THE HEALING CENTER

Washington Individual Grief & Loss Counseling Resource List

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 *superbill* 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	- 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	Notes
Angela Amos, MA, LMHCA, ATR-P	In- person sessions in Wallingford; walk & talk sessions in West Seattle	info@olympicintuitivearts.com https://www.olympicintuitivearts.com/	In-person or telehealth Adults and Teens Also offers aura energy work and art therapy
Carson Drain, MA, LMHCA	401 2nd Avenue South, Suite 501, Office #4 Seattle, WA 98104	https://www.carsondraintherapy.com/	In- person or telehealth
Jenny Barth, MS, LMFT	711 N 35th ST, #206 Seattle, WA 98103	(206) 923-8894 jennybarththerapy@gmail.com https://www.jennybarththerapy.com/	Individual therapy, Couples and sex therapy EMDR trained In-Person or telehealth
Katie Lin, MA, LMHC, CBP at River Tree Healing Arts	1501 N 200th St, Suite 105, Shoreline, WA 98133	(360) 217-9200 katie@rivertreehealingarts.com www.rivertreehealingarts.com/	Adults and Teens 13+ BodyTalk and stomatics In-person or telehealth
Jill Gross, Psy.D.	503 N. 50th St Seattle, WA 98103	(206) 778-2780 jill@drjillgross.com https://www.drjillgross.com/	In-Person or telehealth Individuals Only
Bobbie Ewing, MA, LMHC, CYT at Sacred Wounds Psychotherapy	5020 Meridian Ave N, Seattle, WA 98103	(206) 458.3451 bobbi@sacredwoundspsychotherapy.com Sacredwoundspsychotherapy.com	In-person or Telehealth Individuals Only

Stephen Coates-White, LMHC at CW Counseling Services	6626 Wagner Way, Gig Harbor, Washington 98335	(253) 466-4428 Stephen@CWCounselingServices.com cwcounselingservices.com	In-person or Telehealth EMDR trained
Anna Tibstra, MA, LMFT	600 N 36th St #312, Seattle, WA 98103	(206) 867-1645 Anna@AnnaTibstra.com Annatibstra.com	In-person or Telehealth Limited number of income-relevant slots available Adults age 25+ and primarily LGBTQ+
Brooke Ursey, LMHC	1501 Fraser St. M-104 Bellingham WA 98229	(206) 485-4855 brooke@brookeusreycounseling.com www.brookeusreycounseling.com/	In-person or Telehealth Limited sliding scale slots available
Lencsi Angel, MS, LMFT	711 N 35th ST, #206 Seattle, WA 98103	(425) 341-3204 lencsiangeltherapy@gmail.com https://www.lencsiangeltherapy.com/	In-person or Telehealth Sliding scale slots may be available Passionate about working with Latinos and offers therapy in Spanish Couples, Young Adults and LGBTQ+ folks
Catalyst Counseling Group	17330 135th Ave NE, Suite 2B Woodinville, WA 98072	(425) 998-9769 welcome@catalystcounseling.net www.catalystcounseling.net/	In-person or Telehealth Specializes in long term illness/chronic illness Individual and Family Therapy

Kenneth Jaimes, MS, LMFT at Re-Story Therapy	5224 Wilson Avenue South Seattle, WA, 98118	(971) 803-5832 Kenneth@ReStoryTherapy.com www.restorytherapy.com/	In-person or Telehealth Individuals, Families, and Parents specializes in multicultural families, racial identities, and divorce Reduced rates may be available
Michael Rubbinaccio, MA, LMFT at Beachview Counseling Services	411 University St. Suite 1200, Seattle, WA 98101	(206) 590-3900 info@beachviewcounseling.com https://beachviewcounseling.com/	In-person or Telehealth Individual adults and couples
Julie Arguez, LICSW	9757 NE Juanita Dr #214, Kirkland, WA 98033	Julieargueztherapy.com/contact www.julieargueztherapy.com/	In-person or Telehealth Individual therapy
Dana Paik-Simerly	655 South Orcas Street Suite 217 Seattle, WA 98108	(206) 472-1556 https://www.psychologytoday.com/us/therapists/dana-paik-simerly-seattle-wa/351730	In-person or Telehealth Individual therapy specializes in grief
Courtney Lee, LICSW	In-person nature-based sessions at local Seattle parks available In person therapy in Fremont-Seattle	courtney@courtneyleetherapy.com www.courtneyleetherapy.com/	Adult individual therapy Telehealth available Specializes in grief and trauma, and palliative care Limited number of reduced rate spots
David Eck, MA, LMHC	46302 SE Mount Si Road, North Bend, WA 98045	(425) 786-9923 dave@davidpauleck.com www.psychologytoday.com/us/therapists/david-paul-eck-north-bend-wa/137530	In-person or Telehealth Individuals and couples

Meghan Rowley, MA, LSWAIC	The Heart Center, 9640 16th Avenue Southwest, Unit D Seattle, WA 98106	(206) 752-6420 https://www.psychologytoday.com/us/therapists/meghan-rowley-seattle-wa/1731054	In-person or Telehealth Sees individuals (adults and elders) Specializes in grief, caregiver support, and life transitions.
Modern Therapy Seattle	2366 Eastlake Avenue East #402, Seattle, WA, 98102	(206) 202-3133 Hello@moderntherapyseattle.com moderntherapyseattle.com	In person and telehealth Individual Adult and Adolescent Therapy, Couples Therapy Low-Cost Therapy with Interns
Ed Swaya	2331 E. Madison Street Seattle, WA 98112	(206) 343-5538 ed@edswaya.com Edswaya.com	Individual and Couples Therapy
Liz Adock, LMHC Counseling	110 Lakeside Avenue, Suite E Seattle, WA 98122	https://lizadcockcounseling.com/about	In person and telehealth Adult individuals

Counselors- Telehealth Appointments Only (must be in WA state)

Name	Address	Contact Information	Notes
Portia Bajwa, LICSW at Sansara Counseling	Telehealth Only	(360) 230-8290 portia@sansaracounseling.com Sansaracounseling.com	Services available in English and Spanish Individuals and couples
Zoe Freeman, LICSW at Catalyst Counseling	Telehealth Only	(206) 745-0521 zoe@gatheringlightcounseling.com https://www.gatheringlightcounseling.com/	Adults Individual Therapy

Laurie Riepe, MA, LMHC	Telehealth Only	206-632-0527 (All scheduling done by phone) www.laurieriepetherapy.com/	Family, Couples, Individual, Teen, and Group In person available in Maple Leaf, Seattle
Serena Konkin	Telehealth Only	(206) 593-3968 https://www.psychologytoday.com/us/therapists/serena-konkin-seattle-wa/1090851	Individual therapy
Brenda Xu, LMHC at Light in the Dark Counseling	Telehealth Only	(971) 249-2379 lightinthedarkcounseling@gmail.com Lightinthedarkcounseling.com	Free Consultation and sliding scale options available Individual & 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 transform@crisalidahealing.com Crisalidahealing.com	Individuals Only Trained in somatic, EMDR, and expressive arts therapy Sliding Scale may be available
Angel Thomson, LMFT at Ojalá Alliance	Telehealth Only	(425) 529-7334 angel@ojalaalliance.com ojalaalliance.com	Individual and Couples Therapy Specializes in Grief Therapy

Regina Yeh, LICSW	Telehealth Only	(530) 586-8683 regina@reginayehpsychotherapy.com www.reginayehpsychotherapy.com	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
Shadia Boraby, LICSW	Telehealth Only	hello@shadiaboraby.com Shadiaboraby.com	Individuals Only
Simone Koger, MA, LMFTA at Koger Counseling	310 North Meridian 202 Puyallup, WA 98371	(253) 993-1340 Simone@kogercounseling.com www.psychologytoday.com/us/therapists/simone-koger-spanaway-wa/903572	In person and telehelath 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 EMDR trained
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 maryhelen@mhlewiscounseling.com Mhlewiscounseling.com	Individual Therapy

Janet Douglas, LICSW 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, LMFT	Telehealth Only	(253) 478-8279 nhecounseling@gmail.com https://www.psychologytoday.com/profile/1004505	Individual and Couples Therapy
Sarah Smalley, LMHC	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 Individual, Family, and Couples Therapy EMDR available
Alissa Swank, LMHC	Telehealth Only	(360) 230-8355 alissa@alissaswankcounseling.com https://alissaswankcounseling.com/	Individual therapy In-person therapy in Bellingham
Karolina Williams, LICSW	Telehealth Only	(512) 789-3709 https://karolinawilliams.com/	Individual Therapy
People Bloom Counseling	Mostly Telehealth- Inquire for more info	(206) 457-3518 ada@peoplebloomcounseling.com peoplebloomcounseling.com/	Individual and Couples Therapy

Jessica Bowen, LMFT, ACHt at Seattle Grief Counseling	Telehealth Only	(206) 384-4888 seattlegriefcounseling@gmail.com www.seattlegriefcounseling.net	Individuals and Couples EMDR
Mitzi Weiland, LMFT, CT at Hourglass Psychotherapy	Telehealth Only	(206) 486-5672 mitziweiland@outlook.com www.hourglasspsychotherapy.com/	Individual Therapy
Will See Children/Teens			
Christy Forrester, MA, LMFT	Telehealth Only	(206) 393-7404 csforrester@gmail.com www.forrestertherapy.com	Individual, Children, Couples, and Family Therapy
Tinamarie Fish LMHC, LPC and Certified Grief Educator	Telehealth Only	360-773-8964 — text only magnoliabehavioralhh@gmail.com https://magnoliabehavioralandholistichealth.org/	Adults and Teens 14+ EMDR
Katie Sparrow, LMFT 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 7 to 13) and moms.
Dr. Adrianne Altman	Telehealth Only	(425) 224-5458 Draltmanphd@gmail.com Draltmanphd.com	Teens and Adults
Athena Brewer, LMFT	Telehealth Only	(206) 886-8733 Info@athenabrewer.com Athenabrewer.com	Children ages 4-12 Teens ages 13-18
Sarah Barak, LMFTA at Zane Counseling	Telehealth only	(425) 428-7517 info@zanecounseling.com zanecounseling.com	Supports teens, families, adults, and couples

Kirsten Byrnes, LICSW, MSW, MHP at Bloom Therapy	Telehealth Only	https://www.bloomtherapypllc.com/contact	Individual Therapy for teens and adults Family and Couples Therapy
Jessica Bahr Counseling, MA, LMFTA	Telehealth Only	(253) 363-3904 jessicabahrcounseling@gmail.com www.jessicabahrcounseling.com	Individual Therapy, Kids & Teens (ages 4-18), Couples Therapy
Dylan Spradlin, LCSW	Telehealth Only	(406) 396-3297 dylan@elowen-therapy.com https://elowen-therapy.com/	Children, teens, and caregivers Certified Synergetic Play Therapist

Counselors with In-Person Appointments Only

*****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
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 adults Specializes in grief and trauma
Jolene Boyle, MA, LMHC	4026 NE 55th Street (suite E) Seattle, WA 98105	(206) 654-2995 info@joleneboylelmhc.com https://www.joleneboylelmhc.com/	Adolescents and adults Individual and couples counseling

Beth McCarty MA, LMHC, CDP, CMHS	Issaquah, WA	(425) 224-6722 beth@bethmccartycounseling.com www.bethmccartycounseling.com/	Somatic and EMDR
Wendy Enden, MA Ed., LMHC	304 Main Ave S, #201 Renton, WA 98057	(425) 496-5818 wendy@wendyenden.com www.wendyenden.com	
Lauren Doran, MA, LFMT 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 Seattle Counseling and Wellness	1107 N.E. 45th Street, Suite 502 Seattle, WA 98105	(206) 785-1953 https://www.seattlecounselingandwellness.com/jennifer-mccormick-licsw	Children ages 5+ Adolescents Adults and couples
Rick Monce, LMFT	11711 SE 8th St. Ste. 315 Bellevue, WA 98005	rick@rickmoncetherapy.com www.rickmoncetherapy.com	Individuals and couples

Counseling Groups and Community Mental Health

Name	Address	Contact Information	Notes
King County Mental Health Services Referral		(206) 263-8997 https://kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/mental-health.aspx	Contact to find out if you qualify for King County mental health services or other low cost options
Envision Counseling	Multiple locations in Seattle	(206) 858-1177 https://envisioncounseling.net/	Individuals, Couples, Families, Teens and Children
Samaritan Center	564 NE Ravenna Blvd Seattle, WA 98115	(206) 527-2266 https://samaritanps.org/therapy	Individual, Couples, and Family therapy

MEND Seattle	4501 Rainier Ave S, Seattle, WA 98118 1728 E Madison Seattle, WA 98122	(206) 660-4396 begin@mendseattle.com www.mendseattle.com	$50-150 Sessions Sliding scale Telehealth and In-person sessions
LifeStance Health	Has a tool that shows providers located in Washington State	https://lifestance-wa.com/	In person and telehealth
Third Street Therapies	1622 3rd St Marysville, WA 98270	www.3rdstreettherapies.com	
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	Multiple locations	https://www.multicare.org/services/mental-behavioral-health/	
Integrated Therapy Services NW	3560 Bridgeport Way W, Suite 2C University Place, WA 98466	(253) 460-7248 info@integratedtherapynw.com https://integratedtherapynw.com/	Adults Couples Families Children Adolescents
Washington State's Youth Mental Health Referral Service		(833) 303-5437, Monday through Friday from 8 a.m. to 5 p.m.	