra.com	Limited number of income-relevant slots available. Works with individuals about 25 years old and older and primarily (but not exclusively) members of the LGBTQ+ community

<p>Brooke Ursey, LMHC</p>	<p>Telehealth Sessions available. In-person sessions in Bellingham, WA.</p>	<p>(206) 485-4855 brooke@brookeusreycounseling.com www.brookeusreycounseling.com/</p>	<p>Limited sliding scale slots available</p>
<p>Lencsi Angel, MS, LMFTA</p>	<p>Telehealth and In-person sessions available. In-person appointments held at 711 N 35th ST, #206 Seattle, WA 98103</p>	<p>(425) 341-3204 lencsiangeltherapy@gmail.com Thesagetherapygroup.com</p>	<p>Sliding scale slots may be available Passionate about working with Latinos and offers therapy in Spanish. Loves working with Couples, Young Adults and LGBTQ+ folks.</p>
<p>Catalyst Counseling Group</p>	<p>Telehealth Available In-person sessions available at 17330 135th Ave NE, Suite 2B Woodinville, WA 98072</p>	<p>(425) 998-9769 welcome@catalystcounseling.net www.catalystcounseling.net/</p>	<p>Specializes in long term illness/chronic illness Individual and Family Therapy</p>
<p>Lightheart Psychological Associates</p>	<p>Telehealth Appointments available. In-person appointments available at 8301 161st Avenue Northeast, Suite 202 Redmond, WA</p>	<p>(425) 996-8592 support@lightheartassociates.com www.lightheartassociates.com</p>	<p>Individual Talk Therapy for ages 7+</p>

<p>Kenneth Jaimes, MS, LMFT at Re-Story Therapy</p>	<p>Offers Telehealth appointments and in-person appointments at 5224 Wilson Avenue South Seattle, WA, 98118</p>	<p>(971) 803-5832 Kenneth@ReStoryTherapy.com www.restorytherapy.com/</p>	<p>Individuals, Families, and Parents specializes in multicultural families, racial identities, and divorce Reduced rates may be available.</p>
<p>Michael Rubbinaccio, MA, LMFTA at Beachview Counseling Services</p>	<p>Offers Telehealth Appointments and in-person appointments at 411 University St. Suite 1200, Seattle, WA 98101</p>	<p>(206) 590-3900 info@beachviewcounseling.com</p>	<p>Sees Individual Adults.</p>
<p>Julie Arguez, LICSW</p>	<p>Offers Telehealth Appointments on Wednesdays and In-Person appointments on other weekdays at 9757 NE Juanita Dr #214, Kirkland, WA 98033</p>	<p>Julieargueztherapy.com/contact www.julieargueztherapy.com/</p>	<p>Sees Individuals</p>
<p>Dana Paik-Simerly at Cascades Wellness Center</p>	<p>Offers Telehealth Appointments and in-person at Cascades Wellness Center 1914 N 34TH ST STE 206 Seattle, WA 98103</p>	<p>(206) 472-1556 https://www.psychologytoday.com/us/therapists/dana-paik-simerly-seattle-wa/351730</p>	<p>Sees individuals, specializes in grief.</p>

Serena Konkin at Cascades Wellness Center	Offers Telehealth Appointments and in-person at Cascades Wellness Center 1914 N 34TH ST STE 206 Seattle, WA 98103	(206) 593-3968 https://www.psychologytoday.com/us/therapists/serena-konkin-seattle-wa/1090851	Sees Individuals
Courtney Lee, LICSW	Telehealth and in-person nature-based sessions at local Seattle parks available.	courtney@courtneyleetherapy.com www.courtneyleetherapy.com/	Sees individual adults 18+. Specializes in grief and trauma, and palliative care.
David Eck, MA, LMHC	Telehealth and in-person at 46302 SE Mount Si Road, North Bend, WA 98045	(425) 786-9923 www.psychologytoday.com/us/therapists/david-paul-eck-north-bend-wa/137530	Sees couples and individuals.

Counselors- Telehealth Appointments Only

Name	Address	Contact Information	Notes
Portia Bajwa, LICSW at Sansara Counseling	Telehealth Only	portia@sansaracounseling.com Sansaracounseling.com	Services available in both English and Spanish

Laurie Riepe, MA, LMHC	Telehealth Only	206-632-0527(All scheduling done by phone) www.laurieriepetherapy.com/	Family, Couples, Individual, and Group Call for more information about cost.
Cindi Whalen, MS, LMFT	Telehealth Only	(425) 422-7843 cswhalen@comcast.net www.soundinsightcounseling.com	Specializes in trauma and has training in EMDR Individual and Couples Therapy
Em Nelson, MS, LMFT at Modern Therapy Seattle	Telehealth Only	(206) 202-3133 Hello@moderntherapysattle.com moderntherapysattle.com	Currently only offering virtual therapy services. Individual Adult and Adolescent Therapy, Couples Therapy, and Low- Cost Therapy with Interns.
Brenda Xu, LMHC at Light in the Dark Counseling	Telehealth Services for Washingto n Residents	(971) 249-2379 lightinthedarkcounseling@gmail.com Lightinthedarkcounseling.com	Free Consultation and sliding scale options available. Individual & Couples Therapy Available
Ed Swaya	2331 E. Madison Street Seattle, WA 98112	(206) 343-5538 ed@edswaya.com Edswaya.com	Individual and Couples Therapy Available.

Ke Tsai Therapy	Telehealth Only	(415) 942-2116 hello@ketsai.com www.ketsai.com	Individual Therapy Only EMDR services available
Nidhi Berry, LMHC, LSWAIC at East West Psychotherapy	Telehealth Only	https://www.ewpsychotherapy.com/contact	Individual and Couples Therapy
Paloma Andazola-Reza, MSW, LICSW at Crisálida Healing	Telehealth Only	(206) 339-9938 healing@crisalidahealing.com Crisalidahealing.com	Individuals Only Trained in somatics, EMDR, and expressive arts therapy. Sliding Scale may be available
Liz Adock, LMHC Counseling	Telehealth Only for WA State Residents	https://lizadcockcounseling.com/contact	Individuals Only Adults Only
Angel Thomson, LMFTA at Ojalá Alliance	Telehealth Only for Washington State Residents	(425) 529-7334 angel@ojalaalliance.com ojalaalliance.com	Individual and Couples Therapy
Hannah Fleming, MA, LMHC at Haven Therapy	Telehealth Only	(206) 231-5069 haventherapy@outlook.com Haventherapy.org	Sliding Scale may be available.

Regina Yeh, LICSW	Telehealth Only	(530) 586-8683 regina@reginayehpsychotherapy.com www.reginayehpsychotherapy.com https://www.psychologytoday.com/us/therapists/regina-y-yeh-seattle-wa/881068 .	Offers secular and faith-based counseling. Couples and Individual Therapy
Sheila Poquiz, MA, LMFTA at Spill the Therapy	Telehealth Only	(206) 495-4371 Spillthetherapy.com	Individual Therapy, Couples Therapy, and Sex Therapy.
Lisa Kothari, LMHC	Telehealth Only	(206) 485-2225 lisa.kothari@therapyemail.com lisakothari.com	Individual Therapy
Hannah Werschkul, MSW, LICSW at Peaceful Soul Healing	Telehealth Only	info@peacefulsoulhealing.com http://peacefulsoulhealing.com/	Individual Therapy
Shadia Boraby, LICSW	Telehealth Only	hello@shadiaboraby.com Shadiaboraby.com	Individuals Only
Simone Koger, MA, LMFTA at Koger Counseling	Telehealth	(253) 993-1340 Simone@kogercounseling.com www.psychologytoday.com/us/therapists/simone-koger-spanaway-wa/903572	Adults Individuals
Kari Hilwig at Threshold Therapy & Consulting	Telehealth Only	(206) 356-8547 thresholdtherapeutic@gmail.com Thresholdtherapeutic.com	Sliding Scale options may be available.

Julie Stein, LICSW Counseling	Telehealth Only	(206) 830-8217 julie@juliesteincounseling.com Juliesteincounseling.com	Individual and Couples Therapy
Rachel Richards, LPT at Four Winds Therapy	Telehealth Only	(503) 367-5962 rachel@fourwindstherapy.org Fourwindstherapy.org	Individual Therapy and Family and Couples Therapy Sliding Scale may be available.
MaryHelen Lewis, MA, LMHC	Telehealth Only	(206) 669-9070 Mhlewisocounseling.com	Individual Therapy
Janet at Healing Yourself from Within	Telehealth Only	(425) 835-3027 janet@healingyourselffromwithin.com healingyourselffromwithin.com/	Hypnotherapy, Reiki, and Subtle Energy services available.
Nathalie Harris-Eckel, MA, LMFTA	Telehealth Only	(253) 478-8279 nhecounseling@gmail.com https://www.psychologytoday.com/profile/1004505	Individual and Couples Therapy
Sarah Smalley, LMHCA	Telehealth Only	(206) 485-0500 sarahsmalleycounseling@gmail.com www.sarahsmalleycounseling.com	Specializes in Adult EMDR Individual and Couples Counseling
Brittany Steffen, MS, LMFT	Telehealth Only	(206) 434-1787 www.steffencounselingservices.com	Has interns that charge \$50-70 for sessions

Alissa Swank, LMHC Counseling	Telehealth Only	(360) 230-8355 alissa@alissaswankcounseling.com https://alissaswankcounseling.com/	
Karolina Williams, LICSW	Telehealth Only	(512) 789-3709 https://karolinawilliams.com/	Individual Therapy Sees Adults.
People Bloom Counseling	Mostly Telehealth- Inquire for more info	(206) 457-3518 ada@peoplebloomcounseling.com peoplebloomcounseling.com/	Individual and Couples Therapy
Mitzi Weiland, LMFT, CT at Hourglass Psychotherapy	Telehealth Only	(206) 486-5672 mitziweiland@outlook.com www.hourglasspsychotherapy.com/	Individual Therapy, sees Adults.
Will See Children/Teens			
Christy Forrester, MA, LMFTA	Telehealth Only	(206) 393-7404 csforrester@gmail.com www.forrestertherapy.com	Individual, Children, Couples, and Family Therapy
Katie Sparrow, LMFTA at Therapy Sparrow		(206) 482-4951 katie@therapysparrow.com Therapysparrow.com	Therapy for Adults, Teens, and Couples.
Kayla Helenske at Expressive Journeys	Telehealth Only	hello@kaylahelenske.com Kaylahelenske.com	Art Therapist who works with kids (ages 8 to 12) and moms.
Dr. Adrienne Altman	Telehealth Only	(425) 224-5458 Draltmanphd@gmail.com Draltmanphd.com	Telehealth Only to Teens and Adults

Athena Brewer, LMFT	Telehealth Only	(206) 886-8733 Info@athenabrewer.com Athenabrewer.com	Children ages 4-12
Sarah Barak, LMFTA at Zane Counseling	Telehealth in Washington State only.	(425) 428-7517 info@zanecounseling.com zanecounseling.com	Supports teens, families, and couples.
Kirsten Byrnes, LICSW, MSW, MHP at Bloom Therapy	Telehealth Only	https://www.bloomtherapypllc.com/contact	Individual Therapy, Family Therapy, and Couples Therapy. Will see Teens.
Karolina Williams, LICSW	Telehealth Only	(512) 789-3709 https://karolinawilliams.com/	Individual Therapy Sees Adults.
Jessica Bahr Counseling, MA, LMFTA	Telehealth in WA State Only.	(253) 363-3904 jessicabahrcounseling@gmail.com www.jessicabahrcounseling.com	Individual Therapy, Kids & Teens (ages 4-18), Couples Therapy Telehealth Only
Kristin Mendoza, MS, LMFT at Bluestone Psychological Services	Telehealth Only	www.bluestoneps.com/therapists-counselors-edmonds/kristin-mendoza/ (425) 775-4059, Ext. 703	Sees kids 10-17, Young Adults ages 18-30, and Families.
Jessica Bowen, LMFT, ACHt at Seattle Grief Counseling	Telehealth Only	(206) 384-4888 seattlegriecounseling@gmail.com www.seattlegriecounseling.net	Sees couples and individual adults. Has EMDR training.

Counselors with In-Person Appointments

*It wasn't clear if options for Telehealth were available for the following counselors. Please inquire for more information.

Name	Address	Contact Information	Notes
Jordan Bierlein, LMFT Therapy	13606 NE 20th Street, Suite 103 Bellevue, WA 98005	(971) 370-8773 jordanbtherapy@gmail.com Jordanbtherapy.com	Adult Individuals
Tracey Pierce, MSW at Pipers Creek Counseling	600 North 36th Street, Suite 224, Seattle, Washington 98103	(206) 486-2785 tracey@piperscreekcounseling.com piperscreekcounseling.com/	Individual Therapy Evening and Weekend appointments Sliding scale may be available.
Tammy Weitzman, LICSW	1818 Westlake Ave N, Suite 308 Seattle, WA 98109	(206) 202-0823 tammysweitzman@gmail.com https://www.psychologytoday.com/us/therapists/seattle-grief-therapy-seattle-wa/409033	Also runs a grief group
Madeline Young, BS, LMT, RYT	In-person appointments available in Queen Anne, Seattle	(253) 234 -4710 www.madelinelyoung.com	Somatic therapy Sliding scale slots may be available.
Laura Takacs with Speaking Trauma	1800 Westlake Ave. #304, Seattle, WA 98109	(564) 210-7035 speakingtrauma@gmail.com https://speakingtrauma.com/	Services for Families, Couples, and Individuals 18 years old and older Specializes in grief and trauma
Jolene Boyle, MA, LMHC	Hawthorne Hills Professional Center 4026 NE 55th Street (suite E) Seattle, WA 98105	(206) 654-2995 info@joleneboylelmhc.com https://www.joleneboylelmhc.com/	Counseling for Adolescents and Adults. Individual and Couples Counseling In-person appointments available

Beth McCarty MA, LMHC, CDP, CMHS	Issaquah, WA	(425) 224-6722 beth@bethmccartycounseling.com www.bethmccartycounseling.com/	
Wendy Enden, MA Ed., LMHCA	304 Main Ave S, #201 Renton, WA 98057	(425) 496-5818 wendy@wendyenden.com www.wendyenden.com	
Lauren Doran, MA, LFMTA at Gifted Together	301 NE 100th St. Suite 101 Seattle, WA 98125	info@giftedtogether.org Giftedtogether.org	Uses child-centered play therapy to support children ages 3-12.
Jen McCormick, LICSW at Cedar Tree Counseling Services	4500 9 th Ave NE, Suite 300 Seattle, WA 98105	(206) 855-3835 jen.cedartree@gmail.com cedartreecounselingservices.com/	Works with adults and children.
Rick Monce, LMFT	300 NE Gilman Blvd. Ste. 300, Issaquah, WA 98027	rick@rickmoncetherapy.com www.rickmoncetherapy.com	Sees individuals and couples.
Dr. Jessica Lamar	16301 NE 8 th , Suite 202, Bellevue, WA 98008	(206) 569-5477 Info@infinitytherapyservices.com infinitytherapyservices.com	Individuals

Counseling Groups and Community Mental Health

Name	Address	Contact Information	Notes
King County Mental Health Services Referral		(206) 263-8997	They can answer questions about your current mental health services or help you

		https://kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/mental-health.aspx	find an agency that fits your needs.
Envision Counseling	Multiple locations in Seattle	(206) 858-1177 https://envisioncounseling.net/	-Counseling for Individuals, Couples, Families, and Children
Samaritan Center	564 NE Ravenna Blvd Seattle, WA 98115	(206) 527-2266 https://samaritanps.org/therapy	-Has a tool that allows you to search for a therapist.
MEND Seattle	4501 Rainier Ave S, Seattle, WA 98118	(206) 660-4396 begin@mendseattle.com www.mendseattle.com	-\$50-120 Sessions -Offers Telehealth and In-person sessions
LifeStance Health	Has a tool that shows providers located in Washington State	https://lifestance-wa.com/	
Third Street Therapies	1622 3 rd St Marysville, WA 98270	www.3rdstreettherapies.com https://www.3rdstreettherapies.com/contact-form/	
Center for Human Services	17018 15th Ave NE Shoreline, WA 98155	(206) 362-7282 https://www.chs-nw.org/services/mental-health-counseling/	children and families only
SOUND	Many locations around Seattle	(206)-901-2000 https://www.sound.health/	community health agency have multiple child & family services locations

Navos-Children, Youth and Families	3 primary locations- call for more information	(206) 248-8226 www.navos.org/get-help/children-youth-families/	
NEXUS	1000 Auburn Way S, Auburn, WA 98002- serves south King County	(253) 939-2202 info@nexus4kid.org www.nexus4kids.org/contact www.nexus4kids.org/behavioral-health/	-Families and children up to 24 years old
Integrated Therapy Services NW	3560 Bridgeport Way W, Suite 2C University Place, WA 98466	(253) 460-7248 info@integratedtherapynw.com https://integratedtherapynw.com/	

Grief Centers for Families

Names	Address	Contact Information	Notes
Bridges Center for Grieving Children	Mary Bridge Children's Health Center Locations in Tacoma and Puyallup	(253) 403-1966 https://www.marybridge.org/services/bridges-center-for-grieving-children/	
Washington State's Youth Mental Health Referral Service		(833) 303-5437, Monday through Friday from 8 a.m. to 5 p.m.	