Seattle Area Therapist Resources
(Inquire about insurance and sliding scale options)

EMERGENCY AND CRISIS SITUATIONS

24 Hour Crisis Line (Seattle)  206-461-3222 or 866-4-CRISIS

OUTPATIENT THERAPY CLINICS

Presbyterian Counseling Services  206-366-9384
564 NE Ravenna Blvd (main office, have several satellite offices in Seattle, over 30 therapists)
Accepts insurance, sliding scale ($35-$95), low fee services for under $30,000 annual income (Green Lake)

New Life Clinics of Washington (Meier Clinics)  8888-7-CLINIC
Three offices in Seattle area, Northgate is closest
Numerous outpatient therapists, dietician, specialist in eating disorders
Three-week intensive program if needed (from 9-4pm), payment options available
Accepts some insurance, some sliding scale therapists

Catholic Community Services  206-328-5724
University District Youth Center
4516 15th Ave NE, Seattle, WA 98105
Free counseling for 13-21 years old

PRIVATE PRACTICE THERAPISTS

Kathy Allen, MA (Marriage and Family Therapist)  206-478-4228
Missionary family issues, marriage and premarital therapy
Does not accept insurance

Kenneth Asher, Ph.D (licensed psychologist)  206-322-4552
620 15th Ave. East, Seattle WA 98112
Early childhood to young adulthood, developmental disabilities, pediatric behavioral concerns, individuals, families, groups. Psychological evaluations.

Kara Bazzi, MS  206-999-1227
http://www.karabazzicounseling.com
bazzik@spu.edu
3414 ½ Fremont Ave N, Seattle, WA 98103
Eating disorders, adolescents, athletes, relationship issues; individual and family therapy
Reduced student rate
Lesli S. Corthell, MA, LMHC
Fremont Professional Building
753 North 35th Street, Suite 108A, Seattle, WA 98103
Relationship issues, grief and loss, depression, anxiety, pre-marital counseling
Sliding scale available

Carol Anne Coryell, Ph.D
Bellevue

Stacie Craves, Psy.D
2025 1st Ave., Ste. 735, Seattle, WA 98121
Eating disorders; depression; relationship issues; individual, couple, and family therapy

Claudette Cummings, Ph.D
2336 11th Avenue East, Seattle WA 98102
Individuals and adults; affective disorders, grief, adjustment disorders (non-suicidal)
Accepts insurance, $120 pr hour, no sliding scale

Ron DeVries, Ph.D (Licensed)
Accepts insurance, South Center
General practice

Debra DeJong, MS (Marriage & Family Therapist)
16701 NE 80th Redmond 98052
Blended family, step-parenting issues, adult & adolescent transitions, marital & pre-marital counseling

Scott Edwards, Ph.D, LMFT (Licensed Marriage & Family Therapist)
SPU, 3307 Third Ave W, Seattle WA 98199

Judith Gordon, Ph.D (Licensed Psychology)
3127 Fuhrman Ave E, Seattle WA 98102
Developmental, family of origin, relationships, self-esteem, anxiety and depression
Accepts insurance, some sliding scale available

Susan Hall, M.A., LMHC
www.susanhall.com
444 Ravenna Blvd #309, Seattle WA 98115
Relationship issues, eating disorders, depression & anxiety.
Weekly women’s therapy groups.
Daytime and evening appointments available.
Accepts some insurance. $75 per hour, $60 for students and $50 in extreme hardship situations

Marcia H. Hoover, Ph.D
500 108th Ave. NE, Ste. 750, Bellevue WA 98004
Marcia@doctorhoover.com
Depression, anxiety, stress reduction, as well as psychological and career testing.

Chris Keller*, MA
www.ChrisKellerCounseling.com
1523 E Madison Street, Ste 5, Seattle WA 98112
Relationships, depression, anxiety, abuse, eating disorders, sexual issues, pre-marital and marriage counseling
$50 fee for college students (adjustable if necessary)

David J. Kosins, Ph.D, Certified Group Psychotherapist
Disorder-specific support groups. Ongoing monthly groups for patients in cognitive behavior therapy for OCD, social phobia, panic disorder, and trichotillomania. -- $50 per session, 5:00 pm, Seattle, no minimum commitment required.
Denise G. Kuyper, MS, MFT  
www.hungerheal.com  
1424 NE 155th Street, Ste 207, Shoreline 98155  
Individual, couple & family counseling with special interest in couples, eating disorders, women’s issues

Madeleine Lewis, LICSW  
150 Nickerson St., Ste. 301, Seattle WA 98119  
Grief and loss, depression, anxiety, life transitions, relationships, spiritual and end-of-life issues, boundaries, family of origin, chemical dependency, eating disorders, caregiver support, sexual identity issues, EMDR. Sliding scale for students.

David Lutz, MA  
150 Nickerson Street #203, Seattle, WA 98109  
Individuals, couples, families  
sdl@qwest.net

Joanna Manzi-Sakuma, MSW  
3429 Fremont Pl. N, Ste. 310  
Seattle, WA 98103  
Children, adolescents, and adults. Sliding scale fees available.

Lynne McMahan, MS, LMHC  
North Seattle  
Accepts some insurance, $90 per hour, student rate available  
Trauma, EMDR, Somatic Experiencing, adoption, attachment, grief, loss, bodywork, spiritual abuse, eating disorders

Susen Muzasade, LMFT, LMHC  
1424 NE 155th Street #208, Shoreline WA 98155  
Accepts insurance  
Individual and couples therapy, depression, anxiety, woman’s issues, relationship issues

Michelle Naden, Ph.D, LMFT (Marriage and Family Therapist)  
Bainbridge Island  
Accepts insurance  
Interest in couple’s work

Janet Omaits, LCSW  
Bellevue  
Licensed, certified practitioner of group psychology, certified practitioner of psychodrama  
Accepts many insurance companies  
Adult and adolescent relationships, individual depth therapy, early abuse trauma

Ken Peer, M.A.  
1300 114th Ave SE #130 Bellevue, WA 98001 and 444 NE Ravenna Blvd #309, Seattle WA 98115  
Sliding scale, student rate  
Eating disorders, anxiety and panic disorders, relationship issues, sexuality, sexual abuse, adolescents and parents (separation and individualization), pornography/internet addiction, marriage counseling, chronic pain, spiritual issues (doubt, confusion, disillusionment)

Dan Pippinger, MS (Marriage and Family Therapist)  
Restoration Counseling Services (Individuals, Couples, Families), Poulsbo WA  
Sliding scale, does not take insurance
Jessica Richter, M.Ed.  
444 Ravenna Blvd, Ste. #309, Seattle WA 98115  
counselingatgreenlake@hotmail.com  
Anxiety disorders, depression, relationship problems, addiction, eating preoccupation, self-harm, issues associated with low self-esteem. Sliding scale, does not take insurance.

Bobbie Rickabough, LMFT  
Near SPU, 105 Nickerson #203, Seattle WA  
Relational work, groups  
Private pay only

Christine Rummer, Ph.D (Licensed Psychologist)  
2208 NW Market Street #312, Seattle WA 98107  
Change & transition; use of art and creativity; workshops, classes and retreats; individual therapy

Michael Sakuma, Ph.D (Licensed Psychologist)  
3429 Fremont Pl N, Ste. 310  
Seattle, WA 98103  
Children, adolescents, and adults. Sliding scale fees available.

Karen Sanders, Ph.D (Licensed Psychologist/Neuro-pscychologist)  
Accepts insurance

Tina Sellers, MS, LMFT (Licensed Marriage and Family Therapist)  
Accepts most insurance  
Seattle Pacific University, 3307 Third Avenue West, Seattle WA 98119  
Family medical therapy, family therapy, individual and couple therapy, young adults, spiritual direction

Jay Skidmore, Ph.D (Clinical Health Psychologist)  
SPU, 3307 Third Avenue West, Seattle, WA 98119  
Pain management, anxiety and stress-related disorders, psychophysiological (mind-body) medicine, CBT, clinical hypnosis

Judy Steves, MA , LMFT (Licensed Marriage and Family Therapist)  
116701 NE 80th Redmond 98052  
Accepts many insurance companies  
Family issues around alcoholism, anxiety

Susan Tesch, M.S., L.M.F.T. (Licensed Marriage and Family Therapist)  
406 Main St., Ste. 111A  
Edmonds, WA 98020  
Individuals, couples, and families. Depression, anxiety, relationship issues, underachievement and general malaise, student transition issues. Accepts insurance, discounted fee to students without insurance, $60.

Cristi Thielman, M.S., LMHC  
180 Nickerson Street, Suite 303, Seattle, WA 98109  
Individuals with disabilities, life transitions, stress management, anxiety, depression, vocational counseling

Nancy S. Thompson, MA, LMHC  
2000 116th Ave. NE, Suite 1A, Bellevue, WA 98004  
Biblical counseling, sexual abuse, health issues, anxiety, depression  
Accepts some insurance

Molli Wilson, Ph.D  
Accepts most insurance, no sliding scale  
Federal Way, works with psychiatrist and MFT  
Children, adolescents (anxiety, behavioral issues, ODD, school adjustment issues, ADHD, depression), adults (anxiety, depression), Parents, parenting issues; eating disorder group
### Jinah Yoon, M.Div, MSW (Licensed)
Presbyterian Counseling Services  
www.pcscounseling.org  
564 NE Ravenna Blvd, Seattle, WA 98115  
206-527-2266

John Yurich, Ph.D  
4705 16th Avenue NE, Seattle, WA 98105  
Men’s issues, depression, anxiety, family of origin  
Accepts insurance, $110 per hour, some sliding scale

### MEDICATION REFERRALS

<table>
<thead>
<tr>
<th>PSYCHIATRISTS:</th>
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<tbody>
<tr>
<td>Janet Berg*, MD (Psychiatrist)</td>
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<td>Seattle</td>
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<td>206-343-9965</td>
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| Gretchen Carlson, MD (Psychiatrist)  |
|  |
| 425-882-8651  |

| Jim Chen*, MD (Psychiatrist)  |
| Mercer Island  |
| 206-354-0603  |

| Owen Clark, MD (Psychiatrist)  |
| 10010 41st Ave NE, Seattle, WA 98125  |
| $200 initial comprehensive evaluation -- $140 Psychotherapy -- $90 Medication Management  |
| 206-523-6798  |

| Michele Cutitto, MD (Psychiatrist)  |
| 823 NE 65th Street  |
| Seattle, WA 98115  |
| 206-525-5022  |

| Martin Haykin, MD (Psychiatrist)  |
| 901 Boren Ave Ste 1020, Seattle WA 98104  |
| 206-624-3311  |

| David Lischner, MD (Psychiatrist)  |
| 126 NW Canal Street #310, Seattle WA 98107  |
| Solo practice, takes some insurance, slight reduced fee for students.  Relationships, mood and anxiety. Also works with the DBT Center of Seattle (www.dbtseattle.com)  |
| 206-369-0211  |

| Ryan Otteson*, MD (Psychiatrist)  |
| Bellevue  |
| 425-455-2818  |

| Shoshanna Press, MD (Psychiatrist)  |
| 126 NW Canal Street #310, Seattle WA 98107  |
| 206-633-2522  |

| Ulrich Schoettle, MD (Psychiatrist)  |
| Lake Union  |
| 206-324-4500  |

| Jeffrey Sung, MD (Psychiatrist)  |
| 126 NW Canal Street #310, Seattle WA 98107  |
| General psychiatry, specializing in mood disorders, anxiety disorders, interpersonal/relationship problems, issues facing sexual minorities. -- $180 initial psychiatric evaluation -- $150 Psychotherapy -- $90 Medication Management  |
| 206-633-4844  |

| Lisa Zbarschuk, MD (Psychiatrist)  |
| 126 NW Canal Street #310, Seattle WA 98107  |
| Child and adolescent specialization  |
| 206-625-1161  |
UW Medical Center Outpatient Psychiatric Center 206-598-7792
University of Washington, on Roosevelt
Provide 60-90 minute consultation and evaluation session, can provide ongoing if recommended
Take most major insurance, no sliding scale
Need referral from therapist or health care provider

Community Psychiatric Clinic 206-461-3614
Information and Referral
Child and Family Therapy, Medications
Stone Way and Wallingford
Accepts insurance

Seattle Mental Health 206-324-0311
Northgate Delta Building
9706 4th Ave NE, Seattle, WA 98115

PSYCHIATRIC NURSE PRACTITIONERS:

Sandra Saffran, MN, ARNP, Ph.D (Psychiatric Nurse Practitioner) 425-746-2124
Integrated Psychiatric Services, 14929 SE Allen Rd, Ste 102A, Bellevue WA 98006

Connie Craig, MN, ARNP, Ph.D (Psychiatric Nurse Practitioner) 425-746-2124
Integrated Psychiatric Services, 14929 SE Allen Rd, Ste 102A, Bellevue WA 98006
Individual and Family Counseling, Medication Management. Adolescents, Anxiety, OCD, ODD, CD. Personality and academic testing. Accepts insurance.

TESTING and ASSESSMENT

Kenneth Asher, Ph.D (licensed psychologist) 206-322-4552
620 15th Ave. East, Seattle WA 98112
Early childhood to young adulthood, developmental disabilities, pediatric behavioral concerns, individuals, families, groups. Psychological evaluations.

Pat Blumenthal, Ph.D 425-742-4736
4806 131st Street SW
Mukilteo WA 98275

Virginia Curulla, Ph.D 206-524-0830
9050 Meridian Place North
Seattle WA 98103

Marcia H. Hoover, Ph.D 425-990-5190
500 108th Ave. NE, Ste. 750, Bellevue WA 98004
Marcia@doctorhoover.com
Depression, anxiety, stress reduction, as well as psychological and career testing.

Guy Oram, Ph.D (Licensed Neuropsychologist) 425-576-1817
1104 Market Street, Kirkland
Neurological Testing, Family Medical Therapy, depression and anxiety, evaluation of learning disability and AD/HD
Accepts insurance, no sliding scale
EATING DISORDER SPECIALISTS

THERAPISTS:

Kara Bazzi, MS  
http://www.karabazzicounseling.com  
bazzik@spu.edu  
3414 ½ Fremont Ave N, Seattle, WA 98103  
Eating disorders, adolescents, athletes, relationship issues; individual and family therapy  
Reduced student rate

Kristi Colwell, MA, CMHC  
1728 East Madison, Seattle, WA 98122

Stacie Craves, Psy.D  
2025 1st Ave., Ste. 735, Seattle, WA 98121  
Eating disorders; depression; relationship issues; individual, couple, and family therapy

Lisa Day, RN Ph.D, Director of Outpatient Services  
Meier Clinics  
9706 4th Ave. NE, Seattle WA 98115

Lisa Geraud, MFT, RD (Therapist and Dietitian)  
Presbyterian Counseling Services  
564 NE Ravenna Blvd (main office, have several satellite offices in Seattle, over 30 therapists)  
Accepts insurance, has sliding scale ($35-$95)  
Eating disorders, depression, anxiety, relationship, sexual abuse

Denise G. Kuyper, MS  
www.hungerheal.com  
1424 NE 155th Street, Ste 207, Shoreline 98155  
Individual, couple & family counseling with special interest in couples, eating disorders, women’s issues

Brittney Morgensen, MA  
Guiding Journeys  
9481 Bayshore Drive, Silverdale, WA 98383

OTHER THERAPISTS WHO WORK WITH EATING DISORDERS:

Chris Keller, MA  
www.ChrisKellerCounseling.com  
1523 E Madison Street, Ste 5, Seattle WA 98112  
Relationships, depression, anxiety, abuse, eating disorders, sexual issues, pre-marital and marriage counseling  
$50 fee for college students (adjustable if necessary)

Lynne McMahan, MS, LMHC  
North Seattle  
Accepts some insurance, $90 per hour, student rate available  
Trauma, EMDR, Somatic Experiencing, adoption, attachment, grief, loss, bodywork, spiritual abuse, eating disorders
Susan Hall, M.A., LMHC 206-660-5483
www.susanhall.com
444 Ravenna Blvd #309, Seattle WA 98115
Relationship issues, eating disorders, depression & anxiety.
Weekly women’s therapy groups.
Daytime and evening appointments available.
Accepts some insurance. $75 per hour, $60 for students and $50 in extreme hardship situations

Dietitians:

Julie Church, RD, CD 206-854-8959
JulieChurchRD@yahoo.com
3414 ½ Fremont Ave N, Seattle, WA 98103
$85 for initial appointment, 75 minute session; $65 for follow-up appointments, 50 minutes. College student discounts available. Cash and checks only. No insurance accepted.

Emily Edison, MS, RD, ACSM-HFI 206-696-4386
emilyedison@attbi.com
www.momentum4health.com
6832 15th Ave NE, Seattle, WA 98115

Lisa Geraud, MFT, RD (Therapist and Dietitian) 206-527-2266 x 313
Presbyterian Counseling Services
564 NE Ravenna Blvd (main office, have several satellite offices in Seattle, over 30 therapists)
Accepts insurance, has sliding scale ($35-$95)
Eating disorders, depression, anxiety, relationship, sexual abuse

Sally Hara, MS, RD, CDE 425-814-8443
sallyhara@usa.com
ProActive Nutrition, LLC
13008 NE 125th Way, A-119, Kirkland, WA 98034

Meaghan Schillinger, RD, CD 206-706-2696
meaghan@sound-nutrition.com
Sound Nutrition
406 Main Street, Suite 106, Edmonds, WA 98020
Specializes in eating disorders, weight management and wellness

Physicians:

Carol Waymack, MD 206-525-5777
8118 Green Lake Drive N, Seattle 98103
Accepts most insurance; no sliding scale. Not accepting new Medicaid patients.
General health care. Family practice with obstetrics.

Katy O’Ferrel, MD 206-525-5777
8118 Green Lake Drive N, Seattle 98103

Dr. Emily Cooper 206-632-4575
Seattle Performance Medicine
400 N. 34th Ave, Ste. 300, Seattle WA 98103
PSYCHIATRIC NURSE PRACTITIONERS:

Sandra Saffran, MN, ARNP, Ph.D (Psychiatric Nurse Practitioner)  425-746-2124
Integrated Psychiatric Services, 14929 SE Allen Rd, Ste 102A, Bellevue WA 98006

ITENSIVE OUTPATIENT/CENTERS:

The Moore Center  425-451-1134
1601—114th Ave SE #180, Bellevue WA 98004
Outpatient eating disorder treatment center, comprehensive program addressing biological, psychological, social factors. Clinic works in conjunction with client’s doctors, therapists, and other professionals.

The Center Inc.  1-888-771-5166
www.aplaceofhope.com
PO Box 700, 547 Dayton, Edmonds WA 98020
Outpatient eating disorder treatment center, comprehensive program addressing biological, psychological, social factors. Clinic works in conjunction with client’s doctors, therapists, and other professionals.

Presbyterian Counseling Services  206-527-2266
www.pcscounseling.org
564 NE Ravenna Blvd, Seattle, WA 98115
Outpatient eating disorder treatment program, including individual therapy, group therapy, and working with a dietitian. Program works in collaboration with medical doctors.

MASSAGE THERAPISTS

Jen Gibson, LMP  206-300-9598
Licensed Massage Practitioner
Seattle WA

Kimberly Jenott, LMP  206-718-6824
Genesis Therapeutic Massage
www.genesistm.com
Accepts insurance, $60 per hour, aroma-therapy, sea salt scrubs, pregnancy massage, relaxation, spa modalities (herbal wraps, facials)

PERSONAL LIFE COACHING

Karen Altus, MS  206-528-0588
Success Coaching: Life & Business, Seattle WA
kaltus@earthlink.net
DRUG AND ALCOHOL TREATMENT CENTERS

SUPPORT GROUPS:

Adult Children of Alcoholics/Adult Children Anonymous
206-722-6117

Al-Anon Family Groups
206-625-0000

Alcoholics Anonymous
206-587-2838

Narcotics Anonymous
206-329-1618

INPATIENT:

Swedish Medical Center – Ballard
PO Box 70707, Seattle 98107
5300 Tallman Ave NW, Seattle 98107
206-781-6209

Lakeside Milam Recovery Center
10322 NE 132nd Street, Kirkland 98034
1-800-231-4303

OUTPATIENT:

The Living Center
19940 Ballinger Way NE #B1, Shoreline 98155
206-363-1992

Shamrock Group, Inc.
8535 Phinney Ave N, Seattle 98103
206-789-4784

Sunrise Centers
12650 First Ave S, Seattle 98168
206-248-3006

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