

Counseling and Therapy providers

Jennifer Dye, MED, LPC	- CBT- Cognitive behavioral therapy - Acceptance therapy - Rational Emotive Behavioral Therapy	Works with all ages	(907) 235-1264 149 W. Fairview Ave., Homer, AK 99603 Does not bill insurance but provides information for you to submit Cannot bill Medicare or Medicaid
Sea Sparrow Counseling and Wellness Irene Saxton, LCSW, TBT-S	- Gender-affirming care - LGBTQIA support - Grief, anxiety, bipolar - Autism/Neurodivergent - Sex Therapy - Poly relationship structuring	- Works with individuals - Ages 16+ - CBT - DBT - Psychodynamic - Queer - Narrative - Feminist	(907) 235-2102 1060 East End Rd, Homer, AK 99603 Homer, AK 99603 seasparrowcounselingandwellness.com irene@seasparrowcounselingandwellness.com Aetna, BCBS, Moda, United, Tricare-Triwest(sooon), Medicaid(sooon), Medicare(sooon) Offers sliding-scale for self-pay clients
South Peninsula Behavioral Health Services. "The Center"	- Adult/Children Rehab services - rehab services in the schools for children who qualify. - Adult/Children outpatient	- Works with all ages - Medication Management, Counseling, and Case management.	(907) 235-7701 3948 Ben Walters Lane, Homer, AK 99603 https://www.spbhs.org/ Accepts Medicaid Accepts all insurances, offers a sliding-scale for self-pay clients
Transitional Counseling Lucy Mahan, LPC	- Substance abuse - Depression - Trauma - ADD/ADHD - Grief - Aging transitions - Anxiety	- Works with Individuals 13 and older, couples, and families - Brain spotting - EMDR-sensory motor - Havening	(907) 240-1465 1225 Lake Shore Dr. Processingknowledge.com transitionalcounseling@gmail.com Most private insurances accepted. Tricare, Moda, Preferred provider with BCBS Cannot bill Medicare or Medicaid
Kenai Peninsula Mental Health - Rona Haberman, LCSW - Mira Featherstone, LPC	- EMDR and trauma - CBT - Mindfulness - Mood disorders, codependency, adjusting to change	- Works with age 18+ (Rona) - LGBTQ+ support - Gender-affirming care	(907) 531-6047 www.kpmhalaska.com/homer-alaska Premera, BCBS, United Healthcare, UMR, TriCare, TriWest, Moda Cannot bill Medicaid at this time
Kachemak Counseling Clinic Tim Robinson, MS, LPC-S	- Adult Individual and couple's therapy - Substance abuse services - Depression, Mood related disorders - Anxiety, ADHD, Trauma - Narcissism - Relationship problems	- CBT - The Gottman Method - Trauma informed provider	(907) 602-2578 925 Sea Plane Ct, Homer, AK 99603 https://kachemakcounseling.com/ tim@kachemakcounseling.com Offers Telehealth Accepts BCBS, Aetna, Moda, Self-pay discount No Medicaid or Medicare
Alaskan Wellness Adventures Jason Pretzel, MA, LPC	- Grief - Anxiety/Depression - Coping skills - Stress - Trust Issues - Relationship Issues - Communication - Marital/family conflict - Codependency	- Individuals 10 and older - Adolescents, adults, couples and families - Christian Counseling - Offers counseling and retreats	(907) 885-1985 41495 Stellars Jay Dr., Homer, AK 99603 jasonpretzel@hotmail.com https://www.alaskanwellnessadventures.com/ Accepts Premera BCBS, Tri-West(VA), Curalink EAP, Moda, Aetna, Tri-Care No Medicaid or Medicare

Counseling and Therapy providers

• Dori Hagen, LPC	• Anxiety • Depression • Addiction • Grief • Trauma focused	• Works with 16 and older • EMDR • CBT • CPT • Faith Based (optional)	907-299-9544 1091 East End Rd., Homer, AK 99603 dori@dorihagen.com dorihagen.com Aetna, BCBS, Moda TriWest, Self-pay
• Bobbi Cleary, MSCP, LPC	• Substance Abuse • Trauma & PTSD • LGBTQ • Grief	• Couples Therapy • Ages 11+ *Best described as eclectic and holistic*	(907) 440-6405 3691 Ben Walters Lane, Homer, Alaska Provides online counseling Moda, BCBS, TriWest, VA, Tricare and Medicaid. no Medicare
• Maria Calhoun, LPC	• Anxiety, stress, trauma • Grief, depression, women's health • Mindfulness	• Works with ages 16+ • CBT/ACT • EMDR certified therapist • Telehealth only	(907) 215-2505 www.mariacalhoun.org Telehealth only, can provide bills to submit to private insurance Cannot bill Medicare or Medicaid
Whole Mind Integrative Mental Health • Brandy Zollars	• Depression/Bipolar • Anxiety/OCD/Phobias • PTSD/undiagnosed trauma • ADHD/cognitive challenges • Personality concerns • Insomnia and vague physical/neurological symptoms	• Ages 8+ • Integrative Psychiatry • Oral Ketamine • Clinical Hypnotherapy • Bioenergetic Therapy • Coaching • Supplements • Counseling and Medication Management	(907) 299-6410 1379 East End Rd, Ste 3, Homer, AK 99603 support@wholemindintegrativementalhealth.com https://www.wholemindintegrativementalhealth.com/ Moda, Premera BCBC, Aetna, Optum, UHC, Cigna TriCare and Medicaid coming soon Cannot bill Medicare Can accept HSA/FSA and Care Credit
Laural Sabin Coaching • Laural Sabin, Life Coach	• One-on-one coaching helps move you toward the things that are the most important to you. This process typically involves personal growth, self-understanding, and taking action steps. Willingness to be open and truthful with yourself is key to making the necessary shifts involved in this process.	• Ages 18+ • Coaching is a partnership that supports an individual to reach goals, overcome challenges, get unstuck, and move toward a more fulfilling and rewarding life • In person and Telehealth	909-307-4633 1091 E. End Road www.lauralsabin.com Self-pay
Spring Reign Counseling Services, LLC • Lydia Koch, LPC	• Depression • Anxiety • Grief/Loss • Interpersonal relationship conflicts • Complex trauma	• In person and telehealth • 9yr+ • Adolescent, adults, couples • CBT • EMDR • Polyvagal informed	907-416-2415 1091 E. End Rd Self-pay
• Osnat (Osi) Kaspi, LPC	• Rhythmic Movement Therapy • Trauma Informed • Internal Family System	• Addiction Therapy • Crisis Intervention • Mindfulness • Grief Counseling	907-280-7280 Can bill most Insurance Cannot bill Medicare or Medicaid Self-Pay Sliding Scale

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Hope Mends Counseling • Vanessa Perry, LPC *Spanish Speaking	• Perinatal Mental Health • TTC • Pregnancy • Postpartum • Birth Trauma • Still Birth • Anxiety/Depression	• In person and telehealth • Ages 18+ and couples • Gottman certified couples • Christian conservative • Couples in early parenthood	907-416-3500 1091 E. End Rd hopenmends@gmail.com www.hopenmends.com BCBS, TriWest, Moda, Aetna, Medicare, Medicaid Self-pay sliding scale – Open Path Collective
Restore Wellness • Suanne Sikkema, MS Nutrition, LDN	• Eating disorders • Gastrointestinal issues • Mental Health • Anxiety/depression • Lymphedema • Food allergies	• Ages 15 and older • Virtual and Telehealth • Personalized plan of care • Vibrant labs food allergy/intolerance testing • GI MAP stool testing	907-830-9877 https://suannesikkema.com/ Can bill private insurance, is a BCBS preferred provider
Set Free Alaska	• Offers both in- and outpatient chemical dependency counseling	• Inpatient substance misuse treatment for men • Outpatient substance misuse counseling for men and women	(907) 235-4732 https://setfreealaska.org/ Can bill private insurance, Medicaid, and offers a sliding-scale Contact Set Free for insurance questions
Cook Inlet Counseling • Debbie DeGrado, MS, CDCS	• Outpatient individual counseling for substance use • Co accruing mental health	• Brain Spotting • Trauma	(907) 235-8001 http://cookinletcounseling.org 1230 Ocean Drive Unit 1, Homer, AK 99603 Can bill private insurance companies, Medicaid, and offers a sliding scale Does not accept Medicare
Anonymous Health	• Substance use • Unwanted habits	• Medication management • Counseling	844-kick-it-1(548-5481) https://www.anonymoushealth.com/ Offers telehealth
Cornerstone Counseling • Has a team of providers with different specialties	• Christian faith-based counseling • Faith-based approach is optional	• Individuals 10 and older, couples and families	(907) 522-7080 https://cornerstonehealthalaska.org/counseling/ Based in Anchorage and only offering Telehealth to clients on the Kenai Peninsula Can bill some private insurance Cannot bill Medicaid or Medicare
Birchwood Behavioral Health • Offers a team of providers	• Faith-based, trauma-informed approach • Psychotherapy, case management, medication management	• Adults and children age 4 and older • Individuals, families, and couples	(907) 349-2222 https://bbhalaska.com/ Based in Anchorage and offers Telehealth Accepts Medicaid, cash payment, and provides paperwork for clients to bill private insurance for reimbursement

Counseling and Therapy providers

Healing Tides Counseling LLC Christine Prokop, LPC-S	- Depression - Anxiety - Mood disorders - Grief and loss issues - Relationship struggles - Life transitions - Career difficulties - Stress and trauma	- Adults - Telehealth only - CBT (cognitive behavioral therapy)	907-744-7969 www.christineprokop.com christineprokopLPC@gmail.com Accepts Premera BCBS, MultiPlan, Moda, TriWest, VA, Tricare, United Discount for self-pay.
Peninsula Community Health Services of Alaska Offers a team of providers	- Therapy - Medication management	Ages treated varies by provider	907-262-3119 https://www.pchsak.org/ 230 E Marydale Ave, Soldotna, AK 99669 and 805 Frontage Rd., Kenai, AK 99611 www.pchsak.org/behavioral-health-center Offers Telehealth and in-person visits Accepts Most insurances including private insurance, VA, Medicaid, and Medicare. Sliding scale based on income and income.
Headlight Offers a team of providers	- Therapy - Medication management	- Ages treated varies by provider - Telehealth	866-294-9936 www.headlight.health getcare@headlight.health offers Telehealth and in-person visits (Anchorage and Wasilla, AK) Accepts most insurances
Alaska Telepsychology Providers: Psychotherapy & psychological Testing for youth and adults – many more providers available			
- Mary Palko, MS, LPC - Sue R Scott, MS LMFT - Cathy von Hippel PHD - Sammy Mack, MS, LPA	- Anxiety, grief - Depression - ADHD - Substance abuse - Trauma - Mood disorders - Relationship Problems - Career changes - Substance abuse - Disabilities - Anxiety - Mood Disorders - Autism spectrum disorder - Autism Spectrum Disorder - Cognitive behavioral therapy	- Therapy for all ages - Offers therapy in sign language - Therapy for adults - EMDR - Cognitive-behavioral therapy - Mindfulness training - Youth and adults - Develop actionable, concrete plans for achieving goals - Psychological testing - Young adults	(907) 885-6288, https://www.aktelepsych.com/ Offers telepsychology, zero travel time to attend appointments, flexible scheduling, including nights & weekends, reduced costs. Offers telepsychology Offers face-to-face visits in Anchorage location and/or encrypted videoconferencing platform using computer, tablet or smart phone. Preferred for BCBS and AETNA Now accepts Tricare Does not accept Medicaid or Medicare

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Alaska Behavioral Health Child and Family Clinic • Offers a team of providers	• Psychiatric evaluations • Medication and symptom management • Coordination of care	• All ages	907-563-1000 https://alaskabehavioralhealth.org/ Accept Medicaid/Medicare and most private insurances
Me to Wee Counseling • Judy Kamara, LSCW RN -Certified Lactation Counselor	• Individual, group, Couples therapy • Generational trauma • PTSD/Complex trauma • Perinatal Mental Health • Parenting Support • Military/Veterans • Talk Therapy	• Ages 13 and above • CBT • ACT • FAN model reflective Parenting	907-630-0639 1044 East End Rd Solstice Bldg, Suite C, Homer, AK 99603 me2wee.com akme2wee@gmail.com Accepts Moda, Aetna, Cigna, BCBS, Meritain Does not accept Medicaid or Medicare
Orion Behavioral Health • Offers a team of providers	• Counseling • Medication and symptom management • Tele-Health	• Ages 3-18yrs	907-696-7466 Fax 907-726-0332 https://www.obhn.org/ Telehealth 1600 Centerfield Dr Suit 205, Eagle River Accepts AETNA, BCBS, Fed BC, MODA, Meritain, and Tricare. Accepts Medicaid for evaluations/medical management/therapy on a limited basis. Does not accept Medicare.
Hand of Hope Counseling • Kelly Marre, LCSW	• Depression • Anxiety • Trauma • Substance use • Grief • Chronic illness • Chronic Pain • Adjustment Disorder • Stress • Military/Veteran • Domestic Violence	• Ages 18 and above • CBT-cognitive behavioral • ACT-acceptance and commitment • DBT-dialectical • SFBT-solution focused brief • Christian Counseling • Compassion Focus • Trauma Focused • Hypnosis for Pain Management	907-630-0507 Kasilof, Alaska https://kelly-marre.clientsecure.me/handofhopecounselingalaska@gmail.com Telehealth Accepts Aetna, BCBS, Premera Blue Cross, Medicare, Moda, TriWest, Medicaid
Mountain Valley Professional Counseling • Lise Klein Kirsis, LPC	• Trauma and PTSD • Addiction • Depression • Anxiety • Marriage and family counseling • Grief/End of Life • Spiritual Health • Veterans	• Ages 12 and up • EMDR • CBT • Attachment Therapy/Psychodynamic • Individual/Family and group Therapy	907-435-1581 mountainvalleyprofessionalcounseling@outlook.com lise-kirsis.com 1044 East End Rd, Ste C, Homer, AK 99603 In person or Telehealth Accepts TriWest, Premera BCBS and Moda Offers sliding scale

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Frontier Psychiatry • Offers a team of providers	• Medication Management • Mood and Anxiety • ADHD • Depression • Bipolar Disorder • Autism • Insomnia • OCD • Schizophrenia • Addiction • Trauma	• Child/Adolescent 4-18 • Adult • Therapy • Neuropsychiatry	907-311-4166 833-465-3766-Fax https://frontier.care/ Telehealth Accepts most insurance carriers, BCBS, Medicare, Tricare, Triwest, Humana, United Behavioral Health, Medicaid, Aetna, Moda
Maitri Holistic Therapy & Wellness • Offers a team of providers	• Trauma • Attachment Issues • Self Esteem • Life Transitions • Family Conflict • Peer Relationships • Military Families • LGBTQIA+ • BIPOC •	• Child/Adolescent • Family • Adult- telehealth • Military • EMDR • DBT • CBT • Trauma Focused • Attachment-Based Family Therapy • ACT	907-931-6930 https://www.maitrihtw.com/ 1379 East End Rd, Ste 1, Homer, AK 99603 In person/Telehealth Accepts Aetna, BCBS, Cigna, EMBS, Meritain, Moda, Tricare, TriWest, UHC, Public Education Health Trust, Medicare, Self-Pay
www.psychologytoday.com			

- CBT-cognitive behavioral therapy
- ACT-acceptance and commitment therapy
- DBT-dialectical therapy
- SFBT-solution focused brief therapy
- EMDR-eye movement desensitization & reprocessing therapy
- FAN-facilitating attuned interactions
- IFS-internal family systems