Private Practice Behavioral Health Referrals – New York City

NOTE: Some offices are temporarily conducting all sessions remotely due to COVID-19 (subject to change)

Virtual Appointments Only

Allay Therapy

https://www.allaytherapy.com/

P: 917-408-3617

E: megan@allaytherapy.com

Location: Virtual Only

Services Available: Psychotherapy Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider directly for sliding scale information.

Policies for New Patients: Contact provider directly to schedule brief phone consultation. Notes: "Specialize in providing LGBTQ+ affirming, trauma-informed and non-judgement care."

Allison Gold, LCSW-R, Certified Psychoanalyst

http://www.newyorkpsychotherapyhelp.org/index.html

P: 212-535-2910

E: allisongold@solutionssupport.org

Location: Virtual Only Services Available:

Insurances Accepted:

Individual Therapy

Aetna

Cigna

Couples Therapy

United Healthcare

Self-Pay/Sliding Scale: Contact provider for sliding scale fees.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Anne Rousselot, LCSW

http://www.annerousselot.com/

P: 646-582-8203

E: anne.rousselot@gmail.com

Location: Virtual Only Services Available:

Individual Therapy

Oscar

Family Therapy

Couples Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale fee.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

BIPOC Restorative Therapy

https://www.bipocrestorativetherapylcsw.com/

P: 347-281-7841

E: connect@bipocrestorativetherapylcsw.com

Location: Virtual Only

Services Available: Psychotherapy
Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Full rate \$225/session, sliding scale ranges \$40-135.

Policies for New Patients: New clients can schedule a free 15-minute consultation at www.calendly.com/bipoc/15min
Notes: "Mental health therapy for people who are LGB+, TGNB+, and/or BIPOC from a decolonized, anti-oppressive,

anti-capitalism lens. Poly and kink friendly."

Brown Group Wellness

http://www.browngroupwellness.com/

E: dwayne@dwaynerbrown.com

Location: Virtual Only Services Available:

Individual Psychotherapy

Marriage Counseling

Workshops

Couples Therapy

Groupwork

Retreats

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact office for sliding scale availability.

Policies for New Patients: Contact office directly.

Notes: "Psychotherapist advocating and validating the Marginalized and their Allies."

Centering Wholeness Counseling

https://centeringwholeness.com/

P: 740-803-3821

E: counseling@centeringwholeness.com

Location: Virtual Only Services Available:

Individual Therapy

Couples Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Yes, sliding scale for \$100/session. Sessions are usually \$150-\$250/session.

Policies for New Patients: Contact directly to schedule consultation.

Notes: "We help BIPOC individuals overcome the shame and stigma associated with queerness and/or mass

incarceration so they can flourish in their life."

Clinicians of the Diaspora

https://www.cliniciansofthediaspora.com/

E: cliniciansofthediaspora@gmail.com

Location: Virtual Only Services Available:

Psychotherapy

Substance Use

Addictive Disorders

Group Therapy

Support Groups

 Collective Processing Groups

Insurances Accepted:

■ Cigna ■ Optum ■ United Healthcare

Self-Pay/Sliding Scale: Contact office for self-pay rates.

Policies for New Patients: Contact office via contact form on website.

Notes: "Mission – To inspire healthier communities of color by providing therapeutic and comprehensive development services to individuals, families and the institutions that serve them."

Fresh Path NY Mental Health Counseling

https://freshpathny.com/

P: 914-510-2597

E: <u>info@freshpathny.com</u> Location: Virtual Only Services Available:

PsychotherapyEMDR

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact facility for sliding scale fees. Self-pay rates individual \$150/session, EMDR \$200/session,

relationship counseling \$250/session.

Policies for New Patients: Contact facility to schedule brief consultation. Notes: "Specialized in LGBTQ+, POC, and Open/Poly communities."

Glen Barnard, LCSW

https://zencare.co/provider/therapist/glen-barnard

P: 917-846-4704

E: glenbarnardlcsw@gmail.com

Location: Virtual Only Services Available:

Individual Therapy

Insurances Accepted: BCBS

Self-Pay/Sliding Scale: Contact provider for self-pay fees. Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Ines Guariguata, LCSW, LCAT, ATR-BC

https://www.bodymindinflow.com/

P: 929-325-1347

E: ines@bodymindinflow.com

Location: Virtual Only Services Available:

Individual Therapy

 Personal Sessions for Somatic Experiencing Participants (Beginning, Intermediate, and

Advanced)

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale fees.

Policies for New Patients: Contact provider directly. Languages (other than English): Spanish, French

Notes: Former Callen-Lorde provider.

Jeff DeRoche, LCSW

https://www.jeffderoche.com/

Couples Therapy

Individual Consultation for Somatic
 Experiencing Participants at the Beginning Level

P: 919-525-3455 Location: Virtual Only Services Available:

Individual Therapy

Couples Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale fees.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Kate Filmore, LCSW

https://www.katefilmorelcsw.com/

https://headway.co/providers/kate-filmore

P: 773-732-6938

E: katefilmorecsw@gmail.com

Location: Virtual Only Services Available:

Individual Therapy

Couples Therapy

Family Therapy **DBT Skills Groups**

Aetna

Trauma Treatment

Insurances Accepted: (Through Headway)

Oxford

United Healthcare Cigna

Self-Pay/Sliding Scale: Estimate self-pay fees online at https://headway.co/providers/kate-filmore

Policies for New Patients: Contact provider or schedule online.

Notes: Former Callen-Lorde provider.

Kind Mind Psychology (Dr. Monica Johnson)

https://www.kindmindpsych.com/

P: 646-918-1181

E: hello@kindmindpsych.com

Location: Virtual Only Services Available:

CBT

DBT

Group Therapy

Race/Culture Therapy

LGBTQ+ Therapy

Alternative Lifestyle

Insurances Accepted:

Cigna

Out-of-Network

Self-Pay/Sliding Scale: \$80 and up. Sliding scale depends on the provider and are reflective based on their degree and years of clinical experience.

Policies for New Patients: Contact office directly to schedule.

Notes: "All of our therapists provide culturally affirming therapy. Regardless of their personal background, every therapist at the practice engages in ongoing training and supervision to provide the highest quality of care. At Kind Mind Psych, we provide care with an affirming, intersectional, inclusive, and anti-oppressive lens."

Leanne Bazzetta, LCSW

https://www.leannebazzetta.com/

P: 917-383-1586

E: leannebazettalcsw@gmail.com

Location: Virtual Only Services Available:

Individual Therapy

Couples/Relationship Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale availability. Full rate individual session \$200,

relationship/couples session varies based on length of session.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Marcus Leaks, LCSW

https://www.marcusleaks.com/

P: 929-277-8165

E: mleakstherapy@gmail.com

Location: Virtual Only Services Available:

Individual Therapy

Couples Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: See website for fees. Contact provider for sliding scale availability.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Michael Marsman, LCSW-R

https://www.mmarsman.com/

P: 510-529-5955

E: michael@mmarsman.com

Location: Virtual Only Services Available:

Individual Therapy

Couples Therapy

Insurance Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay fees. Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Phil Socci, LCSW

https://www.philipsocci.com/

P: 646-342-5913

E: philip@philipsocci.com Location: Virtual Only Services Available:

Individual Therapy

Couples Therapy

Family Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Individual Sessions \$275, Couple/Family Sessions \$400

Policies for New Patients: Contact provider directly.

Notes: Specializes in addiction, sexual health, anxiety, depression, gay issues, PTSD, relationship issues, anger

management, loss & grief, family conflict, bipolar disorder, self-esteem.

SJ Langer, LCSW-R

https://sjlanger.com/s-j-langer

P: 917-617-0243

E: <u>slangerlcsw@gmail.com</u> *Location:* Virtual Only

Services Available: Individual Therapy Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay fees.

Policies for New Patients: Contact provider directly.

Notes: "The following are some of my specialties...depression, anxiety, bipolar disorder, trauma, sexual abuse history, OCD, sexuality, trans & nonbinary identities, gender questioning, queer sexuality, substance abuse/sobriety, immigration, HIV/AIDS, individuals in the performing and fine arts and healthcare professionals."

Manhattan

Angeliki Pesiridou, MD

https://www.doctorangeliki.com/

125 E 23rd St

New York, NY 10010 P: 929-307-1327

E: doctorangeliki@doctorangeliki.com

Location: Virtual & In-Person

Services Available:

Sex Therapy

 Gender-Affirming Psychotherapy & Help with Transitioning

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Initial Consultation/Psychiatric Evaluation/Initiating Treatment 60 min \$500; In-depth Therapy and Medication Management 45 min \$300; Brief Supportive Therapy and Medication Management 30 min \$250; Sex Therapy 50 min \$150

Policies for New Patients: Contact provider directly to schedule.

Languages: Greek, Italian, Spanish Notes: Former Callen-Lorde provider.

Anthony J Patterson, LMHC

https://anthonyjpatterson.com/

19 W 34th St, Suite PH New York, NY 10001 P: 917-806-9213

E: anthony@anthonyjpatterson.com

Location:

Services Available:

Individual Therapy

Insurances Accepted:

Metroplus

Affinity

Neighborhood

Couples Therapy

Amidacare

Healthfirst

Aetna

Self-Pay/Sliding Scale: Contact provider for sliding scale fee.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Cassie Peterson, LCSW

http://cassiepetersonlcsw.com/

12 W 9th St, Suite #1B-2 New York, NY 10011

P: 347-228-3825

E: cassiepetersonlcsw@gmail.com

Individual Psychotherapy

Psychiatric Evaluations

Medication Management

Out-of-Network

Group Therapy

Location: Virtual & In-Person

Services Available:

Individual Therapy
 Couples Therapy
 Group Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Individual Sessions \$175+, Couples/Family Sessions \$225-250

Policies for New Patients:

Notes: Offers group for LGBTQ non-gestational parents.

Chuck Munn, LCSW

https://www.chuckmunn.com/

303 5th Ave, Suite 1705 New York, NY 10016 P: 347-310-0483

E: chuck@chuckmunn.com

Location:

Services Available:

Individual Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay rates.

Policies for New Patients: Contact provider directly.

Notes: Current Callen-Lorde provider.

ekTherapy

https://www.ektherapy.com/

231 W 96th St, #2B New York, NY 10025 P: 917-573-3027

E: <u>elizabeth@ektherapy.com</u>
Location: Virtual & In-Person
Services Available: Psychotherapy

Insurances Accepted:

AetnaCigna

Self-Pay/Sliding Scale: Fees range \$100-150

Policies for New Patients: Contact facility to schedule.

Notes: "We take pride in offering a non-judgmental, affirmative space to talk about identities and sexuality. Elizabeth is also a member of the National Coalition for Sexual Freedom and a participant of Kink Aware Professionals... We also recognize the immense impact that systemic racism and oppression have on our BIPOC clients' mental health and wellbeing. In this spirit, we strive to foster cultural humility through ongoing training and professional development."

Eli Zal, LCSW

https://www.elizal.com/

25 E 10th St, Suite 1E New York, NY 10003 P: 212-228-3496

E: <u>eli.zal3311@gmail.com</u>
Location: Virtual & In-Person

Services Available: Individual Therapy Insurance Accepted: Out-of-Network Self-Pay/Sliding Scale: \$250 per session Couples Therapy

Healthplus

Out-of-Network

Policies for New Patients: Contact provider to schedule consultation.

Eric Yarbrough, MD

http://www.ericyarbroughmd.com/

29 5th Ave, Suite 1A New York, NY 10003 P: 646-419-8004

Location: Virtual & In-Person

Services Available:

Medication Management

Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Psychiatric Evaluation 50 min \$500; Psychotherapy & Medication Management 45 min \$400; Medication Management Only 25 min \$350; Forensic Evaluations Per Hour \$400; Hospital Consultations Per Hour \$400 Policies for New Patients: Contact provider directly or schedule online.

Notes: Former Callen-Lorde provider.

Glitter Parsigian, LCAT, BC-DMT, CMA

https://www.psychologytoday.com/us/therapists/glitter-parsigian-brooklyn-ny/790645

P: 929-269-2633

E: rootedgrowthpsychotherapy@gmail.com

Location: Virtual & In-Person

Services Available:

Individual Therapy

Couples/Polycule Therapy

Art Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: \$100-250, additional sliding scale available for BIPOC folx

Policies for New Patients:

Notes: Therapy practice designed to support TGNCNB people, LGBTQIA+ couples and polycules, and folx in abundant

bodies.

Greenwich Village Psychiatry (Dr. Paul Poulakos)

https://www.drpaulpoulakos.com/

26 W. 9th St., Suite 4E, Room 1 New York, New York 10011

P: 850-692-9355

E: <u>info@drpaulpoulakos.com</u> *Location:* Virtual & In-Person

Services Available:

Psychiatric Evaluation

 Psychopharmacology/Med ication Management Psychotherapy

Prevention & Wellness Telepsychiatry

Home & Work Office Visits

Reproductive Psychiatry

Substance Use Treatment

Insurances Accepted:

• Aetna

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Out-of-Network

Self-Pay/Sliding Scale: Unavailable

Policies for New Patients: Contact provider directly to schedule or book online.

Griffin Hansbury, LCSW

https://griffinhansbury.com/

20 W 20th St, 2nd Floor New York, NY 10011 P: 646-675-7723

E: ghansbury@earthlink.net

Location: Virtual Services Available:

■ Individual Therapy■ Couples Therapy■ EMDR

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Grounded NYC

https://www.groundednyc.com/

303 5th Ave

New York, NY 10016 P: 646-926-1497

E: munib@groundednyc.com

Location: Virtual Services Available:

Individual TherapyCouples Counseling

Insurances Accepted:

Aetna
 Oscar
 Out-of-Network

Oxford
 United Healthcare

Self-Pay/Sliding Scale: Contact provider for sliding scale availability. Full fee individual therapy \$195, couples \$225.

Policies for New Patients: Request appointment online.

Notes: Munib is a former Callen-Lorde provider.

Heartspace Therapy

https://www.heartspace-therapy.com/

138 W 25th Street, 8th Floor, Suite 802, Office B6

New York, NY 10001 P: 917-410-1105

E: cathy@heartspace-therapy.com, nadav@heartspace-therapy.com, daniel@heartspace-therapy.com

Location: Virtual Only Services Available:

Individual Psychotherapy

Family Psychotherapy

Couples/Relationship Counseling (poly, ENM, etc.)

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact office for sliding scale information. (Full rates: Daniel- \$225 for individual therapy and \$275 for relationship therapy; Nadav- \$350 for individual therapy and \$400 for relationship/family therapy; Cathy- \$155 for individual therapy and \$205 for relationship/family therapy)

Policies for New Patients: Contact office directly via website or email.

Notes: LGBTQ, BIPOC, sexuality, gender, fat-affirming therapy.

Jan C Niemira, LCSW

http://www.janniemira.com/

138 W 25th St

New York, NY 10001

P: 646-373-4845

E: jan@janniemira.com Location: Virtual Only Services Available:

Updated: August 15, 2022

Psychotherapy

Psychoanalysis

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale availability. \$100 sessions dependent on scheduling/availability. Policies for New Patients: Contact provider directly.

Kyle McGarty, LMHC

http://www.kylemcgarty.com/

1239 Broadway, Suite 604

New York, NY 10001

P: 929-264-7313

E: kylemcgarty@gmail.com Location: Virtual & In-Person

Services Available: Individual Therapy

Insurances Accepted:

Out-of-Network Aetna Cigna

Self-Pay/Sliding Scale: Self-pay fee \$190

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Laura A Jacobs, LCSW-R

https://www.lauraajacobs.com/

110 Lafayette St New York, NY 10013 P: 845-304-7915

E: laura@lauraajacobs.com

Location: Virtual Only Services Available:

Individual Therapy

Family Therapy Couples Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale availability.

Policies for New Patients: Contact provider directly.

Notes: Current Callen-Lorde board member.

Manhattan Alternative Wellness Collective (Dulcinea Alex Pitagora, PhD, LCSW, CST)

https://www.dulcineapitagora.com/

110 Lafayette Street, Suite 501

New York, NY 10013 P: 917-675-3446

E: therapy@dulcineapitagora.com

Location: Virtual Only Services Available:

Individual Therapy

DBT Skill Training Group Program

Couples/Multiple Partner Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact office for sliding scale appointment availability.

Policies for New Patients: Contact office to schedule.

Notes: "I offer affirming psychotherapy and sex therapy for individuals, couples, multiple-partner relationships, and poly and leather families. I am an expert in alternative sexualities, and I specialize in working with adults in the kink, poly, trans, GNC/NB, LGBQ, and sex work communities."

Marcelo Abramovich, LCSW-R

https://gaymentherapy.com/

928 Broadway

New York, NY 10010

P: 212-655-3043

E: gaymentherapy@icloud.com Location: Virtual & In-Person

Services Available:

Individual Therapy

Relationship Therapy

Family Therapy

Insurances Accepted:

Aetna

Self-Pay/Sliding Scale: \$160 (top of sliding scale)
Policies for New Patients: Contact provider directly

Languages (other than English): Spanish

Notes: Specializes in LGBT issues, male survivors of sexual abuse, anxiety, depression, sexual compulsion/addiction,

coming out issues, polyamorous relationships.

Matthew Pieknik, LMSW, MA

https://matthewlpieknik.com/

5 W 19th St

New York, NY 10011 P: 917-891-0144

E: matthewpieknik@gmail.com Location: Virtual & In-Person

Services Available:

Psychotherapy

Psychoanalysis

Cigna

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale availability.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

MCM Collaborative Psychotherapy

https://mcmcollab.com/

116 W 23rd St., Floor 5 New York, NY 10011

P: 332-333-5090

E: <u>info@mcmcollab.com</u> Location: Virtual Only Services Available:

Individual Therapy

Group Therapy

Couples/Relationship Therapy

Insurances Accepted:

AetnaOut-of-Network

Self-Pay/Sliding Scale: Sliding scale fee ranges \$85-120. We work to support specifically Black, Indigenous and Latinx Trans individuals' financial access to care, and assess those needs on a case-by-case basis.

Policies for New Patients: Folks should email <u>info@mcmcollab.com</u>, and someone will schedule a free phone consult for services.

Notes: BIPOC, Trans, LGBTQ affirming; Our practice specialty is Trans and Queer Affirming Care.

Melanie Martinez, LMHC

19 W 34th St, Suite PH New York, NY 10001 P: 646-828-9159

E: melaniemartinez101@yahoo.com

Location:

Services Available: Psychotherapy Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Michele Sarracco, LCSW-R

https://headway.co/providers/michele-sarracco

210 E 21st St, #2E New York, NY 10010 P: 212-353-9264

Location: Virtual & In-Person Services Available: Psychotherapy

Insurances Accepted:

United HealthcareAetnaOscar

Oxford
 Cigna
 Out-of-Network

Self-Pay/Sliding Scale: Estimate self-pay fee online at https://headway.co/providers/michele-sarracco.

Policies for New Patients: Schedule online. Notes: Former Callen-Lorde provider.

myTherapyNYC Counseling & Wellness

https://mytherapynyc.com/

928 Broadway, Suite 806 New York, NY 10010

P: 646-449-0491

E: <u>info@mytherapynyc.com</u> *Location:* Virtual & In-Person

Services Available:

Individual TherapyCouples Therapy

Couples TherapyEMDR

Trauma Therapy

Gay Men's Therapy

Groups

Free Medication & Mindfulness Group

Insurances Accepted:

■ BCBS ■ Out-of-Network

Self-Pay/Sliding Scale: Sliding scale based on income, fee ranges \$120-200.

Policies for New Patients: Call office directly or schedule consultation online.

Notes: Specializing in LGBTQ Affirmative Therapy, EMDR/Trauma treatment, and relationship issues.

Natasha Goykhberg, LMHC

https://www.natashaglmhc.com/

275 14th St, Suite 3 Brooklyn, NY 11215 P: 646-650-2465

E: natashaglmhc@gmail.com

Location:

Services Available: Individual Therapy Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Free initial consultation, 60 min first session \$200, 45 min session \$150.

Policies for New Patients: Contact provider directly.

Notes: Current Callen-Lorde staff member.

NYC Affirmative Psychotherapy

https://www.nycaffirmativepsychotherapy.com/

19 W. 34th St. New York, NY 10001 P: 347-625-5020

E: contact@nycaffirmative.com

Location: Virtual Only Services Available:

Individual Psychotherapy

Couples Psychotherapy

Group Psychotherapy

Insurances Accepted:

Aetna

Empire BCBS

Out-of-Network

Self-Pay/Sliding Scale: Sliding scale fees are \$58, \$78, \$109, or full fee \$156.

Policies for New Patients: Contact office directly or complete intake questionnaire online.

Notes: QPOC-owned community-focused sliding scale practice with 20+ therapists.

Paul Hays, LCSW-R

http://www.paulhaystherapy.com/

P: 917-554-5699 Location: Virtual Services Available:

Individual Therapy

Couples Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Initial Consultation \$275, 45 min session \$225, 60 min session \$275, couples therapy 60 min

session \$325

Policies for New Patients: Contact provider directly.

Notes: Current Callen-Lorde provider.

Peter Williamson, LCSW-R

https://www.zocdoc.com/professional/peter-williamson-lcsw-328419

P: 646-427-8746

Location: Virtual & In-Person

Services Available: Individual Therapy

Insurances Accepted:

AetnaOut-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale fees. Policies for New Patients: Schedule online through Zocdoc.

Notes: Former Callen-Lorde provider.

Robert Kupferman, LCSW

https://www.hypnotherapy.nyc/

210 W 80th St

New York, NY 10024 P: 917-517-2447

E: info@rkhypnotherapy.com

Location: Virtual

Services Available: Hypnotherapy Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Robin Rosendale, MA, LMHC

https://robinrosendale.com/

26 W 9th St, Suite 3B New York, NY 10011 P: 646-588-1387

E: rrosendale@gmail.com Location: Virtual & In-Person

Services Available: Psychotherapy Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Ryan Brown, LCSW-R

https://www.ryanbrown.org/

455 W 23rd St, Suite 1BB New York, NY 10011 P: 646-926-6900

E: rb@ryanbrown.org

Location: Virtual & In-Person

Services Available:

Individual Therapy

Couples Therapy

Family Therapy

Insurances Accepted: Out-of-Network Self-Pay/Sliding Scale: Fee ranges \$120-180

Policies for New Patients: Contact provider to schedule initial consultation.

Notes: Current Director of Clinical Services at The Center.

Simone LaVerne, LP

https://zencare.co/provider/therapist/simone-laverne#

171 W 23rd St, #2C New York, NY 10011 P: 646-320-1447

E: endpoints32@gmail.com Location: Virtual & In-Person

Services Available:

Individual Therapy

Insurances Accepted: Cigna

Self-Pay/Sliding Scale: Contact provider for sliding scale fees.

Policies for New Patients: Contact provider directly. Notes: Experienced in working with LGBTQ+ community. **Couples Therapy**

LGBTQ Issues

Group Therapy

Addiction

EMDR

Thomas Moore, LCSW

https://www.thomasmoorelcsw.com/

80 8th Ave, Suite 709 New York, NY 10011 P: 917-821-1169

E: thomasmoorelcsw@gmail.com
Location: Virtual & In-Person

Services Available:

Individual Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay fees. Policies for New Patients: Contact provider directly.

Couples Therapy

Union Square Psychotherapy

https://usqtherapy.org/

44 E 12th St.

New York, NY 10003 P: 347-948-8878

E: info@usqtherapy.org

Location:

Services Available: Psychotherapy
Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: "If we decide to work together, we will set a fee, together, in a conversation in which we discuss,

among other things, your ability to pay and your commitment to therapy."

Policies for New Patients: Contact facility to schedule intake.

Vanessa Lopez, LCSW

http://www.vanessalopeztherapy.com/

49 W 24th St, Suite 512 New York, NY 10010 P: 917-553-2171 *Location:* Virtual Only

Services Available: Psychotherapy Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Victoria Formosa, LCSW

www.victoriaformosa.com

29 5th Ave, Suite 1A New York, NY 10003

E: <u>victoriaformosalcsw@gmail.com</u> *Location:* Virtual and in person

Services Available: Individual Psychotherapy and Couple Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Individual Psychotherapy 50 minute \$175, Couples 60 minute \$250

Policies for New Patients: Contact provider directly via email or website portal

Notes: Former Callen Lorde provider

Wardeh C Hattab, LCSW

https://hattabtherapy.com/

116 W 23rd St

New York, NY 10011 P: 917-985-9727

E: Whattablcsw@whattablcsw.hush.com

Location:

Services Available:

Individual Therapy

Couples Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Notes: "My approach is affirmative of all gender identities including queer, transgender, and gender-expansive folks. As an LGBTQIA+ therapist, I aim to offer a space welcoming of all sexual orientations and those questioning their identity. I am also skilled in working with folks who have alternative sexualities and relationship orientations including kink, BDSM, fetishes, consensual non-monogamy, polyamory, and queerplatonic relationships."

Bronx

Bhava Therapy Group

https://www.bhavatherapygroup.com/

3580 Netherland Avenue, Ground Floor

(Entrance on 236th street)

Bronx NY 10463 P: 646-389-5801

E: info@bhavatherapygroup.com

Location:

Services Available:

Individual Therapy

Couples Therapy

Family Therapy

Group Therapy

Insurances Accepted:

Healthfirst

Cigna

• Aetna

Self-Pay/Sliding Scale: Self-pay fee Individual Session \$150, Couples/Family Session \$180; Group rates vary Policies for New Patients: Contact office directly.

Brooklyn

The Art of Healing NY

https://artofhealingny.com/

34 Plaza St E

P105 Vanderbilt Plaza

Brooklyn, NY 11238

P: 347-450-4228

E: info@artofhealingny.hush.com

Location: Virtual & In-Person

Services Available:

Individual Psychotherapy

Couples Psychotherapy

Family Psychotherapy

EMDR

Brainspotting

Somatic Therapy

Sex therapy

Reiki

DBT

 Mindfulness-Based Therapy

CBT

Psychodynamic Therapy

Insurances Accepted:

Aetna Out-of-Network

Self-Pay/Sliding Scale: Self pay accepted. Full fee individual \$200, Full fee relationship/couples therapy \$250. Sliding scale options \$100 - \$200.

Policies for New Patients: Contact office directly to schedule.

Notes: All therapists within the practice are QTBIPOC.

Attune & Embody Psychotherapy

https://karalynvioleta.com/

137 Garfield Pl Brooklyn, NY 11215 P: 347-370-9175

E: info@KaralynVioleta.com Location: Virtual & In-Person

Services Available:

Individual Therapy

Couples Therapy

Insurances Accepted:

Out-of-Network Cigna

Self-Pay/Sliding Scale: 45 min Individual \$125-250, 60 min Individual \$150-275, 60 min Couples \$175-300, 60 min Family \$175-300

Policies for New Patients: Patients can reach out directly via phone or email to schedule consultation.

Notes: "As a practice, we frequently work with adults and adolescents; transgender and non-binary people; performing and creative artists; people living with chronic illness & chronic pain; people with a history of trauma or loss in their families of origin; members of poly and kink communities; sex workers... Our practice specializes in work with LGBTQ couples."

Brooklyn Integrative Psychological Services

https://bkintegrative.com/

117 Dobbin Street Brooklyn, NY 11222 P: (646)881-0305

E: coordinator@bkintegrative.com

Location: Virtual & In-Person

Services Available:

Relationship/Couples Therapy

Psychotherapy Virtual Life Coaching

Insurances Accepted:

Aetna (Commercial & ACA)

Out-of-Network

Support Letters for Gender-Affirming

Procedures

Self-Pay/Sliding Scale: Accept self-pay for weekly psychotherapy sessions. Sliding scale as low as \$20. Average session price \$160. Select clinicians \$325 and above.

Policies for New Patients: Contact intake coordinator via email or phone.

Notes: "We strongly stand with the Black Lives Matter movement, and we are able to donate portions of our proceeds to supporting Black-led organizations and relief funds. We also fully support, affirm, and are sensitive to LGBTQIA and other identities constellations."

Brooklyn Minds Psychiatry

https://brooklynminds.com/

109 N 12th Street, Fl 7 Brooklyn, NY 11249

P:

For General Inquiries: (929) 296-1624

E: info@brooklynminds.com

Location: Virtual Only (Except dTMS & Spravato)

Services Available:

Medication Management

- Individual therapy
- Group Therapy
- Family/Couples/Business Partner Therapy
- Winnicott In-Home/In-**Community Companions**
- Sex Positive Treatments (LGBTQIA+, Sex Work, Kink, Non-Monogomy)
- Case Management

Insurances Accepted:

- Cigna
- Medicare

10 W 37th Street, 5th Floor New York, NY 10018

For dTMS Inquiries: (929) 334-3814

- Career Coaching
- Spravato Esketamine Treatment
- Ketamine/Esketamine Integration Therapy
- Suboxone/Sublocade Treatment
- Deep Transcranial Magnetic Stimulation (dTMS)

- Insurance Based Transcranial Magnetic Stimulation for Depression or OCD
- TMS for Smoking Cessation
- Off-Label Transcranial magnetic Stimulation
- Accelerated Transcranial Magnetic Stimulation (Private Pay)
- Most United Healthcare (excluding United Healthcare Community Plan)
- Out-of-Network

Self-Pay/Sliding Scale: Unavailable

Policies for New Patients: Complete screener at https://brooklynminds.com/preintake-questionnaire/ or contact facility directly.

City Therapy

https://www.citytherapy.nyc/#home

113 University Place New York, NY 10003

P: 917-960-9500

E: info@citytherapy.nyc

Location: Virtual Only

Services Available: Psychotherapy

Insurances Accepted:

- Aetna (all commercial plans)
- Fidelis (all commercial, leaf, & essential plans; Medicaid: Medicare)
- Healthfirst (all commercial, leaf, & essential

300 Cadman Plaza West (One Pierrepont Plaza) Brooklyn, NY 11201

- plans; Medicaid; Medicare)
- Self-Pay/Sliding Scale: Flat fee \$125

Policies for New Patients: Submit an appointment request on website.

Full Spectrum Creative Arts Therapy

https://www.fullspectrumcat.com/

1000 Dean Street, Suite 226

- Empire BCBS [Amerigroup & Healthplus] (all essential plans, Medicaid, Medicare)
- Agewell (all commercial & essential plans, Medicare)
- Elderplan (all commercial & essential plans, Medicare)

Brooklyn, NY 11238 P: 917-476-0539

E: <u>info@fullspectrumcat.com</u> *Location:* Virtual & In-Person

Services Available:

Psychotherapy

Art Therapy

Insurances Accepted:

Cigna

Drama Therapy

Couples Therapy

 Consolidated Health Plan (CHP)

Family Therapy

Out-of-Network

Self-Pay/Sliding Scale: Fees range \$125-250.

Policies for New Patients: Contact facility to schedule phone screening.

Notes: "Focus on transgender and non-binary populations. All of us specialize exclusively in working with transgender and non-binary communities. We are transgender run, and most clinicians are transgender-identified."

Groundwork Therapy Psychological Services

https://www.groundworktherapybrooklyn.com/

1000 Dean Street, Suite 226

Brooklyn, NY 11238

E: info@groundworktherapybrooklyn.com

Location: Virtual Only Services Available:

Individual Therapy

Couples Therapy

Group Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: We offer a fee range based on the assigned therapist. Currently, our fees range from \$200-\$300 per 45-minute session.

Policies for New Patients: Contact facility via contact form on website.

Notes: "Our therapists have extensive education, training, and clinical experience in gender and sexual diversity... Our therapists practice gender-affirmative and sexuality-affirmative therapy."

Liberation-Based Therapy

https://www.liberationbasedtherapy.com/

590 Flatbush Ave, 14S Brooklyn, NY, 11225 P: 917-722-2392

E: info@liberationbasedtherapy.com

Location: Virtual Only Services Available:

Individual Therapy

Couples/Family Therapy

Insurances Accepted:

 BCBS (Empire EPO/National PPO network; commercial plans only)

- Group Therapy
- EMDR
- United Healthcare/Optum/Oscar (commercial plans only)
- Aetna (commercial plans only)

Self-Pay/Sliding Scale: Yes, we accept self-pay clients. The full fee for individual sessions is \$150 (except for the initial visit/intake, which is \$220). The lowest sliding scale fee for individual sessions is \$85. The full fee for couples/family sessions is \$200 (except for the initial visit/intake, which is \$220). The lowest sliding scale fee for couples/family sessions is \$150.

Policies for New Patients: Call office directly to schedule.

Notes: "We serve everyone with a focus on the BIPOC (aka People of the Global Majority), LGBTQIA2S+/GNB, the social justice minded and those within creative communities; including those in poly, inter-cultural and other structured relationships or families."

Rebecca Steinfeld, LCSW

114 Park Place Brooklyn, NY 11217 P: 845-419-1525

Location:

Services Available: Individual Therapy Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Individual Sessions \$150-200. "In some cases, I can arrange a lower sliding scale fee; please

contact me to discuss whether this might be an option for you."

Policies for New Patients: Contact provider directly.

Languages (other than English): Spanish

Notes: Specializes in depression; anxiety; trauma; loss and grief; relationship/interpersonal difficulties; fertility; postpartum/prenatal depression; issues related to parent-child attachment; issues related to creating families through donation, surrogacy, and adoption; LGBTQ families; issues related to sexuality and gender identity; issues related to HIV status.

Rottenberg Psychotherapy Mental Health Counseling

https://rottenbergtherapy.com/

34 Plaza Street E, P108 Brooklyn, NY 11238 P: 203-518-4177

Location: Virtual & In-Person

Services Available:

Individual Psychotherapy

Group Psychotherapy

Relationship
 Psychotherapy

Family Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Fee ranges \$100-275 for therapy, \$5-65 for groups.

Policies for New Patients: Contact office directly.

Notes: "All therapists in this practice are queer-affirming or queer therapists... Some of our therapists identify as POC therapists and some identify as White. Our White therapists are all on a journey to uncover their own internalized white supremacy, the patriarchy, misogyny, and misogynoir."

Sanctuary

https://www.sanctuaryheals.com/

57 West 57th St., Suite 1101 New York, NY, 10019

P: 800-381-7340

E: info@sanctuaryhealingnyc.com

Location: Virtual & In-Person

Services Available:

Somatic Experiencing

EMDR

 Intensive Outpatient Trauma Treatment

Insurances Accepted:

United Healthcare

 Outpatient Individual Psychotherapy (Virtual) Intensive Outpatient Trauma Treatment (Virtual)

Group Therapy (Virtual)

Anthem BCBS

Healthfirst

Self-Pay/Sliding Scale: We accept self-pay patients and have limited sliding scale spots available. *Policies for New Patients:* Contact facility directly.

Sara Walker-Peck, LCSW-R

https://sara-walker-peck-lcsw.business.site/

26 Court St, Suite 1009 Brooklyn, NY 11242 P: 917-512-5550

E: sarawalkerpecklcsw@gmail.com

Location:

Services Available: Psychotherapy Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Languages: Spanish

Notes: Former Callen-Lorde provider.

Transcendent Self Psychotherapy

https://drkateriberasi.com/

109 North 12th Street Brooklyn, NY 11249 P: 914-979-1731

Location: Virtual & In-Person

Services Available:

■ Individual Therapy ■ Couples Therapy ■ Group Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Sliding scale available. Individual Sessions \$200-300, Couples Therapy \$350, Group Therapy \$75.

Policies for New Patients: Contact office directly to schedule.

Notes: Psychotherapy for Queer folks and people who work in creative industries.

Queens

Awaken Wellness

https://awakenwellnessnyc.com/

59-13 Grove St

Ridgewood, NY 11285

P: 646-456-0819

E: ctazzalmhc@gmail.com/
Location: Virtual & In-Person

Services Available:

Individual Therapy

Insurances Accepted:

Aetna

Affinity

Beacon

Value Options

Cigna

Empire BCBS

Family Therapy

Emblem

Fidelis

GHI

HIP

Magnacare

Metroplus

Self-Pay/Sliding Scale: Contact office for sliding scale fees.

Languages: Spanish

Couples/Marriage Therapy

MultiPlan

Tri Care

United Healthcare

Optum

1199

Policies for New Patients: Contact office directly.

Minds Together

https://www.mindstogetherpc.net/

■ 108-14 72nd Ave, 2nd Floor Forest Hills, NY 11375 P: 347-392-4482

E: infofh@mindstogetherpc.net

Location:

Services Available:

Individual Therapy

Insurances Accepted:

- Emblem/GHI Medicaid,
- Healthfirst Medicaid,
- Metroplus Medicaid
- United Healthcare
- Oxford

Couples Therapy

- Optum
- Oscar
- Aetna
- Cigna

Support Groups

■ 37-04 91st St, 2nd Floor, Suite #E

Jackson Heights, NY 11372

E: infojh@mindstogetherpc.net

P: 347-730-4249

- Empire BCBS (Except plans that begin with JLJ)
- Amidacare
- Out-of-Network

Self-Pay/Sliding Scale: Self pay fees intake 60 min \$225, individual session 55 min \$125, couples session \$200 Languages: Spanish

Policies for New Patients: Contact office directly.