

Directory of Utah LGBTQ- Affirmative Psychotherapists

All psychotherapists on this list describe themselves as LGBTQ-affirmative. Our organization does not specifically endorse providers on the list. Providers vary in their treatment approaches and in their level of experience working with lesbian, gay, bisexual, transgender, queer, questioning clients.

*It is advisable that individuals seeking therapy ask questions of prospective therapists prior to scheduling an appointment.
See our web site (www.LGBTQtherapists.com) for a list of potential questions to ask prospective therapists.*



**The
LGBTQ-Affirmative
Therapist Guild
of Utah**
(a.k.a. "The Guild")

October 2009

Agencies

Aspen Grove Counseling

1400 South Foothill Drive, Suite 24
Salt Lake City, Utah 84108
801-581-0422

www.aspengrovecounseling.com

An agency with 6 licensed psychologists and 2 social workers who specialize in resolving concerns with relationships, sexuality, depression, anxiety, eating disorders, substance abuse, sexual abuse, trauma, sexual addiction, HIV/AIDS, careers, parenting, and grieving. Providing assessments and psychotherapy for children, adolescents, and adults in an individual, couples, family, or group format.

Rape Recovery Center

2035 South 1300 East
Salt Lake City, UT 84105
(801) 467-7282
Office Hours: Monday-Thursday, 9am-6pm
Local Hotline: (801) 467-7273 24 hours
Website: www.raperecoverycenter.org
Email: d.thomas@raperecoverycenter.org
The Rape Recovery Center clinical team includes four licensed therapists who provide individual therapy and support groups for primary and secondary survivors of sexual

violence. Sliding fee scale applies for all clinical services. The Rape Recovery Center strives to provide a welcoming, inclusive and culturally sensitive environment.

Women's Resource Center

200 S. Central Campus Dr., Room #293
801-581-8030

The Women's Resource Center provides individual and couples counseling to University of Utah students, staff, and faculty. Groups are open to community members and University affiliates (sliding-scale services available).

Individual Practitioners

Baker, Jessica, LCSW

801-580-0064

Populations served: Individual, couple, and family. Adults and adolescents.

Clinical focus: PTSD/trauma, depression, anxiety, and general mental health. (sliding fee scale available)

Beckstead, Lee, PhD, Psychologist

Aspen Grove Counseling

1400 South Foothill Drive, Suite 24

Salt Lake City, Utah 84108

801-581-0422

www.aspengrovecounseling.com

I specialize in relationship dynamics, such as assertiveness, intimacy, self-esteem, and sexuality. I provide individual and couples therapy for adults dealing with depression, anxiety, substance abuse, eating disorders, sexual abuse, HIV/AIDS, and transgender issues. Overall, resolving sexual, religious, and social conflicts has been my research and counseling focus. (sliding fee scale available)

Bell, Jeff, LCSW

1399 South 700 East, Suite 2

Salt Lake City, Utah 84105

801-364-5700, Ext. 2

I provide individual, couples and family therapy with adults, adolescents and children.

My practice focus includes gay/lesbian/bi-sexual adjustment issues, trauma/abuse/neglect, HIV issues, depression/anxiety disorders, self-esteem issues, addictions recovery, men's issues, eating disorders, body image issues, life transitions, blended families and relationship issues.

Busch, Terri, LCSW

4055 South 700 East Ste 102

Salt Lake City, Utah 84107

801-264-9048

Adults/Teens (13-18)/Seniors

Individuals/Couples/Families/Groups

Supervision of MSW/CSW Candidates

Practice Description: Women's Issues, Trauma Work, ACOA, LBQ, Adult Transgender emergence/group support, Aging/ (partners w/dementia), Spinal Cord Injuries adjustment, Divorce, Relationship/Intimacy issues, Adolescents/bullying issues, Eating Disorders, Sexuality, Grief and Forgiveness, Life Transitions, Medical Social Work, Previous business owner, Providing Retreats for Women, teaching outdoor skills and personal growth.

Connor, Sue, Ph.D.

Psychotherapy for Health and Wellbeing

1399 South 700 East #10

Salt Lake City, UT 84105

(801)583-7848 www.mindfulSLC.com

Troubled by the past or worried about the future? Ready to take the next step in personal growth? Improve your response to stress with effective self-care and coping skills. Learn to pay attention to your thoughts and feelings and "improve your everyday moments" with mindful awareness skills. Mindfulness skills can enhance your recovery from addictions or disordered eating. Check out www.mindfulSLC.com for information on book clubs/groups.

Dansie, Kirk R., Psy.D., M.S.C.P.

Licensed Psychologist, Master's in Clinical Psychopharmacology, UDC Approved Sex Offender Treatment Provider

Innovative Clinical Services, P.C.

5691 South Redwood Road, Suite 15

Taylorsville, Utah 84123

801-750-4374

drkirkdansie@gmail.com

I provide private-practice psychotherapy and psychological evaluation services to adults, couples, adolescents, and children. I specialize in psychoanalytic-oriented psychotherapy, forensic consultations/evaluations, non-prescribing pharmacotherapeutic consultations, medical psychology, substance abuse, and sexual behavior concerns. I also provide consultation and supervision to other professionals. (sliding fee scale available)

Freed, Anne, LCSW

4505 Wasatch Blvd, Ste 320

Salt Lake City, Utah 84124

801-556-2430

I provide psychotherapy for adult mental health issues. I sit with individuals, couples, and families. Specific areas of expertise are eating disorders, addiction, life transition, sexual orientation, depression, woman's issues, anxiety, trauma, and plural relationships.

Friedman, Robin, LCSW

2035 S 1300 E

Salt Lake City, Utah 84105

801-599-1411

www.RobinFriedmanTherapy.com

I offer compassionate and effective psychotherapy for individuals and couples. Receive help and support with life transitions, relationships, personal empowerment, depression, anxiety, trauma recovery, addictions recovery, issues of sexuality, and creating a path of greater joy and aliveness. I am also trained in EMDR and Expressive Arts Therapy for those interested. (sliding fee scale available, Ryan White and some insurance plans accepted)

**Helmbrecht, Larry, Ph.D.,
Psychologist**

Weber State University: 801-626-6406

1114 University Circle

Ogden, Utah 84408

Private Practice: 801 540 0706

I provide LGBTQ-affirmative individual and relationship therapy. Focus areas: anger management, addiction/recovery, HIV/AIDS, and survivors of current and/or historical abuse.

Lambert, Kate, LCSW

1399 South 700 East Ste. 2 Salt Lake City, UT 84105 801-474-2349

I provide counseling to adults, adolescents, couples and families.

Le, Phuong, LCSW, RPT

4055 South 700 East Suite 102

Salt Lake City, Utah 84107

801-4507658

centeredcounseling@yahoo.com

As a registered play therapist, I have found that play therapy can be a powerful healing experience for children and adolescents. My clinical experience include treating various issues such as anxiety, PTSD, ADHD, mood and personality disorders, identities issues related to one's ethnic and racial background, gender roles and sexual orientation.

Limberakis, George J., M.Ed.

Licensed Professional Counselor

1399 S 700 East, Suite 12E

Salt Lake City, Utah 84105

801-487-4298 george@yourcounselor.net

<http://www.georgelimberakis.com/>

Counseling services provided for individuals and couples. Areas of focus: sexual orientation issues, substance abuse, compulsive/addictive behaviors, relationships, anxiety & depression. Ryan White provider (sliding fee scale services)

Lyons, Susan, LCSW

124 South 400 East, Suite 301
Salt Lake City, Utah 84111
801-364-3723

Affirmative psychotherapy with individuals and couples. HIV issues. Provider on most insurance plans. Ryan White provider.

Midyett, Kristin, CSW

Holly Willard Counseling
5689 South Redwood, Building 27, Suite B
Taylorsville, UT 84123
(801) 403-6470

LGBTQ-affirmative counseling with individuals, couples, families, and plural relationships. (Sliding fee scale services)

Rosen, Deanna, LCSW

970 E. Murray-Holladay Blvd, Suite 2E
Salt Lake City, Utah 84117
801-288-1062

Individual & couples gay friendly therapy. Specialties include unresolved family or origin issues, chemical dependency, bereavement, & adoption issues. Foreign languages: Hebrew, French, & German. (Available for sliding fee and pro bono)

Randall, Ryan C., LCSW

PERSPECTIVES

24 South 600 East #6
Salt Lake City, UT 84102
801-580-3823; 801-521-0688

Providing mental health therapy for children, adolescents and adults who are facing difficulties with depression, anxiety, substance abuse, sexuality and interpersonal conflicts. Particular specialties in working with Lesbian and Gay families, children in foster care and post-adoption attachment difficulties. Some insurance accepted. Evening appointments available.

Scott, Lynn K., LCSW

275 E. South Temple, Suite 101
Salt Lake City, Utah 84111
801-531-7389 X4

Blending Eastern philosophy and Western psychotherapy: Learn to bring insight and compassion to the challenges in life, such as anxiety, depression, pain, life transitions, illness, and loss. Cultivate clear awareness, warmth, and gentle humor. Soften your life.

Stella, Matt, LCSW

Red Rock Counseling & Education
150 South 600 East, Suite 7-C
Salt Lake City, Utah 84102
801-524-0560 Ext. 1

Working with individuals, couples, families, and groups. Focus for adults or teens may include relationship difficulties, depression, anxiety, addictions, spiritual growing pains and search for meaning.

Struve, Jim, LCSW

1399 South 700 East, #2
Salt Lake City, Utah 84105
801-364-5700, Ext. 1

www.mindfulpresence.com

Mindful presence in relationship-based psychotherapy. Individual, Couples, & Group Therapy. NET Practitioner. Specializing in life transitions, fostering resilience, strengthening relationships, healing from childhood trauma & neglect (including male survivors of sexual abuse), addictions recovery, sexual identity, & empowerment for LGBTQ individuals/couples. (Sliding fee scale services)

Thornhill, Denise, PhD, Psychologist

715 East 3900 South, Suite 202
Salt Lake City, UT 84107
801-261-5141

Provide a general adult practice with emphasis on LGBT concerns, women's issues, and chronic pain management.

Wolf, Janet, LCSW

370 East South Temple #550
Salt Lake City, Utah 84105
801-256-4923
jwolflcsw@gmail.com