

Western Massachusetts EMDRIA Regional Network

Directory of EMDR Trained Clinicians



Fifteenth Edition
April 2018

April 2018

Welcome to the Fifteenth Edition of the Directory of EMDR Trained Clinicians in Western Massachusetts. For those of you using this resource for the first time, we have done our best to structure it in a very user friendly way. This updated Directory lists over 50 clinicians who have completed the basic EMDR therapy training and chose to be listed. It is available in hard copy, and is interactive online at www.wmassemdria.com. After you go to the website, click on "Search Directory" and then choose a searchable option (as described in the five indexes below). Clinicians often update their listings and additional therapists may be added to the online directory throughout the year.

In this print edition, **you can look for an EMDR therapy trained therapist in several ways**. We have created **FIVE INDEXES** to simplify your search. You can search the Directory by **NAME** using the alphabetical listing to find a particular clinician. You can search by location to see if there are EMDR therapy trained clinicians in a particular **CITY, TOWN** or **ZIP CODE**, or nearby.

You can search the Directory by **INSURANCE**. We have listed more than 25 different insurance plans. You can cross-reference the insurance and location indexes to find the best referral matches, then read individual clinician descriptions to learn more about their work. You can cross-reference the index by level of **ADVANCED TRAINING** and **CERTIFICATION** in EMDR therapy or **CLINICAL SPECIALTY**, easily finding which therapists work with children or adolescents, provide couple's or marital therapy, specialize in depression or anxiety, etc. Therapists listed in the directory can select up to ten categories of specialization.

We are grateful for an exceptionally vibrant EMDR therapy community in Western Mass, one of the strongest in the country. Much of the credit for this goes to our WMass EMDRIA Regional Network Board of Directors and Regional Co-Coordinator Jim Helling and Stephanie Baird. In addition to the online and print Directory editions, we operate a list serve with over 450 members, a website with information about EMDR therapy for the general community, a listing of EMDR therapy trained consultants and consultation groups, regional EMDR therapy training opportunities, and information about the Western Mass Trauma Recovery Network. The WMass EMDRIA Board of Directors also organizes an annual regional fall meeting and widely-attended spring conference.

On behalf of the Western Mass EMDR therapy community, I want to share our delighted appreciation to all those clinicians who chose to be listed and to our administrative wizard, Lynn Valle, for creating this Fifteenth Edition so efficiently. Additionally, I would like to thank Jason Rose-Langston and Ryan Turner for their creativity and web savvy in designing the online directory. I enjoy working with Ryan, Lynn, and our new webmaster Karan Parkin to bring this print Directory to completion and celebrate their teamwork and commitment. Lastly, the biggest thanks goes to Farnsworth Lobenstine, who spent many years lovingly birthing and developing this now teenaged Directory. Hundreds of therapists and clients will again benefit this year from these contributions and the printed Directory in your hands.

In the spirit and practice of healing,
Stephanie Baird, LMHC, Treasurer
Western Massachusetts EMDRIA Regional Steering Committee

About EMDR Therapy

What is EMDR therapy?

Eye Movement Desensitization and Reprocessing (EMDR) therapy is an approach to psychotherapy that has been practiced in the US and around the world for the past 25 years. Aspects of EMDR therapy are unique: In particular, the therapist leads a patient in a series of lateral eye movements while the patient simultaneously focuses on various aspects of a disturbing memory. During this procedure, patients tend to "process" the memory in a way that leads to a peaceful resolution. This often involves new learning about the self and often new learning about a previously disturbing event. For instance, an assault victim may come to realize that he was not to blame for what happened, that the event is really over, and that he can safely go on with life. Or, a person who has been abandoned by a spouse may come to realize that she is loveable and that she has undiscovered possibilities. EMDR therapy is applicable for a wide range of psychological problems that result from overwhelming life experiences. The left – right eye movements in EMDR therapy are a form of "bilateral stimulation." Other forms of bilateral stimulation used by EMDR therapists include alternating bilateral sound, using headphones, and alternating tactile stimulation, using a handheld device that vibrates or taps to the back of the patient's hands.

The therapeutic effects of bilateral stimulation were discovered by Francine Shapiro, Ph.D., who grasped their power in psychotherapy. Dr. Shapiro found—quite by accident—that emotional and behavioral symptoms resulting from disturbing experiences tend to resolve naturally when a person allows him/ herself to recall various elements of a memory while engaging in bilateral stimulation such as lateral eye-movements. Dr. Shapiro and her associates developed a number of procedures for coordinating this "dual awareness." The procedures have been refined and validated through controlled research at several centers around the world. Precise and careful use of these procedures can lead to a safe processing of memories, such that the negative thoughts and emotions disappear.

More than a set of "techniques," the EMDR therapy approach provides a model for understanding human potential, including how positive experiences support adaptive living, or psychological health, and how upsetting experiences can sometimes lead to psychological problems that interfere with a person's ability to meet life challenges. The Adaptive Information Processing (AIP) Model has been constructed from observations of many people in states of psychological health and dysfunction. The model reveals that health is supported by positive and successful experiences that increasingly prepare a person to handle new challenges. However, some experiences can be so upsetting that a person's brain cannot process them normally. Such memories become stuck and then drive psychological symptoms, such as anxiety, depression, and problem behaviors. The AIP model guides a clinician's use of EMDR therapy so that the person's own brain can complete the processing of memories. This results in the reduction of suffering and symptoms and the development of new learning that supports psychological health.

It is very important that EMDR therapy is facilitated by a fully trained EMDR clinician, who must also hold licensure in one of several mental health fields. Patients often require special preparation for EMDR processing. Premature or other improper use of the procedures can lead to significant distress and worsening of symptoms in some patients.

Looking for an EMDR Trained Therapist?

For the past ten+ years, therapists in our region have been using the Western Massachusetts EMDRIA Regional Network's Directory of EMDR Trained Clinicians as a resource for referrals. The Western Mass EMDRIA Regional Steering Committee has now made this resource available to the public via this website. One of the many special features of this Directory is that it lists therapists according to the insurances they accept. Since not all therapists accept the same insurances, this feature can shorten your search. We invite you to use the Directory to locate an EMDR trained therapist for yourself or for another person. But first...

A Few Words about the Names in this Directory

It is possible that you will find an excellent EMDR trained therapist in any of the names appearing in the Directory. However, the Western Mass EMDRIA Regional Steering Committee does not assure or in any way assume responsibility for quality of professional services provided by any therapist listed in this Directory of EMDR Trained Clinicians. All therapists in the Directory are licensed to provide psychotherapy. And all clinicians here attest to having completed the basic EMDR training as approved by the EMDR International Association (EMDRIA). All trained EMDR therapists are strongly encouraged to seek consultation beyond their basic training, and many do so. A number of these clinicians have gone on to become certified by EMDRIA; some have become EMDRIA-approved consultants, EMDR Institute training facilitators, and/or EMDRIA-approved trainers. Each additional step in this progression indicates further study, experience, training, and supervised practice.

Choosing a Good EMDR Trained Therapist for You

The Western Mass EMDRIA Regional Steering Committee recommends the following steps in choosing a good therapist:

- 1) Ask for time to interview a prospective clinician—by phone or in person.
- 2) Ask about the therapist's experience with EMDR.
- 3) Ask about their experience treating the type of situation you would bring to therapy and if they seem comfortable in treating your particular problem.
- 4) Assess your sense of trust and rapport with any potential therapist.

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Directory by Category

Clinicians by City and State

EMDR/IA Approved Consultants and Certified Clinicians

Clinicians by Insurances Accepted

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Directory by Name

George Abbott	Susan Hauschild	Amanda Roberts
Stephanie Baird	Jim Helling	Jason Rose-Langston
Jocelyn Barrett	Gretchen Hendricks	Jori Ross
Suzanne Borstein	Amy Kahn	Karen Rowe
Pamela Brigham	Mark Karpel	Joan Saperstan
Cheryl Case	Anna Kogan	Paula B. Schmidt
Cindy Chandler-Guy	Eileen Lawlor	Paula B. Shulman
Colleen DeVine	Farnsworth Lobenstine	Nancy Simons
Rosemary Eads	Desiree Lowit	Sarah B Stewart
Phyllis Eckstein	Adele Marcus	Melissa Tefft
Denise Elliott	Caryn Markson	Deborah Thomas
Jeanne C Folks	Bri McCarroll	Joanna Vaughn
Melysa Friedman	Stacie Melcher	Jane Vecchio
Denise Gelinias	Scott Mentzer	Laura Washburn
Judith Goldman	Tiana Mirapae	Kathleen Winkworth
Ricky Greenwald	Mark Nickerson	Amy Winters Champoux
Ross Hackerson	Edward Olmstead	
Patricia Hanley	Andrea Reber	

Clinicians by City and State

From Berkshire, Franklin, Hamden and Hampshire Counties, as well as individual therapists who asked to be listed and who are within a 60 mile radius of Amherst or Northampton.

Massachusetts

Amherst

Rosemary Eads
Jim Helling
Anna Kogan
Farnsworth Lobenstine
Mark Nickerson
Amanda Roberts
Nancy Simons
Laura Washburn

Belchertown

Joan Saperstan

Chicopee

Patricia Hanley

East Longmeadow

Cindy Chandler-Guy

Easthampton

Jason Rose-Langston

Florence

Gretchen Hendricks

Great Barrington

Eileen Lawlor

Greenfield

Cheryl Case

Hadley

Desiree Lowit
Tiana Mirapae

Holden

Scott Mentzer

Holyoke

Edward Olmstead
Jane Vecchio

Longmeadow

Stacie Melcher
Tiana Mirapae

Montague

Paula Shulman

Natick

Jocelyn Barrett

Northampton

George Abbott
Pamela Brigham
Cindy Chandler-Guy
Phyllis Eckstein
Denise Elliott
Melysa Friedman
Denise Gelinis
Judith Goldman
Ricky Greenwald
Ross Hackerson
Amy Kahn
Mark Karpel
Adele Marcus
Caryn Markson
Edward Olmstead
Andrea Reber
Jori Ross
Karen Rowe
Paula Schmidt
Paula Shulman
Melissa Tefft
Joanna Vaughn
Amy Winters Champoux

South Hadley

Stephanie Baird
Pamela Brigham
Kathleen Winkworth

Springfield

Susan Hauschild
Bri McCarroll

Watertown

Sarah Stewart

West Springfield

Deborah Thomas

Connecticut

Avon

Jeanne Folks

Enfield

Patricia Hanley

Waterford

Colleen DeVine

West Hartford

Deborah Thomas

Rhode Island

Cranston

Suzanne Borstein

EMDRIA Approved Consultants and Certified Clinicians

Our professional association, the EMDR International Association (EMDRIA), has developed ways of certifying levels of advanced training in the use of EMDR therapy. Our Directory only includes therapists who have completed the basic training. We list here these certification categories to help prospective clients or referring clinicians know relative levels of individual and small group structure learning beyond the basic training.

Consultants

We are fortunate to have two locally-based EMDRIA Approved Trainers: George Abbott and Ricky Greenwald, and nine EMDR Facilitators. Trainers provide the 50-hour required instruction for basic training in EMDR therapy. Facilitators provide the hands-on small group practice in the basic training. All of them are also EMDRIA Approved Consultants.

EMDRIA Approved Consultants are **EMDRIA Certified therapists** who have received 20 additional hours of consultation on the process of teaching EMDR trained clinicians to refine their skills in the use of EMDR therapy. They lead EMDR trained therapists through the process of becoming EMDRIA Certified Clinicians.

Trainers:

George Abbott
Ricky Greenwald

EMDR Assistant Instructor:

Judy Greenberg

EMDR Facilitators:

George Abbott*
Jocelyn Barrett
Suzanne Borstein
Denise Gelinis
Amy Kahn
Farnsworth Lobenstine
Caryn Markson*
Mark Nickerson
Amanda Roberts

EMDRIA Approved Consultants:

George Abbott
Stephanie Baird
Jocelyn Barrett
Suzanne Borstein
Phyllis Eckstein
Jeanne Folks
Denise Gelinis*
Ricky Greenwald*
Ross Hackerson
Amy Kahn
Anna Kogan

Farnsworth Lobenstine*
Gary Loomis
Caryn Markson
Tiana Mirapae
Mark Nickerson*
Amanda Roberts
Jason Rose-Langston
Karen Rowe
Nancy Simons
Sarah Stewart
Melissa Tefft

**Leads paid EMDR consultation groups*

EMDRIA Certified Clinicians

EMDRIA Certified Clinicians have received 20 hours of consultation on their EMDR therapy with clients after they completed the basic training in EMDR. They submitted letters of recommendation from their consultants and peers and attested to having done a total of at least 50 sessions using the EMDR therapy protocol with at least 25 different clients. They must complete at least 12 hours of EMDRIA approved training every two years.

Pamela Brigham
Cheryl Case
Cindy Chandler-Guy
Colleen DeVine
Rosemary Eads
Denise Elliott

Melysa Friedman
Judith Goldman
Susan Hauschild
Jim Helling
Mark Karpel
Adele Marcus

Bri McCarroll
Stacie Melcher
Paula Schmidt
Laura Washburn
Kathleen Winkworth
Amy Winters Champoux

Insurances Accepted

The following is a list of Massachusetts health insurance companies. In addition, some insurance companies will pay therapists out of network. The client is responsible for checking with his/her insurance company for details. Therapists were asked to list insurances that routinely paid them out of network – this is designated with "OON" in the list below. Out of Network usually means more limited benefits and higher copays or initial deductibles.

<u>AARP</u>	Jason Rose-Langston	Paula Schmidt
George Abbott	Jori Ross	Nancy Simons
Jason Rose-Langston	Joan Saperstan	Melissa Tefft
	Paula Schmidt	Deborah Thomas
<u>Aetna</u>	Nancy Simons	Joanna Vaughn
Cheryl Case	Laura Washburn	Kathleen Winkworth
Cindy Chandler-Guy	Amy Winters Champoux	Amy Winters Champoux
Colleen DeVine		
Denise Elliott	<u>Blue Cross/Blue Shield (BCBS)</u>	<u>Boston Medical Center Healthnet Plan (BMC)</u>
Denise Gelinias	George Abbott	Pamela Brigham
Judith Goldman	Stephanie Baird	Cheryl Case
Patricia Hanley	Jocelyn Barrett	Cindy Chandler-Guy
Gretchen Hendricks	Suzanne Borstein	Phyllis Eckstein
Amy Kahn	Pamela Brigham	Melysa Friedman
Anna Kogan	Cheryl Case	Patricia Hanley
Farnsworth Lobenstine	Cindy Chandler-Guy	Amy Kahn
Stacie Melcher	Colleen DeVine	Stacie Melcher
Edward Olmstead	Rosemary Eads	Mark Nickerson
Amanda Roberts	Phyllis Eckstein	Edward Olmstead
Jason Rose-Langston	Denise Elliott	Andrea Reber
Jori Ross	Melysa Friedman	Jason Rose-Langston
Karen Rowe	Denise Gelinias	Jori Ross
Paula Schmidt	Ross Hackerson	Joan Saperstan
Deborah Thomas	Patricia Hanley	Paula Schmidt
Laura Washburn	Jim Helling	Nancy Simons
	Gretchen Hendricks	Melissa Tefft
<u>Beacon Health Strategies</u>	Amy Kahn	Laura Washburn
Pamela Brigham	Mark Karpel	Amy Winters Champoux
Cheryl Case	Anna Kogan	
Cindy Chandler-Guy	Farnsworth Lobenstine	
Phyllis Eckstein	Desiree Lowit	<u>Champus</u>
Melysa Friedman	Adele Marcus	Colleen DeVine
Patricia Hanley	Bri McCarroll	Denise Gelinias
Gretchen Hendricks	Stacie Melcher	Amy Kahn
Amy Kahn	Scott Mentzer	Mark Nickerson
Anna Kogan	Edward Olmstead	Edward Olmstead
Desiree Lowit	Andrea Reber	
Stacie Melcher	Amanda Roberts	
Mark Nickerson	Jason Rose-Langston	
Edward Olmstead	Jori Ross	
Andrea Reber	Joan Saperstan	

Insurances Accepted

Cigna

Cindy Chandler-Guy
Colleen DeVine
Denise Gelinas
Patricia Hanley
Amy Kahn
Bri McCarroll
Stacie Melcher
Edward Olmstead
Amanda Roberts
Jason Rose-Langston
Jori Ross
Karen Rowe
Deborah Thomas
Laura Washburn

Connecticare

Cindy Chandler-Guy
Colleen DeVine
Melysa Friedman
Gretchen Hendricks
Amy Kahn
Mark Nickerson
Adele Marcus
Edward Olmstead
Jason Rose-Langston
Jori Ross
Paula Schmidt
Deborah Thomas

Consolidated Health Plan

Cindy Chandler-Guy
Gretchen Hendricks
Farnsworth Lobenstine
Stacie Melcher
Mark Nickerson
Jason Rose-Langston
Jori Ross
Amy Winters Champoux

Fallon CHP

Pamela Brigham
Cheryl Case
Amy Kahn
Stacie Melcher
Edward Olmstead
Jason Rose-Langston

Jori Ross
Paula Schmidt
Laura Washburn

Harvard Pilgrim

Stephanie Baird
Pamela Brigham
Cheryl Case
Cindy Chandler-Guy
Rosemary Eads
Phyllis Eckstein
Denise Elliott
Melysa Friedman
Gretchen Hendricks
Amy Kahn
Farnsworth Lobenstine
Desiree Lowit
Adele Marcus
Stacie Melcher
Edward Olmstead
Amanda Roberts
Jason Rose-Langston
Jori Ross
Paula Schmidt
Nancy Simons
Laura Washburn
Amy Winters Champoux

Health New England

Stephanie Baird
Pamela Brigham
Cheryl Case
Cindy Chandler-Guy
Rosemary Eads
Denise Elliott
Ross Hackerson
Patricia Hanley
Susan Hauschild
Jim Helling
Amy Kahn
Desiree Lowit
Bri McCarroll
Stacie Melcher
Mark Nickerson
Amanda Roberts
Jason Rose-Langston

Jori Ross
Karen Rowe
Paula Schmidt
Nancy Simons
Laura Washburn
Kathleen Winkworth
Amy Winters Champoux

HMO Blue (see also BCBS)

George Abbott
Stephanie Baird
Pamela Brigham
Cheryl Case
Cindy Chandler-Guy
Colleen DeVine
Rosemary Eads
Phyllis Eckstein
Denise Elliott
Melysa Friedman
Denise Gelinas
Jim Helling
Gretchen Hendricks
Amy Kahn
Anna Kogan
Adele Marcus
Bri McCarroll
Stacie Melcher
Edward Olmstead
Andrea Reber
Amanda Roberts
Jason Rose-Langston
Jori Ross
Joan Saperstan
Paula Schmidt
Nancy Simons
Deborah Thomas
Laura Washburn

Humana

Colleen DeVine
Denise Gelinas

Managed Health Network (MHN)

Amy Kahn
Jori Ross
Paula Schmidt

Insurances Accepted

Mass Behavioral Health Partnership (MBHP)

Pamela Brigham
Cheryl Case
Judith Goldman
Amy Kahn
Desiree Lowit
Stacie Melcher
Mark Nickerson
Nancy Simons
Joanna Vaughn
Laura Washburn
Kathleen Winkworth

Mass Health

Pamela Brigham
Cheryl Case
Desiree Lowit
Nancy Simons
Laura Washburn

Medex

George Abbott
Denise Gelinias
Adele Marcus
Andrea Reber
Amanda Roberts
Laura Washburn

Medicare

George Abbott
Jocelyn Barrett
Pamela Brigham
Cheryl Case
Cindy Chandler-Guy
Phyllis Eckstein
Denise Elliott
Melysa Friedman
Denise Gelinias
Judith Goldman
Patricia Hanley
Susan Hauschild
Jim Helling
Gretchen Hendricks
Amy Kahn
Anna Kogan
Farnsworth Lobenstine

Desiree Lowit
Adele Marcus
Mark Nickerson
Andrea Reber
Amanda Roberts
Jason Rose-Langston
Karen Rowe
Paula Schmidt
Melissa Tefft
Deborah Thomas
Joanna Vaughn
Laura Washburn
Kathleen Winkworth
Amy Winters Champoux

Medicare PPO Blue

Denise Elliott
Farnsworth Lobenstine
Amanda Roberts
Jason Rose-Langston

Neighborhood Health Plan

Suzanne Borstein
Pamela Brigham
Cheryl Case
Melysa Friedman
Edward Olmstead
Jason Rose-Langston
Nancy Simons
Kathleen Winkworth

Oxford (United Health Care)

Stephanie Baird
Gretchen Hendricks
Farnsworth Lobenstine

Pacificare

Gretchen Hendricks
Farnsworth Lobenstine
Edward Olmstead
Jori Ross
Paula Schmidt

Pioneer

Denise Gelinias
Gretchen Hendricks
Amy Kahn

Mark Karpel
Jori Ross
Paula Schmidt
Melissa Tefft

TriCare

Stephanie Baird
Cindy Chandler-Guy
Colleen DeVine
Denise Gelinias
Jim Helling
Amy Kahn
Mark Nickerson
Edward Olmstead
Amanda Roberts
Jason Rose-Langston
Paula Schmidt
Laura Washburn
Kathleen Winkworth

Tufts

Stephanie Baird
Pamela Brigham
Cheryl Case
Rosemary Eads
Phyllis Eckstein
Denise Elliott
Denise Gelinias
Jim Helling
Gretchen Hendricks
Amy Kahn
Anna Kogan
Farnsworth Lobenstine
Desiree Lowit
Stacie Melcher
Edward Olmstead
Amanda Roberts
Jason Rose-Langston
Jori Ross
Paula Schmidt
Nancy Simons
Joanna Vaughn
Amy Winters Champoux

Insurances Accepted

Tufts Medicare Preferred

Denise Elliott
Jim Helling
Farnsworth Lobenstine
Amanda Roberts
Jason Rose-Langston

UMass

Gretchen Hendricks
Amy Kahn
Farnsworth Lobenstine
Adele Marcus
Jason Rose-Langston
Jori Ross
Karen Rowe
Nancy Simons
Laura Washburn
Amy Winters Champoux

Unicare

Pamela Brigham
Cindy Chandler-Guy
Melysa Friedman
Denise Gelinias
Jim Helling
Gretchen Hendricks
Adele Marcus
Stacie Melcher
Mark Nickerson
Edward Olmstead
Jason Rose-Langston
Jori Ross
Paula Schmidt

United Behavioral Health

Stephanie Baird
Pamela Brigham
Cindy Chandler-Guy
Colleen DeVine

Rosemary Eads
Phyllis Eckstein
Denise Elliott
Melysa Friedman
Denise Gelinias
Gretchen Hendricks
Farnsworth Lobenstine
Desiree Lowit
Adele Marcus
Stacie Melcher
Mark Nickerson
Edward Olmstead
Jason Rose-Langston
Jori Ross
Paula Schmidt
Nancy Simons
Deborah Thomas
Laura Washburn
Kathleen Winkworth

United Health Care

Stephanie Baird
Pamela Brigham
Cindy Chandler-Guy
Colleen DeVine
Phyllis Eckstein
Denise Elliott
Melysa Friedman
Denise Gelinias
Gretchen Hendricks
Farnsworth Lobenstine
Adele Marcus
Stacie Melcher
Mark Nickerson
Edward Olmstead
Jason Rose-Langston
Jori Ross
Paula Schmidt

Deborah Thomas
Kathleen Winkworth

Value Options

Pamela Brigham
Cindy Chandler-Guy
Colleen DeVine
Phyllis Eckstein
Denise Gelinias
Gretchen Hendricks
Farnsworth Lobenstine
Desiree Lowit
Stacie Melcher
Edward Olmstead
Jason Rose-Langston
Jori Ross
Paula Schmidt
Nancy Simons
Deborah Thomas
Laura Washburn
Kathleen Winkworth

Accept Most Insurances Out of Network

Denise Gelinias
Judith Goldman
Ross Hackerson
Patricia Hanley
Jim Helling
Amy Kahn
Tiana Mirapae
Andrea Reber
Jori Ross
Sarah Stewart
Melissa Tefft
Joanna Vaughn

Clinicians by Specialization

Abuse & Neglect in Childhood

George Abbott
Stephanie Baird
Suzanne Borstein
Pamela Brigham
Cheryl Case
Cindy Chandler-Guy
Colleen DeVine
Rosemary Eads
Phyllis Eckstein
Denise Elliott
Jeanne Folks
Melysa Friedman
Denise Gelinias
Ricky Greenwald
Ross Hackerson
Patricia Hanley
Jim Helling
Gretchen Hendricks
Amy Kahn
Anna Kogan
Eileen Lawlor
Farnsworth Lobenstine
Desiree Lowit
Adele Marcus
Caryn Markson
Bri McCarroll
Stacie Melcher
Scott Mentzer
Tiana Mirapae
Mark Nickerson
Andrea Reber
Jason Rose-Langston
Karen Rowe
Paula Schmidt
Paula Shulman
Nancy Simons
Joanna Vaughn
Laura Washburn
Kathleen Winkworth
Amy Winters Champoux

ADD/ADHD

George Abbott
Stephanie Baird
Cheryl Case
Colleen DeVine
Denise Gelinias
Judith Goldman

Addictions/Substance Abuse/Compulsions

Jocelyn Barrett
Melysa Friedman
Ricky Greenwald
Ross Hackerson
Patricia Hanley
Susan Hauschild
Gretchen Hendricks
Mark Karpel
Eileen Lawlor
Scott Mentzer
Mark Nickerson
Jason Rose-Langston
Joan Saperstan
Sarah Stewart
Joanna Vaughn

Adolescents

Stephanie Baird
Colleen DeVine
Ricky Greenwald
Susan Hauschild
Farnsworth Lobenstine
Bri McCarroll
Edward Olmstead
Jason Rose-Langston
Karen Rowe
Nancy Simons
Melissa Tefft
Deborah Thomas
Joanna Vaughn
Kathleen Winkworth

Adoption

Cheryl Case
Colleen DeVine
Denise Elliott
Ricky Greenwald
Nancy Simons

Aging/Older Adults

Cindy Chandler-Guy
Phyllis Eckstein
Ricky Greenwald
Jim Helling
Gretchen Hendricks
Andrea Reber
Joan Saperstan
Sarah Stewart
Melissa Tefft
Deborah Thomas
Kathleen Winkworth

Anger Management

Stephanie Baird
Jocelyn Barrett
Colleen DeVine
Ricky Greenwald
Susan Hauschild
Jim Helling
Scott Mentzer
Mark Nickerson
Edward Olmstead
Joanna Vaughn

Anxiety

George Abbott
Stephanie Baird
Jocelyn Barrett
Suzanne Borstein
Pamela Brigham
Cheryl Case
Cindy Chandler-Guy
Colleen DeVine
Rosemary Eads
Phyllis Eckstein
Denise Elliott
Jeanne Folks
Melysa Friedman
Denise Gelinias

Judith Goldman
Ricky Greenwald
Patricia Hanley
Susan Hauschild
Jim Helling
Gretchen Hendricks
Amy Kahn
Anna Kogan
Eileen Lawlor
Farnsworth Lobenstine
Desiree Lowit
Adele Marcus
Caryn Markson
Bri McCarroll
Stacie Melcher
Scott Mentzer
Tiana Mirapae
Edward Olmstead
Andrea Reber
Amanda Roberts
Jason Rose-Langston
Jori Ross
Karen Rowe
Joan Saperstan
Paula Schmidt
Nancy Simons
Sarah Stewart
Melissa Tefft
Deborah Thomas
Joanna Vaughn
Laura Washburn
Kathleen Winkworth
Amy Winters Champoux

Clinicians by Specialization

Attachment Disorders

George Abbott
Jocelyn Barrett
Suzanne Borstein
Cheryl Case
Colleen DeVine
Jeanne Folks
Jim Helling
Anna Kogan
Desiree Lowit
Adele Marcus
Caryn Markson
Scott Mentzer
Tiana Mirapae
Karen Rowe
Nancy Simons
Amy Winters Champoux

Axis II Disorders

Jim Helling
Laura Washburn

Children

Cheryl Case
Ricky Greenwald
Farnsworth Lobenstine
Desiree Lowit
Paula Schmidt
Paula Shulman
Nancy Simons
Deborah Thomas
Kathleen Winkworth

Chronic Illness/ Pain/ Behavioral Health

George Abbott
Jocelyn Barrett
Pamela Brigham
Rosemary Eads
Judith Goldman
Patricia Hanley
Susan Hauschild
Jim Helling
Gretchen Hendricks
Amy Kahn
Tiana Mirapae
Amanda Roberts
Joan Saperstan

Nancy Simons
Melissa Tefft
Joanna Vaughn

Coaching/Life Transitions

Pamela Brigham
Cindy Chandler-Guy
Rosemary Eads
Denise Gelinias
Ricky Greenwald
Susan Hauschild
Jim Helling
Gretchen Hendricks
Amy Kahn
Eileen Lawlor
Adele Marcus
Caryn Markson
Stacie Melcher
Tiana Mirapae
Edward Olmstead
Jori Ross
Paula Shulman

Couples/Marriage

Cindy Chandler-Guy
Colleen DeVine
Denise Elliott
Jeanne Folks
Melysa Friedman
Ricky Greenwald
Ross Hackerson
Gretchen Hendricks
Mark Karpel
Adele Marcus
Caryn Markson
Bri McCarroll
Stacie Melcher
Tiana Mirapae
Edward Olmstead
Jori Ross
Paula Shulman
Laura Washburn

Cross Cultural/ Multi- Racial Issues

Jim Helling
Gretchen Hendricks
Amy Kahn
Anna Kogan
Bri McCarroll
Mark Nickerson
Amanda Roberts
Joan Saperstan
Paula Shulman

Depression/ Mood Disorders

Stephanie Baird
Jocelyn Barrett
Suzanne Borstein
Pamela Brigham
Cheryl Case
Cindy Chandler-Guy
Colleen DeVine
Rosemary Eads
Phyllis Eckstein
Denise Elliott
Jeanne Folks
Melysa Friedman
Denise Gelinias
Judith Goldman
Ricky Greenwald
Patricia Hanley
Susan Hauschild
Jim Helling
Gretchen Hendricks
Amy Kahn
Anna Kogan
Eileen Lawlor
Farnsworth Lobenstine
Desiree Lowit
Adele Marcus
Bri McCarroll
Stacie Melcher
Scott Mentzer
Tiana Mirapae
Edward Olmstead
Andrea Reber
Amanda Roberts
Jason Rose-Langston

Jori Ross
Karen Rowe
Paula Schmidt
Nancy Simons
Melissa Tefft
Deborah Thomas
Joanna Vaughn
Laura Washburn
Kathleen Winkworth

Dissociation

George Abbott
Jocelyn Barrett
Suzanne Borstein
Cheryl Case
Jeanne Folks
Denise Gelinias
Judith Goldman
Jim Helling
Anna Kogan
Farnsworth Lobenstine
Desiree Lowit
Stacie Melcher
Tiana Mirapae
Jason Rose-Langston
Laura Washburn

Divorce/ Separation

Pamela Brigham
Cindy Chandler-Guy
Colleen DeVine
Denise Elliott
Denise Gelinias
Ricky Greenwald
Patricia Hanley
Gretchen Hendricks
Mark Karpel
Caryn Markson
Scott Mentzer
Tiana Mirapae
Mark Nickerson
Jori Ross
Nancy Simons
Sarah Stewart
Joanna Vaughn
Laura Washburn
Kathleen Winkworth

Clinicians by Specialization

Eating Disorders

Rosemary Eads

Ego States Therapy

George Abbott
Pamela Brigham
Cheryl Case
Cindy Chandler-Guy
Jeanne Folks
Denise Gelinas
Jim Helling
Anna Kogan
Farnsworth Lobenstine
Adele Marcus
Caryn Markson
Amanda Roberts
Jason Rose-Langston
Paula Shulman
Nancy Simons
Joanna Vaughn
Laura Washburn
Amy Winters Champoux

Energy Psychology

Pamela Brigham
Rosemary Eads
Jeanne Folks
Farnsworth Lobenstine
Adele Marcus
Caryn Markson
Tiana Mirapae

Family Therapy

Cheryl Case
Colleen DeVine
Ross Hackerson
Susan Hauschild
Edward Olmstead
Jori Ross
Paula Schmidt
Paula Shulman
Nancy Simons

Grief/ Loss/ Bereavement

George Abbott
Jocelyn Barrett
Pamela Brigham
Cindy Chandler-Guy
Colleen DeVine
Rosemary Eads
Phyllis Eckstein
Denise Elliott
Jeanne Folks
Melysa Friedman
Denise Gelinas
Judith Goldman
Ricky Greenwald
Patricia Hanley
Susan Hauschild
Jim Helling
Gretchen Hendricks
Amy Kahn
Eileen Lawlor
Adele Marcus
Caryn Markson
Bri McCarroll
Stacie Melcher
Scott Mentzer
Mark Nickerson
Andrea Reber
Amanda Roberts
Jori Ross
Joan Saperstan
Paula Schmidt
Paula Shulman
Sarah Stewart
Melissa Tefft
Deborah Thomas
Joanna Vaughn
Laura Washburn
Kathleen Winkworth
Amy Winters Champoux

Groups

Stephanie Baird
Pamela Brigham
Jeanne Folks
Patricia Hanley
Adele Marcus
Amanda Roberts
Melissa Tefft

Hypnotherapy

George Abbott
Colleen DeVine
Rosemary Eads
Jim Helling
Amy Kahn
Eileen Lawlor
Tiana Mirapae
Amanda Roberts
Jason Rose-Langston

LGBT Issues/ Gender Identity

Stephanie Baird
Pamela Brigham
Denise Elliott
Melysa Friedman
Gretchen Hendricks
Bri McCarroll
Stacie Melcher
Tiana Mirapae
Jason Rose-Langston
Karen Rowe
Joan Saperstan
Sarah Stewart

Men's Issues

George Abbott
Jim Helling
Gretchen Hendricks
Mark Karpel
Scott Mentzer
Mark Nickerson
Edward Olmstead
Karen Rowe

Performance/ Creativity

Enhancement

Jocelyn Barrett
Jeanne Folks
Ricky Greenwald
Jim Helling
Gretchen Hendricks
Caryn Markson
Jason Rose-Langston
Jori Ross
Sarah Stewart

Phobias/ OCD

Jocelyn Barrett
Cheryl Case
Colleen DeVine
Jeanne Folks
Ricky Greenwald
Ross Hackerson
Jim Helling
Gretchen Hendricks
Stacie Melcher
Tiana Mirapae
Edward Olmstead
Jason Rose-Langston
Jori Ross
Paula Schmidt
Sarah Stewart
Joanna Vaughn
Laura Washburn

Postpartum Depression/ Pregnancy/ Birth

Traumas

Pamela Brigham
Colleen DeVine
Denise Elliott
Melysa Friedman
Ricky Greenwald
Patricia Hanley
Gretchen Hendricks
Caryn Markson
Bri McCarroll
Stacie Melcher
Tiana Mirapae
Jori Ross
Joan Saperstan

Clinicians by Specialization

Self-Mutilation

Jim Helling
Karen Rowe

Sexuality/ Sex Therapy

Stephanie Baird
Gretchen Hendricks
Mark Karpel
Tiana Mirapae
Karen Rowe

Spanish Speaking/Latino

Pamela Brigham
Joanna Vaughn

Spirituality/ Spiritual Issues

Rosemary Eads
Jeanne Folks
Judith Goldman
Eileen Lawlor
Adele Marcus
Tiana Mirapae
Joan Saperstan
Sarah Stewart
Melissa Tefft
Joanna Vaughn
Kathleen Winkworth

Stress Management

George Abbott
Stephanie Baird
Jocelyn Barrett
Suzanne Borstein
Pamela Brigham
Cheryl Case
Cindy Chandler-Guy
Phyllis Eckstein
Jeanne Folks
Melysa Friedman
Judith Goldman
Ricky Greenwald
Patricia Hanley
Susan Hauschild
Jim Helling
Gretchen Hendricks
Anna Kogan
Eileen Lawlor

Adele Marcus
Caryn Markson
Scott Mentzer
Amanda Roberts

Jori Ross
Paula Shulman
Sarah Stewart
Melissa Tefft
Joanna Vaughn

Veterans/ Active Duty Personnel

Colleen DeVine
Ricky Greenwald
Patricia Hanley
Jim Helling
Gretchen Hendricks
Stacie Melcher
Scott Mentzer
Mark Nickerson
Edward Olmstead
Amanda Roberts

Women's Issues

Stephanie Baird
Suzanne Borstein
Pamela Brigham
Cindy Chandler-Guy
Colleen DeVine
Phyllis Eckstein
Denise Elliott
Melysa Friedman
Judith Goldman
Patricia Hanley
Gretchen Hendricks
Anna Kogan
Eileen Lawlor
Adele Marcus
Caryn Markson
Bri McCarroll
Tiana Mirapae
Andrea Reber
Amanda Roberts
Karen Rowe
Joan Saperstan
Paula Schmidt
Paula Shulman
Sarah Stewart

Joanna Vaughn
Kathleen Winkworth
Amy Winters
Champoux

Alphabetical List of Clinicians

George E Abbott, PhD

EMDR Trainer » EMDR Assistant Instructor or Facilitator » EMDR Approved Consultant

16 Center Street, Suite 303, Northampton, MA 01060-3031

Phone: 413-534-1888

Fax: 413-322-8542

georgeabbott@comcast.net

<http://www.abbott-lobenstine.com/>

I am an EMDR trainer, consultant and therapist. I have a strong background in clinical hypnotherapy and psychodynamic theory & practice. My primary focus is in treating people who have had traumatic stress, either life long or more recent. I also focus on working with people who have phobias. Finally, I work with people who wish to enhance performance in public speaking and / or writing.

Insurances Accepted: AARP, Blue Cross/Blue Shield, HMO Blue (see also BC/BS), Medex, Medicare;

Areas of Specialization: Abuse & Neglect in Childhood, ADD/ADHD, Anxiety, Attachment Disorders, Chronic Illness/Pain/Behavioral Health, Dissociation, Ego States Therapy, Grief/Loss/Bereavement, Hypnotherapy, Men's Issues, Stress Management

Stephanie Baird, MS, LMHC

EMDR Approved Consultant

27 College St., South Hadley, MA 01075

Phone: 617-359-6969

Fax:

sbaird43@gmail.com

Practicing for nearly 20 years, I have experience regarding PTSD/trauma recovery (sexual abuse/assault, partner violence, child witness to violence), sexuality/intimacy, relationships, LGBTQA, family of origin, ADHD, depression, anxiety, ACOA, addictions, self-esteem/assertiveness, anger management, motivation, spirituality, and existentialism. Population served includes adults, teens, and children (ages 8 and up) from all backgrounds.

I love EMDR (now an EMDRIA Approved Consultant as of 10/16) and utilize it with most of my clients, with consistent success, as well as art/expressive (drawing, writing, dreams, collage), and Relapse Prevention techniques.

Insurances Accepted: Blue Cross/Blue Shield, Harvard Pilgrim, Health New England, HMO Blue (see also BC/BS), Oxford (United Health Care), TriCare, Tufts, United Behavioral Health, United Health Care;

Areas of Specialization: Abuse & Neglect in Childhood, ADD/ADHD, Adolescents, Anger Management, Anxiety, Depression/Mood Disorders, Groups, LGBT Issues/Gender Identity, Sexuality/Sex Therapy, Stress Management, Women's Issues

Jocelyn Barrett LICSW

EMDR Approved Consultant

209 West Central St. #302, Natick, MA 01760

Phone: 508-653-4800

Fax: 508-653-5679

jocbarrett@comcast.net

10 Nancy Road Natick, MA 01760

I am primarily an EMDR therapist. I am familiar with other modalities such as IFS and sensorimotor work. I love to do EMDR consultation as well as work with individuals, couples and families.

Insurances Accepted: Blue Cross/Blue Shield, Medicare, Medicare PPO Blue;

Areas of Specialization: Addictions/Substance Abuse/Compulsions, Anger Management, Anxiety, Attachment Disorders, Chronic Illness/Pain/Behavioral Health, Depression/Mood Disorders, Dissociation, Grief/Loss/Bereavement, Performance/Creativity Enhancement, Phobias/OCD, Stress Management

Alphabetical List of Clinicians

Suzanne S. Borstein, PhD

EMDR Approved Consultant

960 Reservoir Avenue Suite 10, Cranston, RI 02910-4447

Phone: 401-941-2159

Fax:

ssb@drborstein.com

www.drborstein.com

Primarily a trauma specialist and consultant in EMDR, I also help individuals with anxiety, depression, stress and relationship issues. I offer brief adjunctive EMDR in collaboration with the client's primary therapist. I offer consultation, facilitate at EMDR basic trainings, and provide workshops, both to the general public and to clinicians.

Insurances Accepted: Blue Cross/Blue Shield, Neighborhood Health Plan; *Will complete paperwork for out of network benefits.*

Areas of Specialization: Abuse & Neglect in Childhood, Anxiety, Attachment Disorders, Depression/Mood Disorders, Dissociation, Stress Management, Women's Issues

Alison MacKinnon, LMHC

EMDR Trained Clinician

19 Center Court, Northampton, MA 01060

Phone: 413-345-2776

Fax:

Self-Description: I provide treatment for individuals in a private practice that fosters trust, understanding, personal growth, and spiritual growth. I have 23+ years of experience as a therapist utilizing a mind/body/spirit, dialectical therapeutic approach in addressing issues of grief/loss, depression, anxiety, mood disorders, trauma including PTSD, childhood abuse, life transitions, and spiritual connection. I work to build upon each person's unique strengths, internal wisdom, knowledge, and personal goals. I have advanced training and experience employing Mind/Body therapies, EMDR, Focusing, Mindfulness, and supportive yoga and movement techniques in a psycho-therapeutic practice.

Insurances Accepted: Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Health New England, HMO Blue (see also BC/BS); *I accept some out-of-network insurances and Workmans Comp*

Areas of Specialization: Abuse & Neglect in Childhood, Anxiety, Chronic Illness/Pain/Behavioral Health, Coaching/Life Transitions, Depression/Mood Disorders, Energy Psychology, Grief/Loss/Bereavement, Groups, Stress Management, Women's Issues

Pamela Brigham LICSW

EMDRIA Certified Clinician

130 College St. Suite 250, South Hadley, MA 01075

Phone: 413-230-0479

Fax: 413-533-0003

pamelabrighamlicsw@gmail.com

EMDR allows therapy to move with warp speed. People improve at a quicker pace that with traditional talk therapy. With EMDR I am a guide and a facilitator. The healing happens within the person, not from the therapist's insights. While I work from a relational model, EMDR is so client centered that I am less central to the process. I find EMDR often has a playful quality that leads to joy and peacefulness after memories are processed. My EMDR clients realize that the heavy burden of long-held negative beliefs can be let go, leaving them free to move on in their lives more easily.

Insurances Accepted: Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Fallon CHP, Harvard Pilgrim, Health New England, HMO Blue (see also BC/BS), Mass Behavioral Health Partnership (MBHP), Mass Health/ Medicaid (same thing), Medicare, Medicare PPO Blue, Neighborhood Health Plan, Tufts, Unicare, United Behavioral Health, United Health Care, Value Options; *I also take Commonwealthcare Alliance One and Magellan.*

Areas of Specialization: Abuse & Neglect in Childhood, Adolescents, Aging/Older Adults, Anxiety, Chronic Illness/Pain/Behavioral Health, Cross cultural/Multi-Racial Issues, Depression/Mood Disorders, Dissociation, Divorce/Separation, Ego States Therapy, Grief/Loss/Bereavement, LGBT Issues/Gender Identity, Postpartum Depression/Pregnancy/Birth Traumas, Spanish Speaking/Latino, Women's Issues

Alphabetical List of Clinicians

Cheryl Case, LICSW

EMDRIA Certified Clinician

10 Fiske Ave, Suite 6, Greenfield, MA 01301

Phone: 413-325-4563

Fax:

cherylrcase3@gmail.com

I have 25 years of clinical experience working with children, families and adults. My interest is in the effects of attachment disruption, anxiety, and trauma on the developmental transitions of childhood. I adapt EMDR and Ego State work to the needs of children. While I am especially comfortable with very young children and their families, I see adult individuals as well as kids of all ages. I also specialize in the treatment of dissociative disorders.

Insurances Accepted: Aetna, Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Fallon CHP, Harvard Pilgrim, Health New England, HMO Blue (see also BC/BS), Mass Behavioral Health Partnership (MBHP), Mass Health/ Medicaid (same thing), Medicare, Neighborhood Health Plan, Tufts; *And: Fallon Total Care, Networkhealth*

Areas of Specialization: Abuse & Neglect in Childhood, ADD/ADHD, Adoption, Anxiety, Attachment Disorders, Children, Depression/Mood Disorders, Dissociation, Ego States Therapy, Family Therapy, Phobias/OCD, Stress Management

Cindy Chandler-Guy, LICSW

EMDRIA Certified Clinician

11 Crescent st, Northampton, MA 01060

Phone: 413-348-5919

Fax: 413-586-5554

cchandler-guy@comcast.net

10 Crane Ave., East Longmeadow, Ma.01028

I enjoy working with couples experiencing problems including those of conflict, commitment, affairs, disengagement, separation and divorce and individuals having a range of presenting issues including PTSD/trauma, anxiety, depression, grief, divorce, life transitions, relationships/ communication, stress management and self esteem. My practice is client centered and though psychodynamically trained, I have an eclectic orientation incorporating cognitive-behavioral, relational, mindfulness and ego supportive models according to my client's needs. I integrate EMDR into much of my work.

Insurances Accepted: Aetna, Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Cigna, Connecticare, Consolidated Health Plan, Harvard Pilgrim, Health New England, HMO Blue (see also BC/BS), Medicare, Medicare PPO Blue, TriCare, Unicare, United Behavioral Health, United Health Care, Value Options;

Areas of Specialization: Abuse & Neglect in Childhood, Aging/Older Adults, Anxiety, Coaching/Life Transitions, Couples/Marriage, Depression/Mood Disorders, Divorce/Separation, Ego States Therapy, Grief/Loss/Bereavement, Stress Management, Women's Issues

Alphabetical List of Clinicians

Colleen DeVine, LMFT

EMDRIA Certified Clinician

758 Broad Street Extension, Waterford, CT 06385

Phone: 860-442-6218 ext- 14

Fax: 860-447-2477

thedevinecolleen@hotmail.com

758 Broad Street Extension Waterford, CT 06385

I am a strength-based clinician in private practice for over 15 years. I have specialized training in Hypnotherapy and Acupuncture in addition to EMDR.

Insurances Accepted: Aetna, Blue Cross/Blue Shield, Champus, Cigna, Connecticare, HMO Blue (see also BC/BS), Humana, TriCare, United Behavioral Health, United Health Care, Value Options;

Areas of Specialization: Abuse & Neglect in Childhood, ADD/ADHD, Adolescents, Adoption, Anger Management, Anxiety, Attachment Disorders, Couples/Marriage, Depression/Mood Disorders, Divorce/Separation, Family Therapy, Grief/Loss/Bereavement, Hypnotherapy, Phobias/OCD, Postpartum Depression/Pregnancy/Birth Traumas, Veterans/active Duty Personnel, Women's Issues

Rosemary Eads, LMHC

EMDRIA Certified Clinician

9 Research Drive, Suite 7, Amherst, MA 01002

Phone: 508-769-9076

Fax:

rosemaryeads@yahoo.com

I am eclectic and transpersonal in my approach. In addition to EMDR, I offer Hypnotherapy, Gestalt Therapy, EFT, Emotion Code, and Life Coaching. I specialize in highly sensitive and intuitive people and am an approved therapist with the author of "The Highly Sensitive Person", Elaine Aron.

Insurances Accepted: Blue Cross/Blue Shield, Harvard Pilgrim, Health New England, HMO Blue (see also BC/BS), Tufts, United Behavioral Health;

Areas of Specialization: Abuse & Neglect in Childhood, Anxiety, Chronic Illness/Pain/Behavioral Health, Coaching/Life Transitions, Depression/Mood Disorders, Energy Psychology, Grief/Loss/Bereavement, Hypnotherapy, Spirituality/Spiritual Issues

Phyllis Eckstein LICSW

EMDR Approved Consultant

8 Trumbull Road, Northampton, MA 01060

Phone: 413-584-9999

Fax: 413-584-9999

phylliseckstein@gmail.com

I have been in private practice over 25 years. I integrate many approaches, finding the right fit for each client. I create an environment where clients feel safe, listened to, and supported so they can look at difficult issues, find their strength and heal inner wounds. I am Certified in Sensorimotor Psychotherapy (SP) bringing a focus on how the body holds trauma to my EMDR work. Integrating SP and EMDR I help clients access trauma held in the body and develop internal resources. I work with adults on issues of trauma, developmental wounds, depression, anxiety and self esteem.

Insurances Accepted: Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Harvard Pilgrim, HMO Blue (see also BC/BS), Medicare, Medicare PPO Blue, Tufts, United Behavioral Health, United Health Care, Value Options;

Areas of Specialization: Abuse & Neglect in Childhood, Aging/Older Adults, Anxiety, Depression/Mood Disorders, Grief/Loss/Bereavement, Stress Management, Women's Issues

Alphabetical List of Clinicians

Denise E. Elliott, PsyD

EMDRIA Certified Clinician

43 Center St, Suite 102, Northampton, MA 01060

Phone: 413-585-9921

Fax: 413-585-9920

Deniseell@aol.com

I am certified in EMDR and trained in all the major models of psychotherapy. My theoretical orientation is grounded in the Relational/Cultural model which posits that self-esteem and well-being relate directly to the quality of relationships in one's life.

Insurances Accepted: Aetna, Blue Cross/Blue Shield, Harvard Pilgrim, Health New England, HMO Blue (see also BC/BS), Medicare, Medicare PPO Blue, Tufts, Tufts Medicare Preferred, United Behavioral Health, United Health Care;

Areas of Specialization: Abuse & Neglect in Childhood, Adoption, Anxiety, Couples/Marriage, Depression/Mood Disorders, Divorce/Separation, Grief/Loss/Bereavement, LGBT Issues/Gender Identity, Postpartum Depression/Pregnancy/Birth Traumas, Women's Issues

Jeanne C. Folks, D.Min, LPC

EMDR Approved Consultant

12 Old Farms Road, Avon, CT 06001

Phone: 860-678-8779

Fax:

drfolks@tappingprayerfully.com

<http://www.CounselingWithDrFolks.com>

Many people come to me with trauma-based issues. It is essential for fear and frustration to be addressed in ways that are both effective and tolerable. I often use EMDR as well as EFT - Meridian Tapping and Mindfulness Practices to help clients move through painful memories and/or negative, limiting self-beliefs which get in the way of high performance and joyful living.

I have taught Social Psychology, The Psychology of Loving Relationships, Lifespan Development and The Psychology of Death & Dying at CCSU as well as Principles of Clinical Medicine and Mind-Body Medicine at UCONN School of Medicine. Teaching informs my clinical work and keeps me up to date with the latest research and wisdom in my field.

Insurances Accepted:

Areas of Specialization: Abuse & Neglect in Childhood, Anxiety, Attachment Disorders, Couples/Marriage, Depression/Mood Disorders, Dissociation, Ego States Therapy, Energy Psychology, Grief/Loss/Bereavement, Groups, Performance/Creativity Enhancement, Phobias/OCD, Spirituality/Spiritual Issues, Stress Management

Melysa Friedman, LICSW

EMDRIA Certified Clinician

100 King Street, Suite 203, Northampton, MA 01060

Phone: 413-584-2206

Fax: 413-570-4912

melysa.friedman@gmail.com

I use a holistic approach in my work by incorporating people's histories, experiences, strengths, challenges, and abilities into a trusting working relationship. I regularly utilize EMDR in my work with clients and appreciate the powerful healing it facilitates. My philosophy about psychotherapy is that it is a mutual process of learning and working together to help the client move in the direction for which she or he hopes.

Insurances Accepted: Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Connecticare, Harvard Pilgrim, HMO Blue (see also BC/BS), Medicare, Neighborhood Health Plan, Unicare, United Behavioral Health, United Health Care;

Areas of Specialization: Abuse & Neglect in Childhood, Addictions/Substance Abuse/Compulsions, Anxiety, Couples/Marriage, Depression/Mood Disorders, Grief/Loss/Bereavement, LGBT Issues/Gender Identity, Postpartum Depression/Pregnancy/Birth Traumas, Stress Management, Women's Issues

Alphabetical List of Clinicians

Denise J. Gelinas, PhD

EMDR Assistant Instructor or Facilitator

277 Main St., Northampton, MA 01060

Phone: 413-584-2617

Fax: 413-584-4923

djgelinas@verizon.net

trauma specialist, posttraumatic disorders, dissociation, ADHD assessment and integrated treatment, consultation

Insurances Accepted: Aetna, Blue Cross/Blue Shield, Champus, Cigna, HMO Blue (see also BC/BS), Humana, Medex, Medicare, TriCare, Tufts, Unicare, United Behavioral Health, United Health Care, Value Options, *Accept Most Insurances Out of Network;*

Areas of Specialization: Abuse & Neglect in Childhood, ADD/ADHD, Anxiety, Coaching/Life Transitions, Depression/Mood Disorders, Dissociation, Divorce/Separation, Ego States Therapy, Grief/Loss/Bereavement,

Judith Goldman PhD

EMDRIA Certified Clinician

43 Center Street, Northampton, MA 01060

Phone: 413-586-6497

Fax:

judith@goldmanphd.com

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

My clinical orientation is primarily psychodynamic and integrative. I have 16 years of experience applying EMDR in my practice. In addition to EMDR, I utilize relational, cognitive/behavioral and mind-body approaches in my work.

Insurances Accepted: Aetna, Mass Behavioral Health Partnership (MBHP), Medicare, *Accept Most Insurances Out of Network;*

Areas of Specialization: ADD/ADHD, Anxiety, Chronic Illness/Pain/Behavioral Health, Depression/Mood Disorders, Dissociation, Grief/Loss/Bereavement, Spirituality/Spiritual Issues, Stress Management, Women's Issues

Ricky Greenwald, PsyD

EMDR Trainer

Northampton, MA 01060

Phone: 413-772-2340

Fax:

rg@childtrauma.com

Northampton office, some home visits for children

Our approach addresses motivation, practical skills and behaviors, and the unresolved trauma or loss that tends to underly most problems. We provide therapy in a multi-day intensive retreat. I also provide consultation and expert testimony. More info on my web site or in my books.

Insurances Accepted: *My nonprofit org has several excellent therapists. We only provide intensive therapy in full consecutive days. Unfortunately insurance companies don't cover this yet, so clients must pay out of pocket.*

Areas of Specialization: Abuse & Neglect in Childhood, Addictions/Substance Abuse/Compulsions, Adolescents, Adoption, Aging/Older Adults, Anger Management, Anxiety, Children, Coaching/Life Transitions, Couples/Marriage, Depression/Mood Disorders, Divorce/Separation, Grief/Loss/Bereavement, Performance/Creativity Enhancement, Phobias/OCD, Postpartum Depression/Pregnancy/Birth Traumas, Stress Management, Veterans/active Duty Personnel,

Alphabetical List of Clinicians

Ross W. Hackerson LMFT

EMDR Approved Consultant

16 Center St. Suite 410, Northampton, MA 01060

Phone: 413-210-3739

Fax:

ross.hackerson@gmail.com

I love life, living, learning and being in relationship. Having been in therapy myself I understand the excitement and the fearfulness of such an adventure: and the need for personal healing. The therapy relationship is important to me as it is part of what can be personal transformation. I use EMDR and Emotionally Focused Therapy for couples in that process.

Insurances Accepted: Blue Cross/Blue Shield, Health New England, *Accept Most Insurances Out of Network;*

Areas of Specialization: Abuse & Neglect in Childhood, Addictions/Substance Abuse/Compulsions, Couples/Marriage, Family Therapy, Phobias/OCD

Patricia Hanley, LICSW

EMDR Trained Clinician

72 Spruceland Rd, Enfield, CT 06082

Phone: 860-798-2507

Fax:

janleypatty@gmail.com

one springfield suite 5 st chicpoe, ma 01013

I have extensive experience in trauma work.

Insurances Accepted: Aetna, Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Cigna, Health New England, Medicare, *Accept Most Insurances Out of Network;*

Areas of Specialization: Abuse & Neglect in Childhood, Addictions/Substance Abuse/Compulsions, Anxiety, Chronic Illness/Pain/Behavioral Health, Depression/Mood Disorders, Divorce/Separation, Grief/Loss/Bereavement, Groups, Postpartum Depression/Pregnancy/Birth Traumas, Stress Management, Veterans/active Duty Personnel, Women's Issues

Susan M. Hauschild, EdD, LICSW, CADAC II

EMDRIA Certified Clinician

299 Carew Street, Suite 315, Springfield, MA 01104

Phone: 413-732-2060

Fax: 413-599-0097

shauske@comcast.net

My clinical orientation is psychodynamic in nature. I combine the use of other therapies including Cognitive Behavioral Treatment and EMDR when indicated. Areas of specialties include trauma, mental health, addiction, and education. There is a emphasis on strengths perspective, resiliency, and enhanced functioning in my practice.

Insurances Accepted: Health New England, Medicare;

Areas of Specialization: Addictions/Substance Abuse/Compulsions, Adolescents, Anger Management, Anxiety, Chronic Illness/Pain/Behavioral Health, Coaching/Life Transitions, Depression/Mood Disorders, Family Therapy, Grief/Loss/Bereavement, Stress Management

Alphabetical List of Clinicians

Jim Helling, LICSW

EMDR/IA Certified Clinician

256 N Pleasant St #6, Amherst, MA 01002

Phone: 4138242808

Fax: 888-827-7456

jhelling.licsw@gmail.com

The findings of modern neuroscience are coming together with the practices of ancient traditions in the service of people whose lives have been marked by experiences of extreme stress and loss.

My work with clients is based on scientific evidence, guided by traditional wisdom, and dedicated to the art of moving together toward balance, realization and integration in the present moment.

I specialize in working with young adults, adults, and seniors who have experienced traumatic events, abuse, neglect or other kinds of profound loss. These people often have particular difficulty maintaining balance and a sense of well-being in everyday life. Common problems range from depression and anxiety to substance abuse, anger, difficulty in relationships, physical health problems and dissociation.

People experiencing these kinds of complex posttraumatic difficulties often benefit from learning to use their minds and bodies as positive resources for balancing their lives. A primary goal in treatment is to develop skills that can be used in the present moment to connect to a sense of order, ease, spontaneity, and integration.

I work with clients in a holistic way that recognizes the complexity of the human stress response, promotes ongoing development across the lifespan, and emphasizes the unity of the mind and body in adapting to life experience.

Insurances Accepted: Blue Cross/Blue Shield, Health New England, HMO Blue (see also BC/BS), Medicare, TriCare, Tufts, Tufts Medicare Preferred, Unicare, *Accept Most Insurances Out of Network;*

Areas of Specialization: Abuse & Neglect in Childhood, Aging/Older Adults, Anger Management, Anxiety, Attachment Disorders, Axis II Disorders, Chronic Illness/Pain/Behavioral Health, Coaching/Life Transitions, Cross cultural/Multi-Racial Issues, Depression/Mood Disorders, Dissociation, Ego States Therapy, Grief/Loss/Bereavement, Hypnotherapy, Men's Issues, Performance/Creativity Enhancement, Phobias/OCD, Self-Mutilation, Stress Management, Veterans/active Duty Personnel

Gretchen Hendricks, PhD

EMDR Trained Clinician

56 Liberty Street, Florence, MA 01062

Phone: 413-586-5575

Fax: 413-586-5575

gjhendricks@comcast.net

I am a seasoned Licensed Clinical Psychologist providing psychodynamic therapy, EMDR, and cognitive behavioral therapy to individuals and couples in the service of healing and wellness. My personal style is open and direct. I take a holistic approach to my patient's past, present and future life concerns, offering support, challenge, and interpretation in fostering discovery, insight, healing and problem solving. I am interested in helping patients through talk therapy and EMDR to address internal obstacles and patterns of thought and behavior that may affect relationships, work, and creative endeavors; as well as specific psychiatric problems such as depression, anxiety, post-traumatic and acute stress disorders, and issues of substance abuse and addiction.

Insurances Accepted: Aetna, Beacon Health Strategies, Blue Cross/Blue Shield, Connecticare, Consolidated Health Plan, Harvard Pilgrim, HMO Blue (see also BC/BS), Medicare, Oxford (United Health Care), Pacificare, Tufts, UMass, Unicare, United Behavioral Health, United Health Care, Value Options; *I also offer Fee-for-Service and out-of-network arrangements, and accept all Indemnity Plans.*

Areas of Specialization: Abuse & Neglect in Childhood, Addictions/Substance Abuse/Compulsions, Aging/Older Adults, Anxiety, Chronic Illness/Pain/Behavioral Health, Coaching/Life Transitions, Couples/Marriage, Cross cultural/Multi-Racial Issues, Depression/Mood Disorders, Divorce/Separation, Grief/Loss/Bereavement, LGBT Issues/Gender Identity, Men's Issues, Performance/Creativity Enhancement, Phobias/OCD, Postpartum Depression/Pregnancy/Birth Traumas, Sexuality/Sex Therapy, Stress Management, Veterans/active Duty Personnel, Women's Issues

Alphabetical List of Clinicians

Amy E. Kahn, PsyD

EMDR Approved Consultant, EMDR Trainer, EMDR Assistant Instructor or Facilitator, EMDR Approved Consultant
151 Main Street, Suite 2, Northampton, MA 01060

Phone: 413-586-7172

Fax: 413-586-7174

amyekahn@aol.com

Specializing in the treatment of trauma and anxiety disorders, I integrate EMDR into my psychodynamically oriented psychotherapy whenever appropriate. Additionally, I offer clinical hypnosis as well as mindfulness techniques when they further the growth process. As an approved consultant in EMDR and Clinical Hypnosis, I enjoy providing individual and group supervision. I am a member of the WMass Trauma Recovery Network (TRN) and specialize in the treatment of recent trauma.

Insurances Accepted: Aetna, Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Champus, Cigna, Connecticut, Fallon CHP, Harvard Pilgrim, Health New England, HMO Blue (see also BC/BS), Managed Health Network (MHN), Mass Behavioral Health Partnership (MBHP), Medicare, TriCare, Tufts, UMass, *Accept Most Insurances Out of Network;*

Areas of Specialization: Abuse & Neglect in Childhood, Anxiety, Chronic Illness/Pain/Behavioral Health, Coaching/Life Transitions, Cross cultural/Multi-Racial Issues, Depression/Mood Disorders, Grief/Loss/Bereavement, Hypnotherapy

Mark Karpel, PhD

EMDRIA Certified Clinician

277 Main Street, Northampton, MA 01060

Phone: 413-584-2617

Fax:

contact@markkarpel.com

www.markkarpel.com

I have specialized in work with couples for over 30 years, offering a focused brief evaluation in order to quickly identify resources, potential obstacles and directions for treatment (please see my website). I use EMDR with individuals and, in some cases, in the context of couples therapy, as well as more recently offering individual treatment for behavioral addictions using Robert Miller's Feeling State Addiction Protocol.

Insurances Accepted: Blue Cross/Blue Shield; *I am eligible as an out-of-network provider on several insurance plans, including Beacon Health Systems, UBH, and others.*

Areas of Specialization: Addictions/Substance Abuse/Compulsions, Couples/Marriage, Divorce/Separation, Men's Issues, Sexuality/Sex Therapy

Anna Kogan, LICSW, MSW

EMDR Approved Consultant

256 N. Pleasant St, 2A, Amherst, MA 01002

Phone: 413-687-0449

Fax:

akoganlicsw@yahoo.com

I believe that every person has a built-in capacity for and a drive towards healing. My client and I work as a team to determine the goals and directions for our journey. We focus on identifying and strengthening client's own resources and sense of his/her self, as well as using EMDR and Ego States therapy to reprocess any unresolved, traumatic or disturbing material. I believe in creating a safe and non-judgmental therapeutic space for my clients, where they can reconnect with their self in a loving way.

Insurances Accepted: Aetna, Beacon Health Strategies, Blue Cross/Blue Shield, HMO Blue (see also BC/BS), Medicare, Tufts; *Sliding fee scale is available.*

Areas of Specialization: Abuse & Neglect in Childhood, Anxiety, Attachment Disorders, Cross cultural/Multi-Racial Issues, Depression/Mood Disorders, Dissociation, Ego States Therapy, Stress Management, Women's Issues

Alphabetical List of Clinicians

Eileen Lawlor, LICSW, LADC, BCD

EMDR Trained Clinician

4 Fern Hill, Great Barrington, MA 01230

Phone: 413-528-1253

Fax:

eileenstillpointstudio@yahoo.com

I am an action-oriented psychotherapist who specializes in various creative modalities as part of treatment. These include: EMDR; creative arts therapy; hypnosis and guided imagery; relaxation techniques. My work is typically short-term and targeted.

Insurances Accepted: *Self-pay only. Sliding scale if needed.*

Areas of Specialization: Abuse & Neglect in Childhood, Addictions/Substance Abuse/Compulsions, Anxiety, Coaching/Life Transitions, Depression/Mood Disorders, Grief/Loss/Bereavement, Hypnotherapy, Spirituality/Spiritual Issues, Stress Management, Women's Issues

Farnsworth Lobenstine, LICSW

EMDR Trainer » EMDR Assistant Instructor or Facilitator » EMDR Approved Consultant

1164 South East St., Amherst, MA 01002

Phone: 413-256-3637

Fax: 413-253-6389

farnsloben@gmail.com

<http://www.abbott-lobenstine.com/>

EMDR, and its understanding of how we heal, guides all of my work. I specialize in the treatment of child or adult-onset trauma. I am also inspired by the power of Narrative Therapy, Ego State Therapy, and Energy Psychology. I use guided imagery work to teach powerful grounding skills. I work with children 9-12, adolescents, college students and adults. I am privileged as well to train clinicians in EMDR.

Since 2007, I have taught an academic yearlong seminar on the integration of EMDR therapy with ego state therapy, and more recently, structural dissociation as well. Since 2013, I have offered two and three day trainings, an introduction to the integration of EMDR therapy, ego state therapy, and structural dissociation in cities around the country.

Insurances Accepted: Aetna, Blue Cross/Blue Shield, Consolidated Health Plan, Harvard Pilgrim, Medicare, Medicare PPO Blue, Oxford (United Health Care), Pacificare, Tufts, Tufts Medicare Preferred, UMass, United Behavioral Health, United Health Care, Value Options; *I also accept Anthem BC/BS, Chickering, Comprehensive Benefits Administrator (CBA), First Health (Coventry), Oxford.*

Areas of Specialization: Abuse & Neglect in Childhood, Adolescents, Anxiety, Children, Depression/Mood Disorders, Dissociation, Ego States Therapy, Energy Psychology

Alphabetical List of Clinicians

Desiree D. Lowit LICSW

EMDR Trained Clinician

8 River Drive, Hadley, MA 01035

Phone: 413-695-7589

desilowit@gmail.com

Fax: 413-5842635

<http://www.desireelowit.com>

I provide counseling for adults, adolescents and children working in the treatment of PTSD and trauma related issues by utilizing the modalities of sensorimotor psychotherapy and dyadic developmental therapy in addition to EMDR. Also, I work with adults negotiating a variety of diagnoses such as anxiety and depressive disorders, cognitive disabilities, learning differences and ADHD.

I am trained in the following modalities: Sensorimotor psychotherapy for the treatment of Trauma and Developmental Trauma (Level I and Level II). This training is through the Somatic Psychology Institute in Boulder, CO.; Attachment Focused-EMDR (levels I-III) with Laurel Parnell PhD. This training was completed through the PARNELL INSTITUTE.; Dyadic Developmental Psychotherapy (DDP) Level I with Daniel Hughes PhD.

Insurances Accepted: Beacon Health Strategies, Blue Cross/Blue Shield, Harvard Pilgrim, Health New England, Mass Behavioral Health Partnership (MBHP), Mass Health/ Medicaid (same thing), Medicare, Tufts, United Behavioral Health, Value Options;

Areas of Specialization: Abuse & Neglect in Childhood, Anxiety, Attachment Disorders, Children, Depression/Mood Disorders, Dissociation

Adele Marcus, LICSW, EMDRIA Certified Clinician

EMDR Certified Clinician

155 Main Street, Northampton, Massachusetts 01060

Phone: 413-303-1203

lidesign@earthlink.net

Fax:

My approach is heart centered and integrative, incorporating over twenty five years experience in body/mind/spirit, psychodynamic and relational therapy. I draw upon my background in clinical hypnotherapy and have extensive experience applying EMDR, EFT (Emotional Freedom Technique), Expressive Art and Sensorimotor (mindfulness/somatic based) psychotherapy into my practice. I also facilitate expressive art (writing, movement, visual art) and interpersonal healing groups for women dealing with trauma, anxiety, life transitions, family and relational issues. Clients often report increased confidence and connection to themselves and others.

Insurances Accepted: Blue Cross/Blue Shield, Connecticare, Harvard Pilgrim, HMO Blue (see also BC/BS), Medex (secondary Insurance to Medicare), Medicare, Medicare/QMB (clients with SSI or SSD), UMass, Unicare, United Behavioral Health, United Health Care; *Out of network panels include Health New England (HNE), Aetna, Consolidated Health (CHP), Cigna, Tufts, and UMASS insurance. As of 5/18, I will be out of network with GIC/Unicare.*

Areas of Specialization: Abuse & Neglect in Childhood, Anxiety, Attachment Disorders, Coaching/Life Transitions, Couples/Marriage, Depression/Mood Disorders, Ego States Therapy, Energy Psychology, Grief/Loss/Bereavement, Groups, Spirituality/Spiritual Issues, Stress Management, Women's Issues

Alphabetical List of Clinicians

Caryn Markson, EdD/Licensed Psychologist

EMDR Assistant Instructor or Facilitator, EMDR Approved Consultant, EMDR Certified Clinician

151 Main Street, Northampton, MA 01060

Phone: 413-585-1130

Fax:

cmarkson2000@yahoo.com

I have been an individual and couples therapist in clinical practice since 1981, combining systems thinking, ego state therapy, and psychodynamic thinking. I do long and short term therapy with a relational and spiritual approach, helping people heal through finding inner resources and strengths to guide them into the shift from past wounds to present capacity. Clients I have worked with report feeling relieved of isolation, and more integrated within themselves. My goal is to help provide attuned, respectful guidance toward deep healing that is body, mind, and heart centered. In addition, I am a Somatic Experiencing Practitioner and I integrate Somatic Experiencing concepts into my EMDR practice.

Insurances Accepted:

Areas of Specialization: Abuse & Neglect in Childhood, Anxiety, Attachment Disorders, Coaching/Life Transitions, Couples/Marriage, Divorce/Separation, Ego States Therapy, Energy Psychology, Grief/Loss/Bereavement, Performance/Creativity Enhancement, Postpartum Depression/Pregnancy/Birth Traumas, Stress Management, Women's Issues

Alphabetical List of Clinicians

Bri McCarroll, MSW, LICSW

EMDR Certified Clinician

East Forest Park (Home Office), Springfield, MA 01118

Phone: 413-218-7926

Fax: 413-301-0667

mswbri@gmail.com

I am compassionate and invested in the success of my clients. Together, we collaborate to decide the treatment focus and mode that best works for the client. Much of my individual client work uses EMDR as the primary means of treatment. Nonetheless, I also use psycho-education, CBT, and mindfulness to augment my psychodynamic background. My couple's work follows the model "Emotionally Focused Therapy". This model focuses on the relationship as the client, and treats the connection in the couple. This allows for less blaming and more addressing of the dysfunctional patterns in the relationship.

I have traveled and lived abroad extensively. Due to that, I am extremely comfortable with cultural, language, spiritual, and ethnic differences. I respect the effort it takes to engage in therapy and treat my clients with the utmost respect for their values and privacy.

Insurances Accepted: Blue Cross/Blue Shield, Cigna, Health New England, HMO Blue (see also BC/BS); *Out of Network. Couples therapy requires self-pay (I do not accept insurance for couple's therapy).*

Areas of Specialization: Abuse & Neglect in Childhood, Adolescents, Anxiety, Couples/Marriage, Cross cultural/Multi-Racial Issues, Depression/Mood Disorders, Grief/Loss/Bereavement, LGBT Issues/Gender Identity, Postpartum Depression/Pregnancy/Birth Traumas, Women's Issues

Stacie Melcher, LMHC

EMDRIA Certified Clinician

1200 Converse St. Longmeadow Professional Building, Longmeadow, MA 01106

Phone: 860-543-4496

Fax: 413-567-0678

stacielmelcher@yahoo.com

Eclectic; goal oriented; adaptable to client's needs; use EMDR whenever possible; CBT. Interests: dissociation; anxiety disorders; children and adolescents as well as adults and couples; energy/healing work (not in therapy sessions unless client signs express permission); PTSD; mood disorders; personality disorders; cult abuse survivors.

Insurances Accepted: Aetna, Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Cigna, Consolidated Health Plan, Fallon CHP, Harvard Pilgrim, Health New England, HMO Blue (see also BC/BS), Mass Behavioral Health Partnership (MBHP), Tufts, Unicare, United Behavioral Health, United Health Care, Value Options; *And: Horizon Behavioral Health*

Areas of Specialization: Abuse & Neglect in Childhood, Anxiety, Coaching/Life Transitions, Couples/Marriage, Depression/Mood Disorders, Dissociation, Grief/Loss/Bereavement, LGBT Issues/Gender Identity, Phobias/OCD, Postpartum Depression/Pregnancy/Birth Traumas, Veterans/active Duty Personnel

Scott Mentzer MA LMHC

EMDR Trained Clinician

800 Main St, Holden, MA 01520

Phone: 508-864-4121

Fax:

scot4428@gmail.com

Insurances Accepted: Blue Cross/Blue Shield;

Areas of Specialization: Abuse & Neglect in Childhood, Addictions/Substance Abuse/Compulsions, Anger Management, Anxiety, Attachment Disorders, Depression/Mood Disorders, Divorce/Separation, Grief/Loss/Bereavement, Men's Issues, Stress Management, Veterans/active Duty Personnel

Alphabetical List of Clinicians

Tiana Mirapae, M.Ed, LCSW

EMDR Approved Consultant

245 Russell St Rt 9, Hadley, MA 01035

Phone: 413-549-7444

Fax:

tiana.mirapae@gmail.com

Counseling & Gynecology Group 175 Dwight Rd. Longmeadow, MA 01106

I am an Integrative Psychotherapist, Wholistic Medicine Practitioner and Shamanic Healer specializing in treating the whole person: mind, body, emotions, relationships, sexuality, spirit and soul. Individual, couples and sex therapy; sacred intimacy and communication skills. Natural medicines: homeopathy, herbal medicine, nutrition, supplements

Insurances Accepted: *Accept Most Insurances Out of Network; many insurances accepted at the Counseling & Gynecology Group - call to check; I am transitioning to taking all insurances out of network (with the exception of Blue Cross Blue Shield) and no longer accept any new Mass health cases as of November 2017*

Areas of Specialization: Abuse & Neglect in Childhood, Anxiety, Attachment Disorders, Chronic Illness/Pain/Behavioral Health, Coaching/Life Transitions, Couples/Marriage, Depression/Mood Disorders, Dissociation, Divorce/Separation, Energy Psychology, Hypnotherapy, LGBT Issues/Gender Identity, Phobias/OCD, Postpartum Depression/Pregnancy/Birth Traumas, Sexuality/Sex Therapy, Spirituality/Spiritual Issues, Women's Issues

Mark I Nickerson, LICSW

EMDR Approved Consultant

441 West Street, Amherst, MA 01002

Phone: 413-256-0550

Fax: 413-256-0550

markinickerson@gmail.com

<http://markinickerson.com/>

I treat a range of client issues with a client-centered approach. I use EMDR therapy actively with both short-term interventions more comprehensive psychotherapy. I am a Trainer for the EMDR Institute and the Trauma Recovery Humanitarian Assistance Programs and am past President of the EMDR International Association Board.

Insurances Accepted: Beacon Health Strategies, Boston Medical Center Healthnet Plan (BMC), Champus, Connecticare, Consolidated Health Plan, Health New England, Mass Behavioral Health Partnership (MBHP), Medicare, TriCare, Unicare, United Behavioral Health, United Health Care;

Areas of Specialization: Abuse & Neglect in Childhood, Addictions/Substance Abuse/Compulsions, Anger Management, Cross cultural/Multi-Racial Issues, Divorce/Separation, Grief/Loss/Bereavement, Men's Issues, Veterans/active Duty Personnel

Edward Olmstead, LMHC

EMDR Trained Clinician

53 Center St, Northampton, MA 01060

Phone: 413-585-8284

Fax: 413-585-8284

EdOlmsteadLMHC@aol.com

<http://www.edolm.com>

12 Corser St, Holyoke, MA 01040 (adjacent to Yankee Peddler Inn at Routes 5 & 202)

I aim to create a relationship with clients that gives each person the opportunity to understand and have input into her or his treatment. I enjoy working with couples. I also have an interest in working with men's issues, especially men struggling seeking to improve their relationships.

Insurances Accepted: Aetna, Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Champus, Cigna, Connecticare, Fallon CHP, Harvard Pilgrim, HMO Blue (see also BC/BS), Neighborhood Health Plan, Pacificare, TriCare, Tufts, Unicare, United Behavioral Health, United Health Care, Value Options;

Areas of Specialization: Adolescents, Anger Management, Anxiety, Coaching/Life Transitions, Couples/Marriage, Depression/Mood Disorders, Family Therapy, Men's Issues, Phobias/OCD, Veterans/active Duty Personnel

Alphabetical List of Clinicians

Andrea Reber, LICSW

EMDR Trained Clinician

65 Franklin St, Northampton, MA 01060

Phone: 413-584-3556

Fax: 413-586-4056

areber@verizon.net

I have been semi-retired since June 2015 and now maintain a small part-time practice with an added new dimension-- past life therapy and EMDR on past life traumas, when appropriate. I have been training in this area for many years and have successfully used past life therapy with certain clients. It can often foster deep and permanent healing of intractable physical symptoms and emotional traumas within a few sessions. I am also available for adjunct EMDR therapy (maximum 12 sessions) with clients who are working with non-EMDR therapists and for brief focused therapy with adults (4 - 6 sessions). I no longer do long term psychotherapy.

Insurances Accepted: Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), HMO Blue (see also BC/BS), Medex, Medicare, *Accept Most Insurances Out of Network;*

Areas of Specialization: Abuse & Neglect in Childhood, Aging/Older Adults, Anxiety, Depression/Mood Disorders, Grief/Loss/Bereavement, Women's Issues

Amanda Roberts PhD, MA

EMDR Approved Consultant, EMDR Trainer, EMDR Assistant Instructor or Facilitator, EMDR Approved Consultant

9 Research Drive Suite 3, Amherst, MA 01002

Phone: 413-253-0440

Fax: 413-256-1579

britshrink@aol.com

<http://www.amandarobertsphd.com>

My doctoral training involved an integration of Eastern Philosophy and religion with Western empirical psychology. I was trained in the psycho-dynamic approach and later was exposed to cognitive-behavioral methods. I am also a Masters level clinician in Marriage, Family Therapy. In the past 20 years I have become deeply immersed in the EMDR approach and have an additional expertise in clinical hypnosis. Another skill set that I have focused on more recently is EMDR research and writing for a number of publications both academic and less formal clinical/research audiences. *[expanded description in online directory]*

Insurances Accepted: Aetna, Blue Cross/Blue Shield, Cigna, Harvard Pilgrim, Health New England, HMO Blue (see also BC/BS), Medex, Medicare, Medicare PPO Blue, TriCare, Tufts, Tufts Medicare Preferred; *I am transitioning to taking all insurances out of network (with the exception of Blue Cross Blue Shield) and no longer accept any new Mass health cases as of November 2017*

Areas of Specialization: Anxiety, Chronic Illness/Pain/Behavioral Health, Cross cultural/Multi-Racial Issues, Depression/Mood Disorders, Ego States Therapy, Grief/Loss/Bereavement, Groups, Hypnotherapy, Stress Management, Veterans/active Duty Personnel, Women's Issues

Alphabetical List of Clinicians

Jason Rose-Langston

EMDR Approved Consultant

116 Pleasant Street, Suite 316, Easthampton, MA 01027

Phone: 413-695-6633

Fax: 413-604-0203

jasonroselangston@hotmail.com

<http://www.jasonroselangston.net>

116 Pleasant Street, Easthampton, MA 01027

I was trained in the psychoanalytic model, and have incorporated elements of mindfulness, eastern healing arts, and energy psychology into my practice. I am constantly inspired by life's experiences to refine my craft as a therapist. I approach the art of therapy as an ongoing process of discovery, empathy, healing, and recovery for my clients.

Insurances Accepted: AARP, Aetna, Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Cigna, Connecticare, Consolidated Health Plan, Fallon CHP, Harvard Pilgrim, Health New England, HMO Blue (see also BC/BS), Medicare, Medicare PPO Blue, Neighborhood Health Plan, TriCare, Tufts, Tufts Medicare Preferred, UMass, Unicare, United Behavioral Health, United Health Care, Value Options; *Also accept Evercare (type of Medicare), Health Management Center/ PPO, Health Plans Inc, Local 371 (Cigna), Local 1459 (Cigna), Value Behavioral Health*

Areas of Specialization: Abuse & Neglect in Childhood, Addictions/Substance Abuse/Compulsions, Adolescents, Anxiety, Depression/Mood Disorders, Dissociation, Ego States Therapy, Hypnotherapy, LGBT Issues/Gender Identity, Performance/Creativity Enhancement, Phobias/OCD

Jori Ross, MSW, LICSW, Diplomat

EMDR Trained Clinician

100 King Street, Suite # 303, Northampton, MA 01060

Phone: 413-585-5959

Fax: 413-585-5959

joriross@yahoo.com

I have 30 years experience working with children, adolescents, and adults, individuals, couples and families. I have an eclectic style that is interactive and goal oriented, attentive to mindfulness, the therapeutic relationship, working with strengths and the impact of the family of origin to help clients express their authentic selves. Through my coaching business Positive Solutions, coaching for life and business success, I also work with people regarding performance issues and workplace dynamics, and lead workshops on communication skills and stress reduction, and facilitate group meetings and retreats.

Insurances Accepted: Aetna, Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Cigna, Connecticare, Consolidated Health Plan, Fallon CHP, Harvard Pilgrim, Health New England, HMO Blue (see also BC/BS), Managed Health Network (MHN), Pacificare, Tufts, UMass, Unicare, United Behavioral Health, United Health Care, Value Options, *Accept Most Insurances Out of Network; Please check if you do not see your insurance listed as insurance panels are frequently updated and out of network participation is possible.*

Areas of Specialization: Anxiety, Coaching/Life Transitions, Couples/Marriage, Depression/Mood Disorders, Divorce/Separation, Family Therapy, Grief/Loss/Bereavement, Performance/Creativity Enhancement, Phobias/OCD, Postpartum Depression/Pregnancy/Birth Traumas, Stress Management

Alphabetical List of Clinicians

Karen Rowe, LICSW

EMDR Approved Consultant

111 Pleasant St., Northampton, MA 01060

Phone: 413-585-8279

Fax:

samonoak@comcast.net

I have had a private practice in Northampton for over 20 years and have specialized in working with adolescents, men, and women across the life cycle with a wide range of concerns. I am honored daily to witness clients consistently heal as they access their wisdom and reprocess trauma through EMDR. It is through the strength of the therapy relationship that people become empowered and learn to trust themselves. Trauma can be life changing in a positive way when the work is deep and meaningful. I believe that what brings people to therapy brings people closer to themselves and those they care about. When the therapy relationship is strong, supportive and healing, the healthy lasting change becomes transforming.

Insurances Accepted: Aetna, Cigna, Health New England, Medicare, UMass;

Areas of Specialization: Abuse & Neglect in Childhood, Adolescents, Anxiety, Attachment Disorders, Depression/Mood Disorders, LGBT Issues/Gender Identity, Men's Issues, Self-Mutilation, Sexuality/Sex Therapy, Women's Issues

Joan Saperstan, LICSW

EMDR Trained Clinician

579 N Gulf Rd, Belchertown, MA 01007-9726

Phone: 4136872182

Fax:

joansaperstan@gmail.com

My clinical orientation is to strengthen one's center and awareness so that self acceptance and compassion can increase and healthy actions can follow. My current interest is the relationship between the personality and the soul of a person. I have worked in spiritual direction the last 16 years in addition to my clinical work.

Insurances Accepted: Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), HMO Blue (see also BC/BS);

Areas of Specialization: Addictions/Substance Abuse/Compulsions, Aging/Older Adults, Anxiety, Chronic Illness/Pain/Behavioral Health, Cross cultural/Multi-Racial Issues, Grief/Loss/Bereavement, LGBT Issues/Gender Identity, Postpartum Depression/Pregnancy/Birth Traumas, Spirituality/Spiritual Issues, Women's Issues

Paula Schmidt, LICSW

EMDRIA Certified Clinician

90 Conz Street, Northampton, MA 01060

Phone: 413-586-3716

Fax: 413-584-2738

ausfos@aol.com

I work with young children and their families as well as individual adult clients. I provide family therapy and individual child therapy which includes play therapy, EMDR and parent guidance. I use relational interventions, cognitive behavioral techniques and EMDR to address trauma, depression, PTSD, anxiety (including OCD) and techniques shown to be effective with ADHD.

Insurances Accepted: Aetna, Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Connecticut, Fallon CHP, Harvard Pilgrim, Health New England, HMO Blue (see also BC/BS), Managed Health Network (MHN), Medicare, Medicare/QMB (SSI or SSD), Pacificare, TriCare, Tufts, Unicare, United Behavioral Health, United Health Care, Value Options;

Areas of Specialization: Abuse & Neglect in Childhood, Anxiety, Children, Depression/Mood Disorders, Family Therapy, Grief/Loss/Bereavement, Phobias/OCD, Women's Issues

Alphabetical List of Clinicians

Paula B. Shulman, LMFT

EMDR Trained Clinician

1 Roundhouse Plaza - Suite 203, Northampton Center for Couples Therapy Brick Mill Square, Northampton, MA 01060

Phone: 413-230-9642

Fax:

pshulman24@gmail.com

1 Roundhouse Plaza, Suite 203, Northampton, MA 01060, 413-230-9642. Also, Montague, MA

Insurances Accepted: *HNE pending, Out of Network insurances accepted, Generous sliding scale for self-pay*

Areas of Specialization: Abuse & Neglect in Childhood, Children, Coaching/Life Transitions, Couples/Marriage, Cross cultural/Multi-Racial Issues, Ego States Therapy, Family Therapy, Grief/Loss/Bereavement, Stress Management, Women's Issues

Nancy Simons, LMHC

EMDR Approved Consultant

48 N. Pleasant St., Suite 207, 17 Research Dr., Amherst, MA 01054

Phone: 413-549-4854

Fax:

nancysimons60@gmail.com

17 Research Drive

I am an EMDR trained trauma therapist. I offer my clients the benefits of this treatment because it brings together the recent understandings we have gained in brain research, the practicality of stress management technique and the wisdom of various spiritual teachings. I specialize in working with children and adolescents and use a variety of creative interventions for the treatment of anxiety, depression and other behavioral issues that may have resulted from trauma or loss. I have extensive experience working with adoptive families and their children. I also work with adults to investigate the relationship between their physical health and emotional health and wish to use therapy towards developing a greater sense of well being in their lives. As well, I am available to provide treatment to those individuals who are experiencing medically related trauma symptoms.

Insurances Accepted: Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Harvard Pilgrim, Health New England, HMO Blue (see also BC/BS), Mass Behavioral Health Partnership (MBHP), Mass Health/ Medicaid (same thing), Neighborhood Health Plan, Tufts, UMass, United Behavioral Health, Value Options;

Areas of Specialization: Abuse & Neglect in Childhood, Adolescents, Adoption, Anxiety, Attachment Disorders, Children, Chronic Illness/Pain/Behavioral Health, Depression/Mood Disorders, Divorce/Separation, Ego States Therapy, Family Therapy,

Alphabetical List of Clinicians

Sarah B. Stewart, PsyD, PLLC

EMDR Approved Consultant

85 Garfield Street, Watertown, MA 02472

Phone: 617-876-6735

Fax:

sarahbstewart@yahoo.com

I am a clinical psychologist, animal welfare activist, and wildlife photographer. Given my clinical expertise in trauma and dissociation (my 1991 doctoral dissertation was on the phenomenological experience of dissociation), I have trained in many things (e.g. group dynamics, hypnosis, EMDR, addictions, and Internal Family Systems) and have let my heart and sense of what is true be my guides. Additionally, I have a knowledge of and fondness for the 12-Steps as a form of spiritual practice and a concern with human addiction and greed as it destroys the planet. I am an experienced teacher, supervisor and therapist and enjoy using EMDR to help people with relationship to themselves, their loved ones and the world as a whole. I have found EMDR extremely helpful with fixed fears and stuck irrational beliefs which manifest as symptoms in a variety of ways.

Insurances Accepted: *Accept Most Insurances Out of Network; will work with any insurance that will work with me and my fee.*

Areas of Specialization: Addictions/Substance Abuse/Compulsions, Aging/Older Adults, Anxiety, Divorce/Separation, Grief/Loss/Bereavement, LGBT Issues/Gender Identity, Performance/Creativity Enhancement, Phobias/OCD, Spirituality/Spiritual Issues, Stress Management, Women's Issues

Melissa Tefft LICSW

EMDR Approved Consultant

111 Pleasant Street, Northampton, MA 01060

Phone: 413-587-4224

Fax: 413-587-0373

mtefft@charter.net

I have been a full time psychotherapist for 24 years and love working with adolescents and adults of all ages on a wide variety of issues. EMDR has been woven into my work since 2000, and I am currently an EMDR Consultant. Teaching mindfulness meditation for many years informs my work. I appreciate listening deeply to client issues and working with them to lay down old habits/beliefs and form new ways of enjoying the world.

Insurances Accepted: Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Medicare, *Accept Most Insurances Out of Network;*

Areas of Specialization: Adolescents, Aging/Older Adults, Anxiety, Chronic Illness/Pain/Behavioral Health, Depression/Mood Disorders, Grief/Loss/Bereavement, Groups, Spirituality/Spiritual Issues, Stress Management

Dr. Deborah A. Thomas

EMDR Trained Clinician

10 Central Street, Suite 30, West Springfield, MA 01089

Phone: 860-521-1632 ext- 6

Fax: 860-657-1341

debthomasphd@juno.com

10 North Main Street, Suite 305 West Hartford, Ct 06107

I prefer to work with clients who are already in treatment with a primary clinician. My focus is to work with clients from young to old who are struggling with traumatic issues. I was trained in EMDR in 1991. I work in MA on Tuesdays and the rest of my time is in my West Hartford, Ct office

Insurances Accepted: Aetna, Blue Cross/Blue Shield, Cigna, Connecticare, HMO Blue (see also BC/BS), Medicare, United Behavioral Health, United Health Care, Value Options; *Additional ins. panels include: Anthem, Ct Medicaid/Medicare,*

Areas of Specialization: Adolescents, Aging/Older Adults, Anxiety, Children, Depression/Mood Disorders, Grief/Loss/Bereavement

Alphabetical List of Clinicians

Joanna Vaughn, LICSW

EMDR Trained Clinician

16 Center St, Ste 320, Northampton, MA 01060

Phone: 413-203-1168

Fax: 855-854-5417

joannavaughn@gmail.com

EMDR is one of many ways to connect more deeply with your experience and follow that experience as it reveals your own innate wisdom. My approach weaves psychodynamic and relational perspectives with current understandings of neurobiological frameworks for healing, particularly EMDR. I was trained at Smith College and completed a Post-Graduate Fellowship at UMass Amherst Center for Counseling and Psychological Health.

Insurances Accepted: Blue Cross/Blue Shield, Mass Behavioral Health Partnership (MBHP), Medicare, Tufts, *Accept Most Insurances Out of Network; I also accept: HNE Be Healthy, Mass Health PCC Plan, GIC*

Areas of Specialization: Abuse & Neglect in Childhood, Addictions/Substance Abuse/Compulsions, Adolescents, Anger Management, Anxiety, Chronic Illness/Pain/Behavioral Health, Depression/Mood Disorders, Divorce/Separation, Ego States Therapy, Grief/Loss/Bereavement, Phobias/OCD, Spanish Speaking/Latino, Spirituality/Spiritual Issues, Stress Management, Women's Issues

Jane Vecchio, LMHC

EMDR Trained Clinician

Professor of Psychology, Holyoke Community College, 303 Homestead Ave., Holyoke, MA 01040

Phone: 413-552-2414

Fax:

seejanerun@fastmail.net

I am not currently seeing private clients, but I frequently refer my college students and others to Western Mass EMDRIA therapists.

Insurances Accepted: *I am not on any insurance panels at this time.*

Areas of Specialization:

Laura Washburn, LICSW

EMDRIA Certified Clinician

433 West Street, Suite 6, Amherst, MA 01002

Phone: 413-230-3686

Fax: 815-550-2373

lwashburn@aminfo.com

I specialize in treating depression and anxiety that stem from past events and may be triggered in the present. EMDR is particularly effective in giving people new and healing perspectives on their experience. In addition to EMDR I use Ego State work (sometimes called the Conference Room technique), Compassionate Communication (or Nonviolent Communication), The Work of Byron Katie and other techniques that help reduce stress and improve relationships. Another area of focus is support for problem-solving and decision-making, related to parenting, relationships, life transitions and other issues.

In my years of working with couples, I've found that relationships can be transformed by insight and clear communication. Helping people develop compassion for themselves and others is a foundation of my practice. My office is on Route 116 (West Street) in South Amherst.

Insurances Accepted: Aetna, Beacon Health Strategies, Boston Medical Center Healthnet Plan (BMC), Cigna, Fallon CHP, Harvard Pilgrim, Health New England, HMO Blue (see also BC/BS), Mass Behavioral Health Partnership (MBHP), Mass Health/ Medicaid (same thing), Medex, Medicare, TriCare, UMass, United Behavioral Health, Value Options; *I offer a sliding scale for self-pay clients.*

Areas of Specialization: Abuse & Neglect in Childhood, Anxiety, Axis II Disorders, Couples/Marriage, Depression/Mood Disorders, Dissociation, Divorce/Separation, Ego States Therapy, Grief/Loss/Bereavement, Phobias/OCD

Alphabetical List of Clinicians

Kathleen Winkworth, LICSW

EMDRIA Certified Clinician

27 College Street, South Hadley, MA 01075

Phone: 413-325-3423

Fax:

kmw@crocker.com

I enjoy working with children and adults with a range of presenting problems. My work is informed by my family systems orientation and mindfulness based practice. I am a trained DBT therapist.

Insurances Accepted: Blue Cross/Blue Shield, Health New England, Mass Behavioral Health Partnership (MBHP), Medicare, Neighborhood Health Plan, TriCare, United Behavioral Health, United Health Care, Value Options;

Areas of Specialization: Abuse & Neglect in Childhood, Adolescents, Aging/Older Adults, Anxiety, Children, Depression/Mood Disorders, Divorce/Separation, Grief/Loss/Bereavement, Spirituality/Spiritual Issues, Women's Issues

Amy Winters Champoux, LICSW

EMDR Certified Clinician

39 Main Street, Suite 31A, Northampton, MA 01060

Phone: 413-522-3767

Fax: 866-658-7865

amywinters72@gmail.com

I am collaborative and down to earth in my approach to this work. I am thrilled to incorporate EMDR because I believe that it helps people feel better faster. I'm also appreciative of training on Attachment, Dissociation, and Ego State Work. I like weaving all of these influences together, customizing to fit the style and needs of each client.

Insurances Accepted: Beacon Health Strategies, Blue Cross/Blue Shield, Boston Medical Center Healthnet Plan (BMC), Consolidated Health Plan, Harvard Pilgrim, Health New England, Medicare, Tufts, UMass;

Areas of Specialization: Abuse & Neglect in Childhood, Anxiety, Attachment Disorders, Ego States Therapy, Grief/Loss/Bereavement, Women's Issues