

Directory of Utah LGBTQ- Affirmative Psychotherapists

All therapists and counselors on this list describe themselves as affirming of gay, lesbian, bisexual, transgender, queer, and questioning issues. Inclusion of anyone in the Directory is not necessarily an endorsement of them by the Guild. These counselors vary in their counseling approaches and in their level of experience and knowledge working with lesbian, gay, bisexual, and transgender, and 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")

December 2011

Beckstead, Lee, PhD

Aspen Grove Counseling
1433 South 1100 East
Salt Lake City, Utah 84105
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/bisexual 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.

Burgess, Victoria D., PhD

604 East Willmington Avenue (2180 South)
Salt Lake City, UT
(801) 359-9255

Adults, Children, Individuals, Couples, Gays and Lesbians, and Families
General Hours: M-Th evenings 6-8 Fridays: 3-6 Saturdays: all day
Practice description: Specialties: Aging, Children, Chronic Pain Management, Educational/Court/Psychological Evaluations Utilizing a variety of therapeutic approaches. Trained in Shamanic Practice. Over 30 years in clinical and school settings. Feel free to call.

Busch, Terri, LCSW

1208 West 500 North
Salt Lake City, Utah 84116
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.*

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 clinical and forensic consultation and psychodiagnostic assessment services for adults and juveniles. Services offered include academic testing, cognitive/IQ testing, personality testing, psychosexual evaluations, substance abuse evaluations, and violence risk assessments.

Durtschi, Jason, LCSW

1399 S 700 E Suite 2
Salt Lake City, Utah 84105
(202) 695-6958 jdurtschi@gmail.com

I am a gay, ex-Mormon psychotherapist (LCSW), who has practiced for the last five years in Washington DC and Abu Dhabi. I take a strengths-based, holistic, and culturally sensitive approach. I incorporate mindfulness training, meditation, and am fluent in Spanish. I meet with adolescents and adults. Let's uncover your potential!

Freed, Anne, LCSW

4505 Wasatch Blvd, Ste 320
Salt Lake City, Utah 84124 801-556-2430
I am a client-centered therapist with an eclectic approach. I work with mood and anxiety disorders, eating disorders, addictions, transition issues, sexual orientation, trauma, and I also love working with couples.

Helmbrecht, Larry, PhD

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.

Kuhn, Colleen M., Ph.D.

Clinical Child and Adolescent Psychologist
One Haven at Comprehensive Psychological Services
1208 East 3300 South
Salt Lake City, UT 84106
(801) 483- 1600 ext.221
Individual and family therapy, birth to 19 year olds. Experience in ADHD, anxiety and depression, trauma, and PDD spectrum disorders. I also specialize in attachment work with expecting mothers. I accept most insurance and also conduct psycho-educational, psychological, and neuropsychological evaluations for 19 and under.

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
I'm a client centered therapist trained in play therapy and EMDR. I have found that play therapy and EMDR can be used as a powerful healing experience for children, adolescents and adults. I specialize in PTSD and trauma, however my clinical experience include treating various issues such as comorbid disorders, Alcohol, Anxiety, Divorce, Grief and Loss, Substance Abuse, ADHD, mood and personality disorders, identities issues related to one's ethnic and racial background, gender roles and sexual orientation.

Lehman, Mary Eileen, LCSW

86 North B Street - #3
Salt Lake City, UT. 84103
801-201-7661
maryeileenlehman@gmail.com
I strive to create a safe place for healing, self-exploration and transformation. The therapy relationship can be healing by providing a context for understanding how early experiences affect patterns of thinking, feeling and relating, and by providing new experiences of self and relationship. I enjoy working with individuals and couples.

Limberakis, George J., M.Ed.

Licensed Professional Counselor
1399 S 700 East, Suite 12E
Salt Lake City, Utah 84105
George@georgelimberakis.com
<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.

MacDougall, Mindy, LCSW

124 South 400 East, Suite 301
Salt Lake City, Utah 84111
(801) 322-3923

I've been in private practice 15 years and have experience working with GLBT concerns, depression, anxiety, survivors of childhood sexual abuse, trauma, loss, relationship issues. I accept most insurances; sliding-fee scale available. Weekends and holidays by appointment.

McQuade, Shannon, LCSW

Real Caring at Comprehensive Psychological Services

1208 East 3300 South
Salt Lake City, Utah 84102
(801) 712-6140

www.RealCaring.com

Individual, couples and family therapy. Adolescents - Adults. Experience in ADHD, anxiety and depression, trauma, and addictions. I specialize in DBT (Dialectical Behavior Therapy) and EMDR (Eye Movement Desensitization and Reprocessing). I accept most insurance and offer reduced rates for non-insured.

Pederson, Kim, LCSW

86 North B Street #3
Salt Lake City, UT 84103
801-521-7646
kim.echo11@gmail.com

30 years experience in treating addictions, depression and anxiety, gender difficulties, relationship heartbreaks and puzzles, traumas, and learning to swim better in the sometimes murky pool of life.

Posner, Kara, LPC

SLC Counseling
77 S 700 E, Suite 200
Salt Lake City, UT 84105

(801) 948-0944 SLCcounseling@gmail.com

I am a non-judgmental multi-culturally competent counselor who has experience working with LGBTQ clients, both in individual and couples therapy. I specialize in helping clients get unstuck and/or aiding them to achieve the improvements they want to see in their lives.

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.

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. (sliding fee and pro bono)

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.

Sommers, Jania, MSW, LCSW

1731 South 1400 East
Salt Lake City, UT 84105
801-810-8274
janiasommers@gmail.com

Provides opportunities for individuals, couples and families to work on issues that encourage healing and peace. Many years of experience working with adults and children who have experienced anxiety, depression and trauma. Knowledgeable about marriage and family issues, GLBT ally, adoption issues and process. (Sliding fee scale services)

Spadaro, Nina, PhD

Impact Education & Therapy, LLC
11710 Sanders Circle
Sandy, Utah 84092
(304) 319-4041

Impact Education & Therapy, LLC offers counseling in the privacy of my home office. My specialty interests are adult individual, relationship and sexuality counseling. Using collaborative cognitive behavioral approaches which empower, educate, respect, and celebrate the unique strengths of each individual, my counseling is multi-sensory and creative.

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)

Taylor, Nancy, MS, LPC

Ascent Counseling, Inc.
1343 So. 1100 East
Salt Lake City, UT 84105
(801) 891-6123

ascentcounseling@yahoo.com

The purpose of therapy is to increase a client's ability to rise above the constricting and self-limiting ways in which he/she views him/herself and the world. I work with clients who struggle with depression, anxiety, LGBT and sexual orientation, trauma, PTSD, addictions, and spirituality.

Thornhill, Denise, PhD

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.

Williams, Sheri LCSW

3098 S. Highland Drive Suite 347
SLC, UT 84106 801.505.3133
www.sheri-williams.com

I provide affirmative, client centered psychotherapy for adolescents, adults, and their families. I specialize in the treatment of mood disorders, addiction issues, behavioral problems, childhood traumas, PTSD, emotional regulation skills, and sexual orientation/gender identity issues. I offer a free phone consultation and a sliding fee scale.

Wolf, Janet, LCSW

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