

## Counseling and Therapy providers

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| <ul style="list-style-type: none"> <li>Jennifer Dye, MED, LPC</li> </ul>                                                               | <ul style="list-style-type: none"> <li>CBT- Cognitive behavioral therapy</li> <li>Acceptance therapy</li> <li>Rational Emotive Behavioral Therapy</li> </ul>                                                                                                | <ul style="list-style-type: none"> <li>Works with all ages</li> </ul>                                                                                                                               | (907) 235-1264<br>149 W. Fairview Ave., Homer, AK 99603<br>Does not bill insurance but provides information for you to submit<br>Cannot bill Medicare or Medicaid                                                                                                                                                                                                                                       |
| Sea Sparrow Counseling and Wellness<br><ul style="list-style-type: none"> <li>Irene Saxton, LCSW, TBT-S</li> </ul>                     | <ul style="list-style-type: none"> <li>Gender-affirming care</li> <li>LGBTQIA support</li> <li>Grief, anxiety, bipolar</li> <li>Autism/Neurodivergent</li> <li>Sex Therapy</li> <li>Poly relationship structuring</li> </ul>                                | <ul style="list-style-type: none"> <li>Works with individuals</li> <li>Ages 16+</li> <li>CBT</li> <li>DBT</li> <li>Psychodynamic</li> <li>Queer</li> <li>Narrative</li> <li>Feminist</li> </ul>     | (907) 235-2102<br>1060 East End Rd, Homer, AK 99603<br><br><a href="http://seasparrowcounselingandwellness.com">seasparrowcounselingandwellness.com</a><br><a href="mailto:irene@seasparrowcounselingandwellness.com">irene@seasparrowcounselingandwellness.com</a><br>Aetna, BCBS, Moda, United, Tricare-Triwest(sooon), Medicaid(sooon), Medicare(sooon)<br>Offers sliding-scale for self-pay clients |
| South Peninsula Behavioral Health Services.<br><ul style="list-style-type: none"> <li>"The Center"</li> </ul>                          | <ul style="list-style-type: none"> <li>Adult/Children Rehab services - rehab services in the schools for children who qualify.</li> <li>Adult/Children outpatient</li> </ul>                                                                                | <ul style="list-style-type: none"> <li>Works with all ages</li> <li>Medication Management, Counseling, and Case management.</li> </ul>                                                              | (907) 235-7701<br>3948 Ben Walters Lane, Homer, AK 99603<br><a href="https://www.spbhs.org/">https://www.spbhs.org/</a><br>Accepts Medicaid<br>Accepts all insurances, offers a sliding-scale for self-pay clients                                                                                                                                                                                      |
| Transitional Counseling<br><ul style="list-style-type: none"> <li>Lucy Mahan, LPC</li> </ul>                                           | <ul style="list-style-type: none"> <li>Substance abuse</li> <li>Depression</li> <li>Trauma</li> <li>ADD/ADHD</li> <li>Grief</li> <li>Aging transitions</li> <li>Anxiety</li> </ul>                                                                          | <ul style="list-style-type: none"> <li>Works with Individuals 13 and older, couples, and families</li> <li>Brain spotting</li> <li>EMDR-sensory motor</li> <li>Havening</li> </ul>                  | (907) 240-1465<br>1225 Lake Shore Dr.<br><a href="http://Processingknowledge.com">Processingknowledge.com</a><br><a href="mailto:transitionalcounseling@gmail.com">transitionalcounseling@gmail.com</a><br>Most private insurances accepted.<br>Tricare, Moda, Preferred provider with BCBS<br>Cannot bill Medicare or Medicaid                                                                         |
| Kenai Peninsula Mental Health<br><ul style="list-style-type: none"> <li>Rona Haberman, LCSW</li> <li>Mira Featherstone, LPC</li> </ul> | <ul style="list-style-type: none"> <li>EMDR and trauma</li> <li>CBT</li> <li>Mindfulness</li> <li>Mood disorders, codependency, adjusting to change</li> </ul>                                                                                              | <ul style="list-style-type: none"> <li>Works with age 18+ (Rona)</li> <li>LGBTQ+ support</li> <li>Gender-affirming care</li> </ul>                                                                  | (907) 531-6047<br><a href="http://www.kpmhalaska.com/homer-alaska">www.kpmhalaska.com/homer-alaska</a><br>Premera, BCBS, United Healthcare, UMR, TriCare, TriWest, Moda<br>Cannot bill Medicaid at this time                                                                                                                                                                                            |
| Kachemak Counseling Clinic<br><ul style="list-style-type: none"> <li>Tim Robinson, MS, LPC-S</li> </ul>                                | <ul style="list-style-type: none"> <li>Adult Individual and couple's therapy</li> <li>Substance abuse services</li> <li>Depression, Mood related disorders</li> <li>Anxiety, ADHD, Trauma</li> <li>Narcissism</li> <li>Relationship problems</li> </ul>     | <ul style="list-style-type: none"> <li>CBT</li> <li>The Gottman Method</li> <li>Trauma informed provider</li> </ul>                                                                                 | (907) 602-2578<br>925 Sea Plane Ct, Homer, AK 99603<br><a href="https://kachemakcounseling.com/">https://kachemakcounseling.com/</a><br><a href="mailto:tim@kachemakcounseling.com">tim@kachemakcounseling.com</a><br>Offers Telehealth<br>Accepts BCBS, Aetna, Moda, Self-pay discount<br>No Medicaid or Medicare                                                                                      |
| Alaskan Wellness Adventures<br><ul style="list-style-type: none"> <li>Jason Pretzel, MA, LPC</li> </ul>                                | <ul style="list-style-type: none"> <li>Grief</li> <li>Anxiety/Depression</li> <li>Coping skills</li> <li>Stress</li> <li>Trust Issues</li> <li>Relationship Issues</li> <li>Communication</li> <li>Marital/family conflict</li> <li>Codependency</li> </ul> | <ul style="list-style-type: none"> <li>Individuals 10 and older</li> <li>Adolescents, adults, couples and families</li> <li>Christian Counseling</li> <li>Offers counseling and retreats</li> </ul> | (907) 885-1985<br>41495 Stellars Jay Dr., Homer, AK 99603<br><a href="mailto:jasonpretzel@hotmail.com">jasonpretzel@hotmail.com</a><br><a href="https://www.alaskanwellnessadventures.com/">https://www.alaskanwellnessadventures.com/</a><br><br>Accepts Premera BCBS, Tri-West(VA), Curalink EAP, Moda, Aetna, Tri-Care<br>No Medicaid or Medicare                                                    |

## Counseling and Therapy providers

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| <ul style="list-style-type: none"> <li>• Dori Hagen, LPC</li> </ul>                                          | <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Addiction</li> <li>• Grief</li> <li>• Trauma focused</li> </ul>                                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>• Works with 16 and older</li> <li>• EMDR</li> <li>• CBT</li> <li>• CPT</li> <li>• Faith Based (optional)</li> </ul>                                                                                                                        | 907-299-9544<br>1091 East End Rd., Homer, AK 99603<br>dori@dorihagen.com<br>dorihagen.com<br>Aetna, BCBS, Moda TriWest, Self-pay                                                                                                                                                                                                                                                                                                                    |
| <ul style="list-style-type: none"> <li>• Bobbi Cleary, MSCP, LPC</li> </ul>                                  | <ul style="list-style-type: none"> <li>• Substance Abuse</li> <li>• Trauma &amp; PTSD</li> <li>• LGBTQ</li> <li>• Grief</li> </ul>                                                                                                                                                                                                                           | <ul style="list-style-type: none"> <li>• Couples Therapy</li> <li>• Ages 11+</li> <li>*Best described as eclectic and holistic*</li> </ul>                                                                                                                                         | (907) 440-6405<br>3691 Ben Walters Lane, Homer, Alaska<br>Provides online counseling<br>Moda, BCBS, TriWest, VA, Tricare and Medicaid.<br>no Medicare                                                                                                                                                                                                                                                                                               |
| <ul style="list-style-type: none"> <li>• Maria Calhoun, LPC</li> </ul>                                       | <ul style="list-style-type: none"> <li>• Anxiety, stress, trauma</li> <li>• Grief, depression, women's health</li> <li>• Mindfulness</li> </ul>                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>• Works with ages 16+</li> <li>• CBT/ACT</li> <li>• EMDR certified therapist</li> <li>• Telehealth only</li> </ul>                                                                                                                          | (907) 215-2505<br><a href="http://www.mariacalhoun.org">www.mariacalhoun.org</a><br>Telehealth only, can provide bills to submit to private insurance<br>Cannot bill Medicare or Medicaid                                                                                                                                                                                                                                                           |
| Whole Mind Integrative Mental Health<br><ul style="list-style-type: none"> <li>• Brandy Zollars</li> </ul>   | <ul style="list-style-type: none"> <li>• Depression/Bipolar</li> <li>• Anxiety/OCD/Phobias</li> <li>• PTSD/undiagnosed trauma</li> <li>• ADHD/cognitive challenges</li> <li>• Personality concerns</li> <li>• Insomnia and vague physical/neurological symptoms</li> </ul>                                                                                   | <ul style="list-style-type: none"> <li>• Ages 8+</li> <li>• Integrative Psychiatry</li> <li>• Oral Ketamine</li> <li>• Clinical Hypnotherapy</li> <li>• Bioenergetic Therapy</li> <li>• Coaching</li> <li>• Supplements</li> <li>• Counseling and Medication Management</li> </ul> | (907) 299-6410<br>1379 East End Rd, Ste 3, Homer, AK 99603<br><a href="mailto:support@wholemindintegrativementalhealth.com">support@wholemindintegrativementalhealth.com</a><br><a href="https://www.wholemindintegrativementalhealth.com/">https://www.wholemindintegrativementalhealth.com/</a><br>Moda, Premera BCBC, Aetna, Optum, UHC, Cigna<br>TriCare and Medicaid coming soon<br>Cannot bill Medicare<br>Can accept HSA/FSA and Care Credit |
| Laural Sabin Coaching<br><ul style="list-style-type: none"> <li>• Laural Sabin, Life Coach</li> </ul>        | <ul style="list-style-type: none"> <li>• 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.</li> </ul> | <ul style="list-style-type: none"> <li>• Ages 18+</li> <li>• Coaching is a partnership that supports an individual to reach goals, overcome challenges, get unstuck, and move toward a more fulfilling and rewarding life</li> <li>• In person and Telehealth</li> </ul>           | 909-307-4633<br>1091 E. End Road<br><a href="http://www.lauralsabin.com">www.lauralsabin.com</a><br>Self-pay                                                                                                                                                                                                                                                                                                                                        |
| Spring Reign Counseling Services, LLC<br><ul style="list-style-type: none"> <li>• Lydia Koch, LPC</li> </ul> | <ul style="list-style-type: none"> <li>• Depression</li> <li>• Anxiety</li> <li>• Grief/Loss</li> <li>• Interpersonal relationship conflicts</li> <li>• Complex trauma</li> </ul>                                                                                                                                                                            | <ul style="list-style-type: none"> <li>• In person and telehealth</li> <li>• 9yr+</li> <li>• Adolescent, adults, couples</li> <li>• CBT</li> <li>• EMDR</li> <li>• Polyvagal informed</li> </ul>                                                                                   | 907-416-2415<br>1091 E. End Rd<br>Self-pay                                                                                                                                                                                                                                                                                                                                                                                                          |
| <ul style="list-style-type: none"> <li>• Osnat (Osi) Kaspi, LPC</li> </ul>                                   | <ul style="list-style-type: none"> <li>• Rhythmic Movement Therapy</li> <li>• Trauma Informed</li> <li>• Internal Family System</li> </ul>                                                                                                                                                                                                                   | <ul style="list-style-type: none"> <li>• Addiction Therapy</li> <li>• Crisis Intervention</li> <li>• Mindfulness</li> <li>• Grief Counseling</li> </ul>                                                                                                                            | 907-280-7280<br>Can bill most Insurance<br>Cannot bill Medicare or Medicaid<br>Self-Pay Sliding Scale                                                                                                                                                                                                                                                                                                                                               |

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

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| <p>Healing Tides Counseling LLC</p> <ul style="list-style-type: none"> <li>Christine Prokop, LPC-S</li> </ul>                                                  | <ul style="list-style-type: none"> <li>Depression</li> <li>Anxiety</li> <li>Mood disorders</li> <li>Grief and loss issues</li> <li>Relationship struggles</li> <li>Life transitions</li> <li>Career difficulties</li> <li>Stress and trauma</li> </ul>                                                                                                                                                                       | <ul style="list-style-type: none"> <li>Adults</li> <li>Telehealth only</li> <li>CBT (cognitive behavioral therapy)</li> </ul>                                                                                                                                                                                                                                                | <p>907-744-7969</p> <p><a href="http://www.christineprokop.com">www.christineprokop.com</a></p> <p><a href="mailto:christineprokopLPC@gmail.com">christineprokopLPC@gmail.com</a></p> <p>Accepts Premera BCBS, MultiPlan, Moda, TriWest, VA, Tricare, United Discount for self-pay.</p>                                                                                                                                                                                                                                              |
| <p>Peninsula Community Health Services of Alaska</p> <ul style="list-style-type: none"> <li>Offers a team of providers</li> </ul>                              | <ul style="list-style-type: none"> <li>Therapy</li> <li>Medication management</li> </ul>                                                                                                                                                                                                                                                                                                                                     | <ul style="list-style-type: none"> <li>Ages treated varies by provider</li> </ul>                                                                                                                                                                                                                                                                                            | <p>907-262-3119</p> <p><a href="https://www.pchsak.org/">https://www.pchsak.org/</a></p> <p>230 E Marydale Ave, Soldotna, AK 99669<br/>and 805 Frontage Rd., Kenai, AK 99611<br/><a href="http://www.pchsak.org/behavioral-health-center">www.pchsak.org/behavioral-health-center</a></p> <p>Offers Telehealth and in-person visits</p> <p>Accepts Most insurances including private insurance, VA, Medicaid, and Medicare. Sliding scale based on income and income.</p>                                                            |
| <p>Headlight</p> <ul style="list-style-type: none"> <li>Offers a team of providers</li> </ul>                                                                  | <ul style="list-style-type: none"> <li>Therapy</li> <li>Medication management</li> </ul>                                                                                                                                                                                                                                                                                                                                     | <ul style="list-style-type: none"> <li>Ages treated varies by provider</li> <li>Telehealth</li> </ul>                                                                                                                                                                                                                                                                        | <p>866-294-9936</p> <p><a href="http://www.headlight.health">www.headlight.health</a></p> <p><a href="mailto:getcare@headlight.health">getcare@headlight.health</a></p> <p>offers Telehealth and in-person visits (Anchorage and Wasilla, AK)</p> <p>Accepts most insurances</p>                                                                                                                                                                                                                                                     |
| <p><b>Alaska Telepsychology Providers: Psychotherapy &amp; psychological Testing for youth and adults – many more providers available</b></p>                  |                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <ul style="list-style-type: none"> <li>Mary Palko, MS, LPC</li> <li>Sue R Scott, MS LMFT</li> <li>Cathy von Hippel PHD</li> <li>Sammy Mack, MS, LPA</li> </ul> | <ul style="list-style-type: none"> <li>Anxiety, grief</li> <li>Depression</li> <li>ADHD</li> <li>Substance abuse</li> <li>Trauma</li> <li>Mood disorders</li> <li>Relationship Problems</li> <li>Career changes</li> <li>Substance abuse</li> <li>Disabilities</li> <li>Anxiety</li> <li>Mood Disorders</li> <li>Autism spectrum disorder</li> <li>Autism Spectrum Disorder</li> <li>Cognitive behavioral therapy</li> </ul> | <ul style="list-style-type: none"> <li>Therapy for all ages</li> <li>Offers therapy in sign language</li> <li>Therapy for adults</li> <li>EMDR</li> <li>Cognitive-behavioral therapy</li> <li>Mindfulness training</li> <li>Youth and adults</li> <li>Develop actionable, concrete plans for achieving goals</li> <li>Psychological testing</li> <li>Young adults</li> </ul> | <p>(907) 885-6288,</p> <p><a href="https://www.aktelepsych.com/">https://www.aktelepsych.com/</a></p> <p>Offers telepsychology, zero travel time to attend appointments, flexible scheduling, including nights &amp; weekends, reduced costs.</p> <p>Offers telepsychology</p> <p>Offers face-to-face visits in Anchorage location and/or encrypted videoconferencing platform using computer, tablet or smart phone.</p> <p>Preferred for BCBS and AETNA</p> <p>Now accepts Tricare</p> <p>Does not accept Medicaid or Medicare</p> |

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| Alaska Behavioral Health Child and Family Clinic<br>• Offers a team of providers | <ul style="list-style-type: none"> <li>• Psychiatric evaluations</li> <li>• Medication and symptom management</li> <li>• Coordination of care</li> </ul>                                                                                                                                                   | <ul style="list-style-type: none"> <li>• All ages</li> </ul>                                                                                                                                                                                                                                                                                       | 907-563-1000<br><a href="https://alaskabehavioralhealth.org/">https://alaskabehavioralhealth.org/</a><br><br>Accept Medicaid/Medicare and most private insurances                                                                                                                                                                         |
| Me to Wee Counseling<br>• Judy Kamara, LSCW<br>RN -Certified Lactation Counselor | <ul style="list-style-type: none"> <li>• Individual, group, Couples therapy</li> <li>• Generational trauma</li> <li>• PTSD/Complex trauma</li> <li>• Perinatal Mental Health</li> <li>• Parenting Support</li> <li>• Military/Veterans</li> <li>• Talk Therapy</li> </ul>                                  | <ul style="list-style-type: none"> <li>• Ages 13 and above</li> <li>• CBT</li> <li>• ACT</li> <li>• FAN model reflective Parenting</li> </ul>                                                                                                                                                                                                      | 907-630-0639<br>1044 East End Rd<br>Solstice Bldg, Suite C, Homer, AK 99603<br>me2wee.com<br><a href="mailto:akme2wee@gmail.com">akme2wee@gmail.com</a><br><br>Accepts Moda, Aetna, Cigna, BCBS, Meritain<br>Does not accept Medicaid or Medicare                                                                                         |
| Orion Behavioral Health<br>• Offers a team of providers                          | <ul style="list-style-type: none"> <li>• Counseling</li> <li>• Medication and symptom management</li> <li>• Tele-Health</li> </ul>                                                                                                                                                                         | <ul style="list-style-type: none"> <li>• Ages 3-18yrs</li> </ul>                                                                                                                                                                                                                                                                                   | 907-696-7466 Fax 907-726-0332<br><a href="https://www.obhn.org/">https://www.obhn.org/</a><br>Telehealth<br>1600 Centerfield Dr Suit 205, Eagle River<br>Accepts AETNA, BCBS, Fed BC, MODA, Meritain, and Tricare.<br>Accepts Medicaid for evaluations/medical management/therapy on a limited basis.<br>Does not accept Medicare.        |
| Hand of Hope Counseling<br>• Kelly Marre, LCSW                                   | <ul style="list-style-type: none"> <li>• Depression</li> <li>• Anxiety</li> <li>• Trauma</li> <li>• Substance use</li> <li>• Grief</li> <li>• Chronic illness</li> <li>• Chronic Pain</li> <li>• Adjustment Disorder</li> <li>• Stress</li> <li>• Military/Veteran</li> <li>• Domestic Violence</li> </ul> | <ul style="list-style-type: none"> <li>• Ages 18 and above</li> <li>• CBT-cognitive behavioral</li> <li>• ACT-acceptance and commitment</li> <li>• DBT-dialectical</li> <li>• SFBT-solution focused brief</li> <li>• Christian Counseling</li> <li>• Compassion Focus</li> <li>• Trauma Focused</li> <li>• Hypnosis for Pain Management</li> </ul> | 907-630-0507<br>Kasilof, Alaska<br><a href="https://kelly-marre.clientsecure.me/handofhopecounselingalaska@gmail.com">https://kelly-marre.clientsecure.me/handofhopecounselingalaska@gmail.com</a><br><br>Telehealth<br><br>Accepts Aetna, BCBS, Premera Blue Cross, Medicare, Moda, TriWest, Medicaid                                    |
| Mountain Valley Professional Counseling<br>• Lise Klein Kirsis, LPC              | <ul style="list-style-type: none"> <li>• Trauma and PTSD</li> <li>• Addiction</li> <li>• Depression</li> <li>• Anxiety</li> <li>• Marriage and family counseling</li> <li>• Grief/End of Life</li> <li>• Spiritual Health</li> <li>• Veterans</li> </ul>                                                   | <ul style="list-style-type: none"> <li>• Ages 12 and up</li> <li>• EMDR</li> <li>• CBT</li> <li>• Attachment Therapy/Psychodynamic</li> <li>• Individual/Family and group Therapy</li> </ul>                                                                                                                                                       | 907-435-1581<br><a href="mailto:moutainvalleyprofessionalcounseling@outlook.com">moutainvalleyprofessionalcounseling@outlook.com</a><br><a href="http://lise-kirsis.com">lise-kirsis.com</a><br>1044 East End Rd, Ste C, Homer, AK 99603<br><br>In person or Telehealth<br>Accepts TriWest, Premera BCBS and Moda<br>Offers sliding scale |

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| <b>Frontier Psychiatry</b><br>● Offers a team of providers                    | ● Medication Management<br>● Mood and Anxiety<br>● ADHD<br>● Depression<br>● Bipolar Disorder<br>● Autism<br>● Insomnia<br>● OCD<br>● Schizophrenia<br>● Addiction<br>● Trauma | ● Child/Adolescent 4-18<br>● Adult<br>● Therapy<br>● Neuropsychiatry                                                                                              | 907-331-4166<br>833-465-3766-Fax<br><a href="https://frontier.care/">https://frontier.care/</a><br><br>Telehealth<br><br>Accepts most insurance carriers, BCBS, Medicare. Tricare, Triwest, Humana, United Behavioral Health, Medicaid, Aetna, Moda                                       |
| <b>Maitri Holistic Therapy &amp; Wellness</b><br>● Offers a team of providers | ● Trauma<br>● Attachment Issues<br>● Self Esteem<br>● Life Transitions<br>● Family Conflict<br>● Peer Relationships<br>● Military Families<br>● LGBTQIA+<br>● BIPOC            | ● Child/Adolescent<br>● Family<br>● Adult- telehealth<br>● Military<br>● EMDR<br>● DBT<br>● CBT<br>● Trauma Focused<br>● Attachment-Based Family Therapy<br>● ACT | 907-931-6930<br><a href="https://www.maitrihtw.com/">https://www.maitrihtw.com/</a><br>1379 East End Rd, Ste 1, Homer, AK 99603<br><br>In person/Telehealth<br>Accepts Aetna, BCBS, Cigna, EMBS, Meritain, Moda, Tricare, TriWest, UHC, Public Education Health Trust, Medicare, Self-Pay |
| <b>Root Mental Health</b><br>● Kyla Dammann, MSc, LMSW                        | ● Anxiety<br>● Depression<br>● ADHD<br>● Communication<br>● Relationship<br>● Trauma<br>● Autism Spectrum Disorder                                                             | ● Teens, adults, a limited number of children under 12<br>● CBT<br>● Play Therapy<br>● Person Centered<br>● Attachment Based                                      | 907-302-3318<br><a href="https://rootmentalhealth.clientsecure.me/">https://rootmentalhealth.clientsecure.me/</a><br>1060 East End Rd, Homer, AK 99603<br><br>Telehealth/in-person<br>Self Pay<br>90Min Intake \$175<br>55Min Session \$150<br>Discounts for Medicare/Medicaid            |
| <b><a href="http://www.psychologytoday.com">www.psychologytoday.com</a></b>   |                                                                                                                                                                                |                                                                                                                                                                   |                                                                                                                                                                                                                                                                                           |

- 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