

CLINICIANS WITH FIRST RESPONDER EXPERIENCE

Practitioner	Specialty	ComPsych	Canopy	Moda	Kaiser	Availability
Aaron Good, LPC Oregon aaron@trailheadcounseling.net 503-997-1886	CBT, DBT, Brainspotting, Trauma/PTSD, Anxiety, Depression, Life Transitions, Career, Stress, Relationships. Adult individuals and couples. Telehealth only.					Limited for first responders only
Andrea, Redeau, LPC Oregon andrea@uycounseling.org 971-266-4102	CBT, DBT, Anxiety, Depression, Substance Use, Relationships, BIPOC. Adult individuals only. Telehealth only.		YES	YES		Has availability
Andy Barram, PsyD, Psychologist 25 NW Park Place, Bend OR 97701 drbarram@hotmail.com 541-388-3591	CBT, Trauma/PTSD, Anger, Anxiety. Individual 15+ only. In person and telehealth.		YES			Has availability
Angela Giacalone, LSWAIC 905 NE 68th Street, Suite 3B, Vanouver , WA 98665 Info@angelagiacalonetherapy.com 360-209-2169	CBT, DBT, EMDR, Trauma/PTSD, Substance Use. Individuals 13+. In person and telehealth.					Limited availability
Avvy Mar, PhD, Psychologist 3434 SW Kelly Ave, Portland , OR 97239 Avvymar@gmail.com 503-313-7743	EMDR, Trauma/PTSD, Anxiety, Depression, Relationship. Adult individuals only. In person and telehealth.			YES		Has availability
Ashford Weston, LPC, LMHC 333 NE Russell St, Portland , OR 97212 ashford@weston-counseling.com 503-430-4867	CBT, DBT, Trauma, Depression, Anxiety, Relationships, Substance Use, BIPOC. Adults, Youth, Families and Couples. In person and telehealth.			YES	YES	Has availability
Bekah Stine, LPC 9900 SW Greenburg Rd., Tigard , OR 97223 bekahstines@heartafirecounselingservices.com 503-495-5111	EMDR, Trauma/PTSD, compassion fatigue, burnout, addiction recovery. Support Group for First Responder Spouses. Adult individuals only. In person and telehealth.		YES	YES	YES	Limited for first responders only

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CLINICIANS WITH FIRST RESPONDER EXPERIENCE

Practitioner	Specialty	CompPsych	Canopy	Moda	Kaiser	Availability
Ben Stimmel, LMFT 1101 Broadway, Ste. 230, Vancouver, WA 98660 bstimmel@thrivepsych.com 360-719-2852	EMDR, CBT, DBT, Trauma/PTSD, Anxiety, Depression, Grief/loss, Relationships. Adults, couples and families. In person and telehealth for OR and WA.			YES	YES	Has availability
Bill King, MA, LPC 3485 NW Thurman Street, Portland, OR 97210 wjking88@gmail.com 503-236-8882	Trauma/PTSD, former firefighter. Adult individuals only. In person only.		YES			Limited for first responders only
Bruce Makowski, LMFT 117 NE 3rd Avenue, Canby, OR 97013 bmakowski@canbycounseling.com 503.266.1951	CBT, DBT, Trauma/PTSD, Anxiety, Depression, Substance Use, Relationships. Adults, couples and youth. In person only.		YES			Limited for first responders only
Camille Holland, LMHC, LPC Associate Washington/Oregon camille@counselingsolutionsnw.com 503-468-9464	CBT, DBT, Trauma/PTSD, Anxiety, Depression. Adult individuals only. Telehealth only. PRIVATE PAY RATE FOR FIRST RESPONDERS \$50 PER SESSION					Has availability
Carolyn Powell, LPC Associate 7000 SW Hampton St., Ste 120, Tigard, OR 97223 carolynpowellcounseling@gmail.com 971-264-0660	EMDR, Trauma/PTSD, Anxiety, Depression, Relationship. Adult individuals and couples. In person and telehealth.		YES			Has Availability
Cathy Cupp, LPC 4900 SW Griffith Dr., Suite 235, Beaverton, OR 97005 cuppcounseling@msn.com 541-377-9011	EMDR, Trauma/PTSD, Depression, Abuse. Individuals 13+. In person only.	YES	YES	YES		Has availability - identify self as first responder
Chantell Dockter, LPC 13405 SW Hall Blvd, Tualatin, OR 97062 5700 SW Dosch Rd, Portland, OR 97239 ck.dockter@yahoo.com 503-766-5953	CBT, Trauma/PTSD, Anxiety, Depression, Relationships. Adults, Couples, Families, Youth 13+. In person and telehealth.			YES		Limited for first responders only

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Chelsea Sathoff, LCSW 12725 SW Millikan Way, Ste 300, Beaverton , 97705 Chelsea@firstresponderpsychology.com 971-727-5769	CBT, ACT, Trauma/PTSD, Anxiety, Depression, Relationship. Adult individuals only. In person and telehealth for OR and WA.		YES	YES	YES	Has availability
Chloe Lee-Zorn, PsyD Oregon 971-865-3044	Sees spouses/partners of firefighters only. Anxiety, Depression, Trauma, Grief. Telehealth only.			YES		Has availability
Chris Hoover, LPC 12725 SW Millikan Way, Ste 300, Beaverton , 97705 chris@firstresponderpsychology.com 971-727-5769	EMDR, Trauma/PTSD, Stress, Substance Use. Adult individuals only. In person and telehealth.		YES	YES	YES	Has availability
Craig Deardorff, LCSW 12725 SW Millikan Way, Ste 300, Beaverton , 97705 craig@firstresponderpsychology.com 971-727-4197	CBT, EMDR, Trauma/PTSD, Anxiety, Depression. Adult individuals only. In person and telehealth.		YES	YES	YES	Limited for first responders only
Cyti Psychological Oregon/Washington https://cyticlinics.com 866-478-3978	Online telehealth for Individuals, Couples, and Youth. CBT, DBT, EMDR, Trauma/PTSD, Anxiety, Depression, Relationships, Substance Use. Schedule online.			YES	YES	Has availability
Danielle Lingwall, LPC 12511 SW 68th Avenue, Ste 100, Portland , OR 97223 dlingwall.lpc@gmail.com 503-597-8117	EMDR, Trauma/PTSD, Anxiety, Depression, Relationships. Adults, couples and youth. In person and telehealth		YES	YES	YES	Has availability
Darcy Lyon, LMFT 700 NE Multnomah, Ste 275, Portland , OR 97232 lyond@whwpdx.com 503-729-1380	DBT, Trauma/PTSD, Anxiety, Depression, Relationship. Adults and Couples. In person only.			YES	YES	Has availability

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Debbie Leas, LMFT, CADCI, SAP 15100 Boones Ferry Rd, Ste 800D, Lake Oswego, OR 97035 dlepas411@gmail.com 503-826-4949	Drug and alcohol assessment, counseling and referral. Adult individuals only. Telehealth only.	YES	YES	YES		Has availability - identify self as first responder
Dianna Bowlen, LCSW Oregon aseason4change@outlook.com 503-997-7734	CBT, DBT, EMDR, Trauma/PTSD, Depression, Relationships, Substance Use. Adults, couples and families. Telehealth only.		YES	YES	YES	Has availability - identify self as first responder
Drew Prochniak, MA, LPC, LMHC 2119 NE Halsey St., Portland, PO 97232 dprochniak@hushmail.com 503-308- 9408	EMDR, Trauma/PTSD, Substance Use, Anxiety/Depression, Mindfulness. Adult individuals only. In person and telehealth.	YES	YES	YES	YES	Limited for first responders only
Erica London, LMFT 5115 NE 94th Ave., Ste. D, Vancouver, WA 98662 erica@compasswholehealth.com 360-558-7730	Stress, Family conflict, Relationships. Adults, families and couples. In person and telehealth.	YES	YES	YES	YES	Has availability
Fayanna Johnson, LCSW 8383 NE Sandy Blvd., Ste 440, Portland, OR 97220 fayanna@anchorwithincounseling.com 971-373-4041	CBT, DBT, Anxiety, Depression, Trauma, Relationships, BIPOC. Adults, families, couples and youth. In person and telehealth.			YES	YES	Has availability
Garen Weitman, PsyD, Psychologist 19995 SW Stafford Rd., Suite F. West Linn, OR 97068 garen@drweitman.com 503-684- 1483	EMDR, Trauma/PTSD, ADHD, Anxiety, Depression. Adult individuals only. In person and telehealth.		YES	YES	YES	Has availability
Hannah Fleckenstein, LPC Associate 9900 SW Greenburg Rd., Tigard, OR 97223 hannah@heartfirecounselingservices.com 503-308-8016	EMDR, CBT, Trauma/PTSD, Anxiety, Grief. Adults and youth. In person and telehealth.		YES		YES	Has availability

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Heather Ruddell, MA, LPC, LMFT 355 Miller St., SE, Salem, OR 97302 heather@heatherruddellcounseling.com 503-610-6810	EMDR, Trauma/PTSD, Anger, Anxiety, Depression, Relationship. Individuals 15+ and couples. In person or telehealth		YES			Has availability
Heather Spicer, LCSW 5695 Hood St., West Linn, OR 97068 heather.spicer@hotmail.com 503-758-6146	CBT, Trauma/PTSD, Anxiety, Depression, Family conflict, Substance Use. Individuals 13+ , families and couples. In person and telehealth.		YES			Limited for first responders only
Heidi Brockman-Astrue, LPC, LMHC Oregon/Washington therapy@astrue.com 503-220-0520	Trauma/PTSD, Anxiety, Depression, Relationships, Substance Use. Adult individuals only. Telehealth only.			YES		Has availability - identify self as first responder
Jen Letourneau, LPC Oregon jenletourneaulpc@gmail.com 971.246.7626	CBT, DBT, Trauma/PTSD, Anxiety, Depression, Substance Use. Adult individuals only. Telehealth only.		YES	YES		Has availability - identify self as first responder
Jennifer Barber, LICSW 951 Officers Row, Vancouver, WA 98661 Jennifer@Vancouverwacounseling.com 360-524-2045	CBT, Trauma/PTSD, Anxiety, Depression, Relationship. Adults and couples. In person and telehealth. Private Pay - can submit superbill.					Has availability - identify self as first responder
Jennifer Helms, LPC 502 North 1st St., Silverton, OR 97381 Jenniferanncounseling@gmail.com 503-994-9430	EMDR, CBT, DBT, Trauma/PTSD, Anxiety, Depression, Divorce, Relationship. Adults, couples, families and youth. In person and telehealth			YES	YES	Has Availability
Jenny Graham, LPC Eugene, OR jennygraham@therapyemail.com 541-517-5177	EMDR, CBT, DBT, Trauma/PTSD, Anxiety, Depression, Grief, Relationship. Adults and couples. In person and telehealth.					Has availability

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Johanna Borkan, LCSW Oregon jo@innerpathcounseling.com (503) 442-1778	CBT, Trauma/PTSD, Anxiety, Depression, Mindfulness. Adult individuals only. Telehealth only.		YES			Has availability.
John Mollahan, LMHC 905 NE 68th St., Suite B, Vancouver , WA 98665 jmollahan@aol.com 360-633-3249	CBT, Trauma/PTSD, Anxiety, Depression, Relationships. Adults, Couples, Families, Youth. In person and telehealth.		YES			Has availability - identify self as first responder
John Wolf, LCSW 2306 NE Glisan St., Ste. 200, Portland , OR 97232 horizoncounselingservices@yahoo.com 503-702-9259	Anxiety, Depression, Grief/loss, Relationship. Adults, Families, Couples and Youth. In person only.		YES	YES	YES	Limited for first responders only
Joy Oelfke, LPC Oregon oelfkej@whwpdx.com 503-729-1380	CBT, DBT, EMDR, PTSD/Trauma, Anxiety, Depression, Insomnia. Adult individuals only. Telehealth only			YES	YES	Has availability
Julie Collinson, MA, NCC, LPC Oregon julie@collinsoncounseling.com 503-896-9505	CBT, DBT, Trauma/PTSD, Substance Use, Anxiety, Relationship. Adults and couples. Telehealth only.		YES			Limited for first responders only
Julie Glasser, LPC Oregon 503-752-1893	CBT, DBT, Trauma/PTSD. Adult individuals only. Telehealth only.		YES	YES		Has availability
Justin Farrell, LCSW 1498 SE Tech Center Pl. Ste. 300, Vancouver , WA justin@reallifecounseling.us 503-539-7707	Trauma/PTSD, Anxiety, Depression, Grief/Loss. Adults and Youth. In person and telehealth.			YES	YES	Has availability

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Karen Merrill, LCSW Oregon komerrill6@gmail.com 503-224-1103	CBT, Anxiety, Depression, Relationships. Adults and couples. Telehealth only.		YES			Has availability
Katy Ainslie-Wallace, MS, LPC, CADC I 3575 Donald Street, Ste 130, Eugene , OR 97405 info@virescocounseling.com 541-210-2026	EMDR, CBT, DBT, Trauma/PTSD, Anxiety, Depression, Substance Use. Adult individuals only. In person and telehealth.			YES	YES	Waitlist - spots open every few months
Kelly Garrett, LMHC 16701 SE McGillivray Blvd., Ste 140, Vancouver , WA kg@vancouvercounselingassociates.com 360-209-4151	CBT, DBT, ACT, Anxiety, Depression, Relationship. Adults and couples. In person and telehealth.				YES	Has availability
Kori Chancellor MA, LPC 355 Miller St., SE, Salem , OR 97302 korichancellor@gmail.com 971-301-2819	EMDR, DBT, Prolonged Exposure Therapy, Trauma/PTSD, Anxiety, Depression, Grief, Relationship. Adults and couples. In person and telehealth.		YES			Limited for first responders only
Laura LaRosa, LCSW 2143 NE Broadway #7, Portland , OR 97232 lauralarosa@growingzonecounselingpdx.com 971-306-4458	ART, DBT, CBT, Trauma/PTSD, Anxiety, Depression, Stress, Relationships. Adults, couples, and families. In person and telehealth.			YES		Has availability
Lindsey Torres MA, LMHC 10000 NE 7th Ave., Vancouver , WA 98685 Lindseytorres@legionarymentalhealth.com 360-773-7760	EMDR, CBT, Trauma/PTSD, Anger, Anxiety, Depression. Adult individuals only. In person and telehealth.			YES	YES	Waitlist - possible openings in January
Marjan Baradar, LMHC Washington marjanbaradar@gmail.com 503-644-2004	CBT, Trauma/PTSD, Anxiety, Depression, Substance Use. Adults and couples. Telehealth only.		YES	YES		Has availability

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Mary Cameron, LPC, LMFT 7150 SW Hampton, Suite 230, Tigard , OR 97223 cameron1mft@gmail.com 503-713-6948	CBT, Trauma/PTSD, Anxiety, Relationship. Adults, couples and youth. In person and telehealth.		YES	YES		Has availability
Maureen Garrett, LMHC 16701 SE McGillivray Blvd., Ste 140, Vancouver , WA mg@vancouvercounselingassociates.com 360-209-4151	EMDR, CBT, DBT, ACT, Trauma/PTSD, Anxiety, Relationships. Adults, youth and couples. In person and telehealth.			YES	YES	Has availability
Michael Cady Russell, LPC 1942 NW Kearney Street, Ste 32, Portland , OR 97209 michael@russell-counseling.com 503-683-2341	Trauma, Addiction, Anxiety, Depression, Relationship Issues. Adults, Couples, Families, and Youth. In person and telehealth.			YES		Limited for first responders only
Nadine Dody, MA, LPC 7555 Falcon Crest Dr. #205 Redmond OR ndodylpc@gmail.com 541-699-2915	EMDR, Trauma/PTSD, Depression, Anxiety, Relationships. Adults and couples. In person and telehealth.			YES		Has limited availability - identify self as first responder
Nannette Myers, LMHC Washington nan@heavensentcounseling.com 360-314-4759	CBT, DBT, Anxiety, Depression, Substance Use, Relationships. Adults, Families, Couples, and Youth. Telehealth only.		YES			Has availability
Nicole Craig, LPC 8050 SE 13th Avenue, Ste 206, Portland , OR 97202 nwcreativecounseling@gmail.com (503) 444-9948	EMDR, Trauma/PTSD, Anxiety, Depression, Brainspotting. Individuals 12+ only. In person and telehealth.			YES		Has limited availability - identify self as first responder
Paul Weinberg, LCSW 7412 SW Beaverton-Hillsdale Hwy, Ste 204, Portland , OR paulweinberg25@hotmail.com 503-475-1418	Hypnotherapy, Trauma/PTSD. Adults, families, and couples. In person and telehealth.		YES	YES		Has availability

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Paula Helsby, LPC Oregon paula@counselingbypaula.com 503-330-7563	CBT, Anxiety, Depression, Relationships. Adults and couples. Telehealth only.		YES	YES		Has availability
Rhoberta Michaels, LPC Oregon rhoberta@peaceandlightpsychotherapy.com 503-388-2749	CBT, DBT, Trauma/PTSD, Anxiety, Depression, Relationship. Individuals 13+ only. Telehealth only.	YES		YES	YES	Has availability
Rick Baumgartle, LPC, CADCI Oregon rbaumgartlepc@gmail.com 971-366-2591	Trauma/PTSD, Grief, Substance Use. Adult individuals only. Telehealth only. Private Pay.					Has Availability
Robert Gaffney, LMHC Washington 360-694-6416	CBT, Trauma/PTSD, Anxiety, Depression, Relationship. Adults and couples. Telehealth only.		YES	YES		Has availability
Ryan Carroll, LCSW Oregon 503-832-7779	EMDR, CBT, ACT, Trauma/ PTSD, Depression, Anxiety. Adults and youth. Telehealth only.				YES	Has availability
Ryan Hollister, LPC 700 NE Multnomah, Ste 275, Portland , OR 97232 hollisterr@whwpdx.com 503-729-1380	Anxiety, Depression, Stress, Relationships. Adult individuals only. In person and telehealth.			YES	YES	Has availability
Sandra Pinches, PhD 10175 SW Barbur Blvd., Suite 300BD, Portland , OR 97219 drpinches@sandrakpinches.com (503) 452-8306	Trauma/PTSD, Depression, Anxiety, Grief. Adult individuals only. In person and telehealth.			YES		Waitlist

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Sarah Heaverlo, LPC, CADCI Oregon 971-380-4292	DBT, Trauma/PTSD, Anxiety, Depression, Substance Use. Adult individuals only. Telehealth only.			YES	YES	Has availability - identify self as first responder
Shannon Lilja, DBH, LPC, LMHC, CADCI-II, SUDP Oregon/ Washington shannon@sandalwoodcounseling.net 503-260-5118	CBT, DBT, EMDR, Anxiety, Depression, Relationships, Substance Use. Adults and couples. Telehealth only.		YES	YES		Has availability
Shasta Hickman, LMHC 12306 SE Mill Plain Blvd, Ste 250, Vancouver , WA 98684 shasta@hickmancounseling.com 971-303-9868	CBT, Trauma/PTSD, Anxiety, Depression, Relationship. Adults, Families, Couples and Youth. In person in WA and telehealth for both OR and WA residents.		YES		YES	Has availability
Sherry Beckman, PhD 22831 SW Forest Creek Dr., Ste B, Sherwood , OR beckmannsherry@gmail.com 503-625-6559	EMDR, Trauma/PTSD. Adult individuals only. In person and telehealth		YES	YES		Limited for first responders only- identify self as first responder
Stephanie Conn, PhD, Psychologist 12725 SW Millikan Way, Suite 300 Beaverton , OR 97005 firstresponderpsych@gmail.com 971-250- 1519	EMDR, Trauma/PTSD. Adult individuals only. In person and telehealth.		YES	YES	YES	Limited for first responders only- identify self as first responder
Steve Hand, LCSW 811 NW 20th Avenue, Ste 101C, Portland , OR 97209 steve@stevehandpsychotherapy.com 503-404-3759	EMDR, CBT, Trauma/PTSD, Anxiety, Depression, Relationship Issues, Substance Use. Adults and couples. In person only		YES	YES		Has availability.
Susan O'Dell, PhD Oregon susan@susanodellphd.com 503-404-3759	CBT, EMDR, Trauma/PTSD, Anxiety, Depression, Relationship. Adults, families, and couples. Telehealth only.				YES	Has availability

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Suzanne Best, PhD Psychologist 804 Officers Row, Vancouver, WA 98661 suzanne@suzannebestphd.com 503-430- 4071	CBT, Trauma/PTSD, Anxiety, Depression. Adult individuals only. In person in WA and telehealth for both OR and WA residents. Private Pay.					Limited for first responders only- identify self as first responder
Teal Bohrer, PhD, LPC, CADC III Oregon teal@dr.tealbohrer.org 503-750-8325	CBT, Trauma/PTSD, Substance Use, Anxiety, Depression. Individuals only - will see family members/teens 12+ of first responders. Telehealth only.					Limited for first responders only
Tim Mariels, LPC Oregon tim@marielscounseling.com 975-8599	EMDR, CBT, Mindfulness, PTSD/Trauma, Depression, Anxiety, Grief. Adults and youth. Telehealth Only.				YES	Has availability during day
Todd Sprague, LCSW Oregon todd@spraguecounseling.net 503-351-5858	CBT, DBT, Trauma/PTSD, Anxiety, Depression, Substance Use, Relationships. Adults and couples. Telehealth only.		YES			Has availability
Trisha Medina, LMHC 2501 NE 134th Street, Suite 201, Vancouver 98686 Trisham@reallifecounseling.us 360-619-2226	CBT, Trauma/PTSD, Anxiety, Depression. Adult individuals only. In person and telehealth.			YES		Has availability
Tracy Sandor, MA, LPC 12511 SW 68th Ave., Suite 100, Portland, OR 97223 tracy@itsjust-therapy.com 503-720- 3276	EMDR, Trauma/PTSD, Anxiety, Depression. Adults and couples. In person and telehealth.		YES	YES	YES	Limited for first responders only- identify self as first responder
Valentina Muggia, LCSW 511 Main Street, St. 203, Oregon City, 97045 valentina@essentialreflections counseling.com 971-351-4489	EMDR, CBT, DBT, Trauma/PTSD, Anxiety, Depression, Substance Use. Individuals, couples, Youth 14+. In person and telehealth.		YES	YES	YES	Has availability

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Will Coker, Registered Associate Counselor & Firefighter at TV&R Tigard, OR firstresponderfamilies@gmail.com (971) 330-0058	Trauma/PTSD, Relationship. Adults and couples. In person and telehealth.		YES			Has availability

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