

Intimacy from the InsideOut - Therapist Directory

Location	Name	Credentials	Phone	Email	Specialties	Takes Insurance
California						
Arcadia, CA	Karen Earnest	PhD	626-975-7635	contactkearnest@yahoo.com www.psychologytoday.com/us/therapists/-arcadia-ca/57975	Adult individual and couples therapy Certified IFS therapist and IFIO basic training Other IFS training: with Mariel Pastor, Parts Love Story: Celebrating Unburdening of Parts	Yes
Lafayette, CA	Grant Leitheiser	MS, LMFT	925-297-5161	grant@counselinglafayette.com www.counselinglafayette.com	Helping couples and individuals recover joy. ADHD, Anxiety, Depression, Men's issues. IFS Lv1 & Lv2 Trauma & Neuroscience completed.	No
Lafayette, CA	Marilyn Hunt	LMFT	925-270-7922	marilynhuntmft@gmail.com www.marilynhuntlmft.com	Level III IFS trained. I do a lot of work with grief, depression, anxiety and codependence.	No
Nevada City, CA	Deanna Reardon	PsyD	510-420-8092	deannareardon@gmail.com www.deannareardon.com	I work with adults and couples with an emphasis on integrating the body, mind and spirit. IFS levels I and II, Sensiomotor Psychotherapy Level I	No
Oakland, CA	Shirin Shoai	LMFT	415-663-6071	therapy@sitwithshirin.com www.sitwithshirin.com	I support people through relationship challenges, life transitions, depression, anxiety, grief, and multicultural issues. Relationally trained, IFS Level 1 2013, IFIO Level 1 2016.	superbill for out of network
San Ramon, CA	Laura Taggart	MA, LMFT	925-725-1040	laurataggart4@gmail.com www.laurataggart.com	Couples therapy- IFS levels 1 & 2, IFIO- basic and advanced training Trauma- EMDR trained	Out of network
Santa Cruz, CA	Amy Pine	MA, MFT	831-427-2230	rgc@cruzio.com	IFS Couples Level 1	
Santa Cruz, CA	Cannon J. Western	MA. Counseling Psychology; Licensed Marriage and Family Therapist	831-454-9155	canonwestern@gmail.com	IFS Level 1, Program Assistant for IFS Level 1, Couples Intensive Level 1; I specialize in working with couples of all orientations.	No, will provide superbill
Santa Cruz, CA	Toni Crossen	MFT	831-429-9830	toni@tcrossen.com	Couples, IFIO I have trained with Ellyn Bader and Harville Hendrix.	No
Santa Cruz, CA	John Seltzer	MA, MFT Intern	831-515-8381	johnseltzer@gmail.com www.johnseltzer.com	As a queer ally, I serve couples of diverse identities and orientations.	MediCal only
Soquel, CA	Chris Lang		831-234-1411		IFS, Psychodynamic, Relational, Humanistic	
Soquel, CA	Jenny Silber Butah	LMFT	831-475-8712	jennysb@earthlink.net therapists.psychologytoday.com/rms/111040	I enjoy working with couples challenged with complex issues.	Yes
Tahoe City, CA and London, England (Remote sessions available via Skype)	Robin McMahon	MA, UKCP (UK registration) IFS, IFS Couples, Hakomi, Transpersonal Psychotherapy, RYT200 Yoga	530-563-8063	robinmcmahon@rocketmail.com	Relationship dynamics, life stage transition, depression, stress, anxiety, trauma	No, but I do provide affordable therapy on a sliding scale.
Colorado						

Boulder, CO	Donna Roe Danielle	LCSW	303-682-5220	donna@findbalanceinyourlife.com	certified IFS Therapist; Skype sessions for individuals and couples using IFS and Mindfulness and EFT/IFS for couples	
Denver, CO	Ronny De Carlo	LPC, MFTC	720-854-5959	ronny@recovery-360.com www.recovery-360.com	Drug, Alcohol, Addiction Individuals/Couples Recovery, Codependency, Adult Children of Alcoholics/Dysfunctional Families, Life Transition	No
Denver, CO	Laura Goldstein	L.C.S.W	303-250-3198	lbg1201@gmail.com Lauragoldsteintherapy.com	I have worked with couples for 18 years. IFS Level 1 Trained at Ackerman Institute for Family, NYC	No, Will create sliding scale if necessary
Englewood, CO	Sue Seiler	M.A., LPC, NCC	303-726-8261	sueseiler.lpc@gmail.com	Certified IFS Therapist IFS Level 1, 2 and 3 IFS with Couples - Basic and Advanced with Toni Herbine-Blank EMDR Approved Consultant and Certified Therapist Couples, Family, Step-family, Trauma, Family of Origin issues, Adult Children of Narcissistic Parenting	No
Connecticut						
Farmington, CT	Sandy Scantling	PsyD, MSN, Cert.ST	860-677-1910	askdrscantling@aol.com www.drssandy.com	AASECT Certified Sex Therapist and Diplomate, Level 1, 2, & 3 IFS training Ericksonian Hypnosis Sexuality, Intimacy, Couples Issues, Trauma, all areas of sexual distress (hypodesire, erectile difficulties, orgasmic/ejaculatory concerns, sexual pain, desire discrepancy in couples).	No
Middlebury, CT	Katherine Pomeroy	MA, MS, LMFT	203-577-6444	katherinepomeroy@att.net therapistlocator.net/member?642942	IFS levels 1-3, IFS certified, marriage and family, couples, PTSD	Yes
Rocky Hill, CT	Sue Richmond	LCSW	860-986-2791	srichmond902@sbcglobal.net www.suerichmondlcsww.com	Certified IFS Therapist & IFIO couples training. Anxiety and mood disorders, trauma recovery, substance abuse recovery, LGBT/Q community working with individuals, couples and groups.	limited
Southbury, CT	Tammy Rosenthal	LICSW, LCSW	203-206-6466	Tjr23msw1@yahoo.com	IFS LEVELS 1,2,3 Couples Children Learning difficulties, including spectrum disorders	Self pay
South Windsor, CT	Ron Straayer	MFT	860-519-6148	rstraayer@cox.net	IFS Levels 1 & 2 (IFIO). Couple, Family, and Individual Therapy with emphasis on restoring connection/intimacy.	No, but I do provide affordable therapy on a sliding scale
Stamford, CT	Elissa Stein	MA, LMFT, LPC	203-329-3759	stein.elissa@gmail.com Elissasteintherapy.com	Couples, Families, Trauma IFS, IFIO, EMDR	No
Watertown, CT	Susan Sidway	LMFT	203-525-2091	suesidway@earthlink.net www.sidwaycounseling.com	Certified IFS Therapist. Completed Level 1,2,3 Intimacy from the Inside Out Level 1 Gottman Level 1: Bridging the Couple Chasm	Yes
West Hartford, CT	Ingrid Helander	LMFT	860-206-4523	Ingridyhelander@gmail.com Ingridyhelanderlmft.com	My specialty is family, couples and individual therapy utilizing an Internal Family Systems perspective. I have completed levels one and two of IFS training. I especially enjoy working with anxiety, transitional life stages and communication issues.	Yes
West Hartford, CT	Elliott Strick	MA, LMFT	860-231-8459	Elliott@westhartfordtherapycenter.com westhartfordtherapycenter.com	Couples and individuals, GLBT, anger, grief, trauma, ACOA, men's issues. IFS Level 1, IFIO couples training.	In-network for BCBS and Medicaid.
Delaware						

Wilmington, DE	Sasikala Raman	MS, LPC, ACS	866-243-7125	sraman@hushmail.com www.smallwondercounseling.com	Parenting of teenagers. Young adults. Cross cultural relationships. Clinical Supervision for independent practice license.	Yes
District of Columbia						
Washington DC	Hetty Barnett	LICSW	888-960-8960	hetty@fourcornerswellbeing.com www.fourcornerswellbeing.com	IFS Levels 1 and 2, IFS Program Assistant, Certified IFS Therapist. IFIO Basic Individuals, Couples, Groups	No
Washington DC	Simona Murnick	MD	202-688-1588	simona.murnick.md@murnick.net	General as well as child and adolescent psychiatry.	No
Washington DC	Tish Miller	LCSW	202-452-7472	tishmiller2@gmail.com	Couples therapy. All 3 levels of IFS training. Served as a PA in 7 trainings - Level 1 & 2. 3 yrs of Gestalt training 2 yrs of Family Therapy Training with Marianne Walters. See my profile on Psychology Today for more details: Patricia Miller LCSW	No
Washington DC & Bethesda, MD	Keith Miller	LICSW, LCSW-C	202-629-1949	keith@keithmillercounseling.com www.keithmillercounseling.com	Resolving conflict, improving communication, anger, infidelity, sex therapy, anxiety, and depression, trauma history. Distance/phone sessions offered.	No
Florida						
Gainesville, FL	Lynne Rigney Barolet	Ph.D. LMFT NCC	352-377-7084		IFS Level 1, 2, & 3; Couples Level 1 & 2; Sensorimotor Psychotherapy, EMDR, Energy Psychology;	
Orlando, FL	Janet McCurdy	MEd, MS, LMHC	407-489-5526	janet@mccurdycounseling.com	IFS therapy with individuals and couples. Available for online sessions via Skype. Training in IFS Levels 1, 2, & 3, IFIO Basic and Advanced. PA for Level 1, Level 2 and IFIO trainings.	No
Tallahassee, FL	Nancy Wonder	PhD, Psychologist	850-222-7112	nmwonder@nancywonder.com	Available for remote sessions via SKYPE	No
Winter Park, FL	Tara Harvill	MA, LMHC, LMFT	407-719-2758	tara.harvill@gmail.com	IFS	No
Georgia						
Atlanta, GA	Nancy Hollmeyer	LCSW	770-995-9988	nancyhollmeyer@comcast.net	IFS Level 1 and 2, Couples Level 1, Certified Enneagram Coach	No
Illinois						
Chicago, IL	Gina Demos	BC.DMT- Board Certified Dance Movement Therapist	312-461-982		Certified IFS Practitioner	
Chicago, IL	Beth O'Neil	LCSW	773-230-7811		IFS Couples Level 1 training	
Chicago, IL	Anne Redmond	MS, LCPC	773-580-2940	anrdmd@aol.com	Certified Internal Family Systems Therapist	BCBS provider; accepts all other insurances for reimbursement
Chicago, IL	Melissa Sandfort	IFSCP - Internal Family Systems Certified Practitioner	847-804-3200	melissa@1000paths.com www.athousandpaths.com	IFS is my specialty. I have 2,000+ hours of IFS training. IFIO couples training: basic, advanced, and post-advanced.	No

Chicago & Evanston, IL	Gretchen King	LMFT	847-733-4300 x632	gking@family-institute.org	IFS Assistant Trainer; Specialize in trauma, women's issues, relationships and spirituality	BCBS ppo
Schaumburg, IL	Maureen McNichols	Ed.S, LCPC		Mcnicholsmaureen@gmail.com	IFS: Level 1; Level 1 and 2 Couples; Working with Firefighter Parts; Couples Couples with parenting issues Couples with Special needs parenting issues (ADHD, Autism, Anxiety)	
Skokie, IL	Susan L Mason	LCSW	847-604-0476	smason36@gmail.com	Certified IFS Therapist. IFS Couples Level 1; Access Consciousness	
Iowa						
Iowa City, IA	Anne Cremer	LISW	319-775-0174	anne@cremercounseling.com	Internal Family Systems Therapy with individuals and couples. Eye Movement Desensitization and Reprocessing (EMDR). Background in substance abuse treatment.	Yes
Iowa City, IA	Joanna Lawson	LMFT, EdS	319-354-6238	JoannaLawsonLMFT@gmail.com www.counselingclinicofiowa.com	Couples therapy. Have been specializing in Couples Therapy since the mid 90s.	yes for individuals, not for couples. I have a sliding scale for couples.
Maine						
Brooklin, ME	Mitchell Baum	MSW	207-669-2758	mitchellbaum@me.com	IFS Levels 1, 2, 3, IFS PA Adults, Couples, Trauma	No
Cumberland, ME	Jennifer Wiessner	LCSW	207-400-7808	jw@jenniferwiessnerhealthysexuality.com www.jenniferwiessnerhealthysexuality.com	AASECT certified Sex Therapist, couples therapy, individual IFS Level I, couples work with IFIO	Yes
Kennebunk, ME	Julie Allen	LCPC	207-468-0298	julieallenma@gmail.com	Individuals and Couples	Yes
Portland, ME	Alison Caswell	LCPC, CST	207-831-5396	acaswell@maine.rr.com www.alisoncaswell.com	IFS Levels 1 & 2 , IFIO basic couples training, AASECT Certified Sex Therapist, psycho-spiritual counseling for adult individuals, couples and groups.	Self-pay, out of network insurance
Portland, ME	Jeri Lynn Schroeder	LCPC	207-415-3733	jeris4765@gmail.com		
Warren, ME	Jonathan Purinton	LCPC	207-273-2779	j.purinton@gmail.com	Anxiety disorders and Depression	Yes
Maryland						
Baltimore, MD	Linda Hellmann	LCSW-C	410-828-8822	lhellma@gmail.com https://therapists.psychologytoday.com/rms/61781	Level 1, 2, 3 IFS training IFIO Basic & Advanced training EMDR level 1 & 2 Emotionally Focused Therapy for Couples - Certified	No
Bethesda, MD	Betsy Brach	MSN, PhD, APRN-PMH	301-767-9717	psychnp@betsybrach.com	IFS Level I and II IFIO basic training EMDR Mindfulness and meditation	No
Bethesda, MD & Washington, DC	Keith Miller	LICSW, LCSW-C	202-629-1949	keith@keithmillercounseling.com www.keithmillercounseling.com	Resolving conflict, improving communication, anger, infidelity, sex therapy, anxiety, and depression, trauma history. Distance/phone sessions offered.	No

Germantown, MD	Tish Miller	LCSW	202-452-7472	tishmiller27@gmail.com	Couples therapy. All 3 levels of IFS training. Served as a PA in 7 trainings - Level 1 & 2. 3 yrs of Gestalt training 2 yrs of Family Therapy Training with Marianne Walters. See my profile on Psychology Today for more details: Patricia Miller LCSW	No
La Plata, MD	Olimpia Etts	MSW, LCSW-C	917-576-7237	olimpia@adaptivetherapy.com adaptivetherapy.com	IFS Hypnotherapy Emotional Eating Issues	Yes
Potomac, MD	Deborah Ward	LCSW-C, Diplomate	301-299-4898	dkward313@gmail.com	Couples and Family therapy. I am a Certified Advanced Imago Couples Therapist, 20 years, IFS Advanced training	Yes
Rockville, MD	Gail Guttman	LCSW	301-984-0322	gail@gpathery.com www.gpathery.com	Couples and Sex Therapy	No
Silver Spring, MD	Hetty Barnett	LCSW-C	888-960-8960	hetty@fourcornerswellbeing.com www.fourcornerswellbeing.com	IFS Levels 1 and 2, IFS Program Assistant, Certified IFS Therapist. IFIO Basic Individuals, Couples, Groups	No
Massachusetts						
Amherst, MA	Daniel Berlin	PsyD	413-549-2773	dcb27@comcast.net	Individual and couple therapy with adults using IFS and IFIO.	Yes
Arlington, MA	Michele Bograd	PhD	781-643-5451	mbogradphd@gmail.com	Senior staff Intimacy from the Inside Out; IFS and couples intensive, consultant and teacher of IFS, work with couples and individual adults of all ages	indemnity insurance
Arlington, MA	Matthew Czaplinski	LICSW	617-718-7080	mzczaplinski@mindful-therapy.com www.mindful-therapy.com	IFS with individuals and couples: IFS levels 1, 2 and 3. Mindfulness, addictions, life transitions, parenting.	No
Arlington, MA	Lisa Davis	LMHC	781-819-0315	lisa.davis.lmhc@gmail.com	IFIO basic couples training. Adults, couples, and individuals	Yes
Arlington, MA	Joanna Poole	MA, LMHC	617-818-4604	joannapoole.therapy@gmail.com	Over the last 18 years, my work has included individual and couple therapy, group therapy, teaching, training, and supervision across multiple areas including addictions, trauma, major mental illness, grief and loss, infertility, and life transitions. More recently, I have focused extensively on training in the Internal Family Systems Model (IFS) and offer an IFS therapy approach for individuals and couples.	Yes, BCBS PPOs and OON
Arlington, MA	Kimberly Hackett	LMHC	617-475-0942	hackett.kimberly@gmail.com	I am level 1 IFS and have completed, Level 1 and 2 Couples. IFIO Advanced Couples training. I work with individuals and couples but my passion is working with families with adolescents who are struggling. Toni's model is a relational model that works well (with some adaptation) with families. I am also a parent coach.	No
Arlington, MA	Carin Roberge	MS, PsyD	781-646-6697	carinroberge@gmail.com	Adult Individuals and Couples Basic and advanced IFIO Couples trainings	Yes, Indemnity and out of network
Arlington, Brookline, & Wellesley, MA	Suzanne McCarthy	PsyD	508-612-3777	drsuzmccarthy@gmail.com www.newenglandcouplesandfamilies.com	IFS Couples and Advanced, EFT certified therapist and supervisor, EMDR 1 & 2, AEDP for Couples, couples and health, fertility, Trauma, hypnosis, CBT, mindfulness	No

Belmont, MA	Judi Zoldan	LICSW	617-484-5522	judiz@usa.net	Specialties: couples, gay/lesbian issues, depression, anxiety	Blue Cross Blue Shield; Tufts
Boston, MA	Chip Bradish	LMHC	617-524-6807	gjbradish@gmail.com www.centerground.org	Non-traditional couples with sexuality, parenting, and addiction concerns.	No
Brookline, MA	Linda Stubblefield	LICSW, ACSW, BCDCSW	617-232-9289	Lindastubb@gmail.com	I am a Certified IFS Therapist , levels 1, 2, and 3. I am a Family Systems therapist. EMDR Intimacy from the Inside Out, level 1 and level 2	Yes
Brookline, MA	Marcos Rosenbaum	LCSW	617-232-2015	emerre@aol.com	Trained on IFS Level I and II plus Couples' therapy Intimacy from the Inside Out.	No
Brookline, MA	Anne Waldoks	PhD	617-244-9004		Couples and Individual therapy with adults. I have been in practice for 30+ years, and did my doctoral dissertation on The Capacity for Intimacy. I love working with couples!	PPOs
Cambridge, MA	Jory Agate	MDiv, MA, IFS Certified	617-480-1666	joryagate@gmail.com	IFS, Couples, Families, Groups, Deaf	No
Cambridge and Newton, MA	Neil Gladstone	LICSW	617-877-0862	neilogladstone@gmail.com neilogladstone.com	IFIO Basic & Advanced Couples training. Couples and individual adults dealing with relationship issues, depression, anxiety, and addictions.	Yes
Cambridge, MA	Beverly Reifman	LICSW, BCD	617-354-4830		IFS level 1, Couples Training, IFS Certified Clinician; Specialties: couples, step-families	no; will provide paperwork for out-of-network coverage reimbursement
Cambridge and Lexington MA	Valery Rockwell	M.Ed., LMHC	617-763-4943		IFS trainings: Level 1, 2 and 3; Intimacy from the Inside Out level 1	out of network insurance
Cambridge, MA	Lawrence G. Rosenberg	Ph.D.	617-491-1085		IFS Trainings: Levels 1,2,3; Couples; IFS Certified; sexual identity and expression for individuals and couples;	Any insurance allowing out-of-network providers; Medicare
Cambridge, MA	Laurie Sokolsky	Psy.D.	617-441-0954	dr.lauriesokolsky@gmail.com therapists.psychologytoday.com/rms/107858	Relationship dynamics, communication, intimacy, skill building. IFIO Advanced, IFS, AEDP, relational therapy for all adult couples-including parent/child, siblings, friends.	Self-pay. Receipts for insurance reimbursement, non-HMO
Cambridge, MA	Connie Van Rheenen	LICSW	617-417-1805	CVR@Media.mit.edu	IFS levels 1, 2, & 3, and IFIO basic. Family Systems, Self Psychological, Relational, Cognitive Behavioral, Trauma, Mind and body, Narrative theories, and Hypnotherapy. I work with individuals and couples.	Yes
Cambridge, MA	Gary L. Whited	Ph.D., LMFT	617-354-6420	glwhited@comcast.net	FS Level 1 and 2, Level 1 Intimacy From the Inside Out; Grief and Shame Work, Individuals, Couples, Men's Work, Transgenerational family issues,	
Cambridge, MA	Suzan Wolpow	LMHC, LRC, Cert.IFS Therapist	617-441-0758	suzan@yourclearvoice.com www.yourclearvoice.com	IFS Level 1 and 2, IFIO Basic training, PA (training asst.) in Level One. Specialties in Communication, Postpartum Adjustment and Parenting and General Practice with Adults.	In network: BCBS, MBHP & Tufts. Out of network: all. Negotiated reduced fee is also arranged, as needed.
Cambridge, MA	Elizabeth Zoob	LICSW	617-354-6270 x55		Levels 1 and 2, Intimacy from the Inside Out	all BC/BS. including HMO's, Harvard Pilgrim, United Behavioral Health, Medicare, Great Western, Value Options, Aetna
Cape Cod, MA	Kathy Davis	PhD, LICSW	508-237-9940	kathy@doctorkathy.com	IFS LEVEL I, IFSLEVEL II, COUPLES L1 TRAINING, CERTIFIED IN EMDR	PPO
Chestnut Hill, MA	Robin Warsh	LICSW	617-549-5934	warsh@bc.edu	IFS with individual adults and couples	No
Edgartown, MA	Kate Lingren	LICSW	508-693-8906	klingren@me.com	IFIO with individuals & couples. Assistant Trainer for the IFIO trainings. IFS Levels I, II, III, Couples.	BCBSMA

Concord, MA	Tom Dorrance	LICSW	978-369-6737	tom-dorrance@alumnae.smith.edu www.goodtherapy.org/Tom-Dorrance-therapist.php	Couple and marital therapy, particularly after an affair.	Some insurance
Concord, MA	David Keevil	PsyD	508-314-4570	dkeevilpsyd@gmail.com www.psychologytoday.com/us/therapists/david-keevil-concord-ma/321757	IFIO Basic training; IFS levels 1 & 2. 15+ years experience working with couples with ADHD and related challenges.	No
Fairhaven, MA	Elizabeth L. Bennett	Ed.D.	508-994-9574	lizbennett@verizon.net	IFS therapy for adult individuals and couples with specialties in trauma and attachment-related issues.	Yes
Framingham, MA	Ann Drouilhet	LICSW, LMFT	508-877-3660 x2	adrouilhet@gmail.com www.familydevelopmentassociates.com	Certified IFS therapist specializing in couples therapy. Advanced training in Chemical Dependency, Trauma, ADHD.	Yes
Framingham, MA	Barbara Levine	LICSW,BCD,CIFST	508-879-0222	barblevine@gmail.com	IFS Levels I & II, (Certified IFS Therapist). Multiple IFS Workshops. Speciality: young children and their parents.	Yes
Gloucester, MA	Rebecca Koch	MA, LMHC	979-281-6862	rebecca@rkochlmhc.com	Trauma, anxiety/depression, chronic illness, relationships. IFS Certified (multiple levels/trainings/2005), EMDR, Somatic Therapies	Yes
Great Barrington, MA	Ephrat David	LMHC, MFT	413-212-9192	edavid212@gmail.com	Individual/couples, children. Seasoned IFS therapist. Done many couple therapy courses Also specialises in treatment of couples where one or both have learning disorders including Aspergers Syndrome.	Yes
Hingham, MA	Jill Stanzler-Katz	MSW, LICSW	781-733-8210	jillstanzlerkatzlicsw@gmail.com	IFIO Basic training, Level 1, 2, & 3 of IFS training. I work with individuals and couples, ages 16 and up.	Yes, Self Pay--sliding scale
Jamaica Plain, MA	Ruth Cope	MA, MSW, PHD	617-817-6280	ruthsara@comcast.net	Supporting the lay caregiver. I am an oncology social worker, have been clinical director of a 6-year federally-funded research project at MSKCC and New York Presbyterian Hospital. Co-creataed a program to support the family caregiver at Dana-Farber Cancer Center, Boston. Interpersonal Neurobiology with Bonnie Badenoch, a year course in Falmouth, Maine. Neuroscience study group as IFS Salon. Level I, II, III of IFS.	Yes
Jamaica Plain, MA	Tyler Hunt	LICSW	339-793-3263	tylerhuntlicsw@gmail.com	Individuals, couples, families Trained in IFS and Sensorimotor psychotherapy	Yes
Lexington, MA	Barbara Caust	PhD	781-861-9722		IFS Level 1 & 2, IFIO Basic Couples Training	Yes
Lincoln, MA	Carol DiGianni	LMFT, LMHC	781-862-3426	cdigianni@gmail.com	A trainer for 3 years in IFS Level 1 , in practice for 35 years, couples, families, and individuals. Family Systems, Imago, EMDR and IFS.	No
Middleton, MA	Donna DeLone	LICSW	978-777-3674	donnadelone@gmail.com	AASECT Certified Sex Therapist with specialties in issues of low desire, addiction, trauma and gender identity. IFS Levels I and II EMDR	BCBS and Tuft's PPO's and plans with out of network benefits.
Needham MA	Rina L. Dubin	Ed. D. Licensed Psychologist	781-449-0099		individuals, couples, trauma, consultation; IFS Level 1, 2, 3, and couples	Blue Shield, out of network and self pay
Newburyport, MA	Joan Atkinson	LICSW, DCSW	978-465-5516		IFS Level 1 & 2; IFS Couples Training; Certified IFS Therapist; Attachment difficulties; Individuals & Couples	
Newburyport, MA	Pamela Lee	LMHC	978-390-5800	Seastarllc@comcast.net	IFS 1 & 2, PA Legacy Unburdening EMDR	Yes

Newburyport, MA	Tammy Rosenthal	LICSW, LCSW	203-206-6466	Tjr23msw1@yahoo.com	IFS LEVELS 1,2,3 Couples Children Learning difficulties, including spectrum disorders	Self pay
Newton Center, MA	Marushka Glissen	M.ED, LICSW	617-852-5823	Marushkasmile@hotmail.com	COUPLES, INDIVIDUALS, and HYPNOTHERAPY I AM AN ASSISTANT TRAINER FOR CSL and have assisted Toni in 2 trainings; one in Santa Cruz the other in NYC.	Yes, Blue Cross of New England
Newton Highlands, MA	Ioana Popa	MD	617-455-7192	drioanapopa@gmail.com	IFS certified therapist, psychiatrist, couples, individuals, spirituality, vocation, parenting, life transitions, anxiety, grief, end-of-life.	No
Newton Highlands, MA	Elisabeth (Ellis) Waingrow	MSW, LICSW	617-244-8132	elliswaingrow@verizon.net	Have taken Level 1 IFS, Level 1 Couples and will take Level 2 Couples in Boston in the Fall. Have taken many years of various family therapy and trauma training. Specialize in couples therapy, individual adult and adolescent therapy, and family therapy.	Yes, BCBS only
Newtonville, MA	Sylvia Hammerman	Ed.D.	617-964-0043	sylvia.hammerman@gmail.com www.hammerman.net	IFS Level 1 & 2 and IFIO basic. 30 years as a family and couples therapist with the following specialties: trauma, relationship/attachment issues, life transitions/loss and grief, transpersonal/spiritual issues, Holocaust survivor families.	Indemnity plans only
North Andover, MA	Peg Hurley Dawson	LMHC	978-852-2501	peghurleydawson@icloud.com	IFS level 1,2,Couples 1 and 2, Certification in IFS and EMDR	Yes
Norwood, MA	Patricia R. Rogers	LICSW, PC	781-769-6834 x17			
Sudbury, MA	Gail Hardenbergh	LICSW	978-443-0262	ggh@sudburycounseling.com	Couples, trauma, addictions. IFS trained through Level 3. Assisted at trainings including IFIO	No
Orleans, MA	Cindy Rosenbaum	LICSW	508-240-3445		Couples; Trauma; Chronic and life threatening illnesses; Substance abuse; EMDR; Sensorimotor	some insurance accepted
Peabody and Watertown, MA	Sally Plone	MA, LMHC	617-593-7344	sjplone@me.com www.sjplone.com	Utilizing IFS (Levels 1, 2 & 3) training, along with IFIO training to work with couples toward healing wounds and deepening their relationship.	Yes, BCBS & Tufts only
Wakefield, MA	Gary Simoneau	LICSW	781-224-9884		IFS certified; adolescents, couples and adults in a generalist practice	
Watertown, MA	Liz Brenner	LICSW	617-924-9255	liz@therapytrainingboston.com www.therapytrainingboston.com	I specialize in working with relational issues with individuals, couples and families. IFS Level 1 & 2, LifeForce Yoga, and EMDR training.	Out of network
Watertown, MA	Andrew M. Prokopis	PsyD	707-292-1910	andrewprokopis@hotmail.com andrewprokopis.com	Specialty in working with individuals and couples with various issues. More on website.	Yes
Watertown, MA	Jean Charette	LMHC	617-721-1617	jeancharettelmhc@gmail.com	Trauma informed treatment for individuals and couples. IFS Level 1 & 2, IFIO basic	Yes, BC/BS
Watertown, MA	Sarah B. Stewart	PsyD, PLLC	617-876-6735	sarahbstewart@yahoo.com drsarahbstewart.com	IFS and IFIO trained. Assistant trainer for IFIO couples trainings.	Provide receipts to be used for insurance reimbursement
Wayland, MA	Dena Ray	PhD	508-655-8683	DrDenaRay@gmail.com	IFS level 1 and 2. Intimacy from the InsideOut Advanced training.	Medicare, Blue Cross Blue Shield
Wayland, MA	Fran Davis	PhD	617-492-9224	fran@drfrandavis.com www.DrFranDavis.com	IFIO basic and advanced trainings. EFT couples training.	No
Wayland, MA	John Peters	LICSW	617-842-7751	JOHNPETERS.LICSW@comcast.net	L1 '10, L2 '11; Couples '13; Couples 1.5 '14; IFS Certified. Individuals, couples, families, Adults and adolescents (15-20) Relationship issues, Anxiety, trauma, PTSD, Depression, Grief and loss, Chronic illness, Parenting	No

West Newton, MA	Leah F. Sherman	LICSW	617-527-2599	lsherman217@gmail.com	Work with individuals, couples, and adult children and parents; IFS trained; Focus on life transitions, grief and loss, parenting issues, work/life balance; directed psychosocial services of area hospices.	Yes
Weston, MA	Lauren Jacobs Komack	MSW, LICSW	508-655-4763	lauren@komack.com	IFS trained	indemnity insurance
Woburn, MA	Robert Fox	LMHC, LADCI, CEAP, QSAP	781-933-0200	robertfox@jobstressolutions.com www.jobstressolutions.com	IFS Certified and IFS Level 1,2, and 3 trained. Certified EMDR Therapist Specialties: Job stress and any work-related mental health issues, ADHD, OCD, addictions.	Insurance: All Blue Cross/Blue Shield Plans, Anthem, all Tufts Plans, self-pay with sliding scale
Michigan						
Grand Blanc, MI	Yvonne Makidon	Ph.D., LMSW, LMFT, CST, CAADC	810-659-7242	yomakidon@gmail.com www.grandblanctherapy.com	Relational Therapist, with IFS training. Trauma Specialist	Yes
Troy, MI	James Wratkowski	LMSW	248-244-8644		Individuals, Couples, Families	Blue Cross, Blue Care Network, Cigna, Aetna, HAP
New Hampshire						
Keene, NH	Yvette Yeager	M.S.W., LICSW	603-352-1155		IFS Level 1 & 2, Couples; Loss issues	Yes
Nashua, NH	Kim Bolling	PsyD	603-554-5989	kimb@rkkcentral.com www.counselingcenter.com/kbolling.html	I specialize in working with trauma and couples.	Yes
New Jersey						
Middlesex, NJ	Marie Gonzalez	LCSW	732-469-6463	mariegonzalezlcsw@gmail.com www.gonzaleztherapy.com	IFS Level 1,2 & 3 and IFIO Couples training. Anxiety, Depression & PTSD treatment. Adults, Individuals and Couples.	Aetna and Out of Network billing
Montclair, NJ	Gregory D. Carson	LCSW	917-796-2760	gregorycarson.csw@verizon.net	IFS, EMDR, Somatic Experiencing, Coherence therapy. Couples, individuals, groups.	No
Skillman, NJ	Jean Robinson	LPC	609-688-8300	Jeanrobinson@volitionwellness.com	IFS levels 1 & 2 Couples, Individual (adolescent & adults) and family therapy www.volitionwellness.com	Out of network provider-we file on your behalf
New York						
Buffalo, NY	Elizabeth Galanti	MA, MBA, LMHC	716-471-6060	elizabeth@elizabethgalanti.com www.elizabethgalanti.com	IFS Certified Therapist & IFIO Basic couples training	No
Buffalo, NY	LaReine F. Hungerford	LCSW-R	716-881-2296		IFS: Kripalu, Level 1, Level 2, Intimacy From the Inside Out: Level 1, Level 2; EFT basic training seminar; Crucible Approach training seminars.	Yes
Mamaroneck, NY	Roberta Sanjour	LCSW, LMFT	914-777-0500	rsanjour@gmail.com	IFS EMDR COUPLES & FAMILIES	Yes
Monsey, NY	Mirel Orlofsky	LMSW	845-323-8008	o.mirel@yahoo.com	Couples in crisis as well as adults for anxiety, depression, trauma, grief	Yes
New York, NY	Laura D'Angelo	M.Div Licensed Psychoanalyst	212-402-5454	ldangelo@optonline.net www.lauradangelotherapy.com	IFS, psychodynamic, relational roadblocks, spiritual development, anger management, trauma, adults, self-psychology, couples and groups.	Out-of-network provider
New York, NY	Barbara Bennett	LMFT	646-389-8020	Barbara@barbarabennettlmft.com www.barbarabennettlmft.com	IFS levels 1, 2, & 3. Couples and divorce recovery groups. Individuals and families.	No

New York, NY	Gregory D. Carson	LCSW	917-796-2760	gregorycarson.csw@verizon.net	IFS, EMDR, Somatic Experiencing, Coherence therapy. Couples, individuals, groups.	No
Ossining and White Plains, NY	Roberta Rachel Omin	LCSW	914-941-8179	goodomin@necessarychoices.com www.necessarychoices.com	Level 1 Couples Training Level 1 and 2 IFS, Gestalt certified. Couples, individuals, and multi-generational issues.	out of network coverage and medicare
White Plains, NY	Kathleen Clark Moses	LCSW-R, ACSW	914-949-5156	bashert5@gmail.com	Work with older adolescents, adults and couples. Trained through Level 3 in EMDR Trained through Level 3 in IFS	Insurance coverage for those with out of network coverage
North Carolina						
Asheville, NC	Jey Hiott	PhD Licensed Psychologist	828-768-5459		IFS Couples L1; IFS L1 and 2; Enneagram; EMDR and DBT	Yes
Cary, NC	Victoria Grantham	MSW, LCSW	704-829-2005	vgranthamsw@gmail.com http://catawbacounseling.com/	Trauma specialty using: EMDR, IFS Level 1 & 2. Intimacy from the Inside Out - Basic and Advanced Couples Training	Yes
Charlotte, NC	Elizabeth Gell	NCMFT, NCLPC	704-200-9282	libbygell@gmail.com www.libbygell.com	individual and couples therapy	Yes
Ohio						
Columbus, OH	Mark Londeree	LPCC, NCC, MBA	614-654-1083	mark.journey.counseling@gmail.com	Serving the emotional needs of individuals, couples, and families; adolescent to adult.	No. Sliding scale available
Oklahoma						
Oklahoma City, OK	David Croninger	D. Min., LMFT, LADC, CSAT	405-226-8509	drdcron@gmail.com davidcroninger.com	IFS Practitioner, Marriage and Family, Couples, Addiction, and Trauma.	Yes
Pennsylvania						
Narberth, PA	Carl Marcus	MSS, LCSW	610-667-5247	carlmarcus@comcast.net http://tinyurl.com/bupfcn9	Trauma, anxiety, depression; mindfulness and spirituality. Have taken trainings: IFS (Levels 1,2,3); Sensorimotor Psychotherapy; Hakomi Body Psychotherapy.	No
Philadelphia, PA	Patricia Rich	LCSW, CST	215-760-3519	prich@relatingwellcenter.com www.relatingwellcenter.com	Sex Therapy and Relationship Therapy Heterosexual and LGBTQ welcome Individual Therapy IFS Level One, Intimacy from the Inside Out, multiple workshops and seminars AASECT Certified Sex Therapist and Supervisor	Some
Rhode Island						
Rumford, RI	Cara Quinn	LMFT	401-440-6443	cquinn@cordiscounseling.com www.cordiscounseling.com	Couples counseling, certified in Emotionally Focused Therapy (EFT)	No
South Carolina						
Mount Pleasant, SC	Beth Keyserling	LMFT, LPC	843-810-8647	Bethkeyserling@gmail.com www.transitionscounseling.org	Marriage & Family therapy, IFS levels 1&2, IFS Couples training.	Some insurances
Tennessee						

Murfreesboro, TN	Karen Potratz	LCSW	615-513-7863	Karen@insightcenters.org insightcounselingcenters.org	IFS Level 1 & 2, and many other IFS trainings and workshops. Individuals, couples, and families. Spiritually-informed care.	Yes
Texas						
Austin, TX	Wayne Baker	MA, LPC	512-346-9299		IFS Levels 1 and 2, EMDR, Trauma, Couples	No insurance, but will provide codes for clients to file out-of-network
Austin, TX	Sallie Ingle	MA LPC-S	512-576-1604	sallie@lakewaycounselingcenter.com	Sallie is an IFS therapist working with individuals, families and couples.	Out of Network Provider
Austin, TX	Deena Graham	LMFT-A	512-653-9591	deenagrahamtherapy@gmail.com ipnbaustin.com	I specialize in using IFS and IFIO with couples and individuals.	No
Austin, TX	Melissa Greenwell	LPC	512-633-0829	melissa@greenwellcounseling.com greenwellcounseling.com	IFS with individuals, IFIO with couples, for relationship improvement, trauma, motivation, and personal growth.	No
Austin, TX	Trish Hart	LPC	512-796-5706	trish@trishhartcounseling.com www.trishhartcounseling.com	IFIO Basic Couples training. I work with couples and individuals. Primary model is IFS/IFIO. Also trained in Gottman Couples.	No
Austin, TX	Morgan Osmani	MA, LPC, LMFT-Associate, RYT	512-771-4455	morgan.osmani@gmail.com	Internal Family Systems Therapy, Body Oriented Psychotherapy, Yoga Therapy, Trauma Recovery, Individual, Couples and Groups	No. *Receipts can be provided for those wanting to submit for reimbursement to their insurance company.
Austin, TX	John C. Palmer	MSSW	512-413-9219	jpalmcsw@gmail.com	FS Level 1, IFS Couples Levels 1 & 2 Individual, couples, and family therapy AEDP Level 2 Practitioner	
Austin, TX	Mary Vance	PhD	512-585-7317	vance.mmv@gmail.com	Adults and couples IFS (Levels 1-3) and IFIO trained EMDR, Mindfulness-based psychotherapy, certified in hypnosis	BlueCross BlueShield PPO
Forth Worth, TX	Mary Hooper	LMFT	817-348-8222	Maryjanehooper@aol.com Maryjanehooper.com	I specialize in couple relationships and individual self understanding.	No
Vermont						
Brattleboro, VT	Joyce Sullivan	MA LADC	802-257-1660	joyce2007@myfairpoint.net	Working with families, couples and individuals. I am dual licensed in mental health and addiction.	Yes
Londonderry, VT	Lee Shepard	MBA	802-824-0001	Lee@HLShepard.com	IFS Levels 1,2,3 & IFIO Basic Couples Training Individuals, Couples, Families - Coaching for Addictions, Trama, Life Changes	No
Virginia						
Arlington, VA	Elaina Taylor	LCSW	703-241-2888	elainataylorlcsww@cox.net www.elainataylor.com	Combining IFS and Emotionally Focused Therapy	No
Arlington, VA	Janet Wilson	Ph.D., ABPP	703-521-1127	jwilson.617@gmail.com	Individual and couple adult psychotherapy: anxiety, depression, trauma recovery, loss, communication, performance, family concerns	Accepting a small number of insurance plans

Arlington and Falls Church, VA	Kevin Ogle	D.Min., AAPC Fellow	703-903-9696 x239	docrevklo@gmail.com www.pastoralcounseling.com	Relationship Therapy for singles and couples. Imago Relationship Therapist Advanced Clinician Encounter Center Couples Therapy Master Class Participant Level 1 & 2 IFS Training IFIO Basic Training	Out of network coverage will sometimes work. CPC has a sliding fee scale; therapy is pay-as-you-go, and can sometimes be reimbursed at the out-of-network rate by client submission of claims.
Fairfax, VA	Martha Fischer	MS, Resident in Marriage & Family Therapy	703-896-7557	mfischer@jssa.org	I work with individuals, Couples and Families. Training in Emotionally Focused Therapy and IFS. EFT Externship. Completed Level 1 & 2 IFS training as well as IFIO Basic Couples Training.	Yes, BC/BS and United Health Care
Fairfax, VA	Kirsten Lundeberg	LPC, LMFT	703-599-1478	Kirsten_Lundeberg@yahoo.com www.kirstenlundeberg.com	Certified IFS therapist, completed Levels 1, 2, & 3 IFS training. I work with adolescents, adults, couples and families using the IFS model.	No
Falls Church, VA	Angela Huebner	PhD, LMFT	703-328-4931	Ahuebner@vt.edu	IFS certified therapist Emotionally Focused Couple Therapy EMDR	No
Falls Church & Reston, VA	Martha Fischer	LMFT	703-867-8135	marthafischertherapy@gmail.com marthafischertherapy.com	Certified IFS therapist, Advanced training in IFIO, Couples & Relationship Therapy	Out of Network Coverage
Gainesville, VA	Frances Bell	MS LMFT CTT	703-338-5050		Couples and Relationship Therapy Trauma Treatment of Post Traumatic Stress Disorder Licensed Marriage and Family Therapist Certified Trauma Therapist Level one and two Internal Family Systems Therapy Internal Family Systems Couples Therapy basic	Yes. Take BCBS, BCBS Fed, Tricare Prime, Tricare Standard, Health Savings Plans. Provide receipts and assistance to clients without insurance.
Washington						
Pasco, WA	Meri Lee Tippett	M Ed in Counseling	509-539-1075	mtippett@creekstonefamilyservices.com	IFS Certified Practitioner; IFS Levels 1, 2, 3 and Intimacy From the Inside Out Levels 1 and 2; Couple, Individual, Adolescent and Family Therapy	Acceptz Insurance and Private Pay
Pasco, WA	Susan Arneson	B.A. Speech Communications, MA Psychology	509-438-7722		IFS Level 1, 2 and 3 Intimacy from the Inside Out L1 and 2	Most insurances
Seattle, WA	Katie Gurwell	MA Applied Behavioral Science, LMHC	206-276-6534	kgurwell@yahoo.com	IFS level 1, program asst for level 1, Intimacy from the Inside Out level 1	in-network with Group Health, can provide insurance-ready statement for out-of-network reimbursement.
Wisconsin						
Milwaukee, WI	Susan Dellutri	LCSW, LMFT, CSAC	414-278-7980 x114	SusanDellutri@TherapiesEast.com www.TherapiesEast.com	Internal Family Systems, Marriage and Family Therapies. Intimacy from the Inside Out L1	most major insurance companies accepted
CANADA						

Ottawa, ON	Carolann M Trainor	MAPC, CCC	613-371-7472	ctraino@sympatico.ca www.cmtpsychotherapist.com	<p>I work with individuals and couples with a trauma history, addictions, anxiety/depression, communication.</p> <p>I have been taking Somatic, Body, Mind and Beyond with Susan McConnell and Beth O'Neil.</p> <p>I have completed IFS Levels 1 - 3 & working on my certification</p> <p>Many trauma workshops.</p>	Yes
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