

Seattle/Eastside Area Counselors

IN CASE OF AN EMERGENCY

If you or a loved one is experiencing thoughts of suicide, or if someone is behaving in a dangerous manner, call the King County Crisis Clinic at 206-461-3222 (toll-free 1-800-427-4747), or call 911, or go to the nearest emergency room.

MA/MS - Masters of Arts or Masters of Science degree
LMFT - Licensed Marriage & Family Therapist
LMHC - Licensed Mental Health Counselor
M.Div. - Masters of Divinity
Psy.D. - Doctorate in Psychology
MSW - Masters of Social Work

For a list of counselors in the Issaquah/Sammamish area that work with teenagers, visit [Soma Eastside Youth Help](#).

Polis Recovery Project - Seattle

50 min sessions \$90 suggested donation

www.polisrecoveryproject.org // 206.552.4360 // Seattle, WA

Addiction Recovery (substance, behavioral and or sexual), mental health, sexuality, trauma recovery (emotional, physical, relational [adultery or death] sexual and/or spiritual abuse)

CHRIS BALL

M.A. in Biblical Counseling Southeastern Baptist Theological Seminary

Long term recovery from drug addiction

cball@polisrecoveryproject.org

JANE GREISEN (*not taking new clients as of 10/24/19*)

M.A. in Counseling Westminster Theological Seminary

Meeting one-on-one with women in all stages of life.

jgreisen@polisrecoveryproject.org

LISA PRATT

M.A. in Counseling Westminster Theological Seminary

Marriage counseling, mood disorders. Women involved with oppressive and abusive marriages.

lpratt@polisrecoveryproject.org

NewGround Counseling Redmond and Newcastle

<http://www.newgroundcounseling.com>

GABE DAVIS - MS, LMFT, M.Div

SPU masters in Marriage and Family Therapy licensed practicing since 2008

Areas of focus:

individuals: anxiety, depression, life transitions, spiritual faith struggles, grief and loss, addiction, trauma, self-injury, sexual dysfunction, anger, stress, chronic pain, pastoral restoration, couples communication and conflict resolution, premarital counseling, parenting challenges, financial stress, intimacy issues, infidelity, conflict with family of origin, separation or potential divorce

family: parenting children with ADHD, co-parenting after divorce, parenting teenagers, blended families, family of an addict

gabe@newgroundcounseling.com // 503.998.6096 // Bellevue, WA

JOSH LOY (Adolescents) MA, LMHC

Masters Arts in Counseling Western Seminary Licensed counselor with LMHC. Counsels at risk teens on staff with Eastside Academy. Also counsels adults on infidelity, marriage counseling, pornography and sexual addiction and anxiety, families seeking reconciliation.

Josh@newgroundcounseling.com // 402.613.2718 // Redmond, WA

INDEPENDENT COUNSELORS

KATIE IBERA - LMHC

depression, anxiety, grief, career, relationship and family problems, eating disorders, premarital preparation, identity, trauma, abuse, and issues of faith and spirituality.

Katieibera.com // Seattle, WA

LARRY MARK - M.Div, LMFT

Grief and Loss, Marriage Counseling, Pre-Marital Counseling, General Family Counseling, Couples Counseling, Depression, Anxiety, Personal and Spiritual Development, Codependency, Abuse, Men's Issues

www.bellevuechristiancounseling.com

larrym@bellevuechristiancounseling.com // 206.271.4768 // Bellevue, WA // Kent, WA

Dr. KIM SNOW - Psy.D (*not taking new clients as of 10/23/19*)

Licensed clinical psychologist Doctorate in Clinical Psychology George Fox University Fuller Theological Seminary

Anxiety, depression, life transitions, stress, burnout, identity shame, low self-esteem, emotional abuse, boundaries, eating disorders, body image

<https://samaritanps.org/therapist/kimberly-snow/>

ksnow@samaritanps.org // 206.527.2273, Ext 363 // Bellevue, WA

SUSAN GOERTZ - MS, LMFT

<https://bellevuechristiancounseling.com/counselors/susan-goertz>

Licensed Marriage and Family Therapist and Clinical Supervisor

susang@seattlechristiancounseling.com // (206) 701-9126

Aging and Geriatric Issues, Family Counseling, Individual Counseling, Infidelity and Affairs, Marriage Counseling, Personal Development, Premarital Counseling, Relationship Issues, Trauma, Anxiety, Codependency, Grief Counseling, Sexual Abuse, Spiritual Development, Women's Issues

DEAF COMMUNITY

TAYLOR A. MOSS - MS, LMFTA, NIC
taylor@tammft.com // (206) 802-0823

The following list was compiled by YoungLife - local counselors offering teletherapy (as of May 2020)

Christina Steere - Eastside Family Services
<https://www.eastsidesfamilyservices.org>

Christina has worked with at risk children and families since 1995. Her work began in starting a homeless shelter in Seattle's economically depressed areas. For ten years, Christina specialized in foster care and adoption through her work at Olive Crest as their Clinical Director.

Katie Lucas-Roberts, MS, LMFTA
Katielucasroberts@gmail.com // 818-970-0002

Katie is a Licensed Marriage and Family Therapist Associate with Lutheran Counseling Network. She is passionate about creating a safe space for healing and lasting change for youth, individuals, couples, and families. Katie specializes in working with clients struggling with anxiety, depression, relationship difficulties, sexual assault/abuse, identity, and spirituality issues. Katie's primary orientation is attachment-based, Emotionally Focused Therapy (EFT).

Amy Paulson, MSW.
amy@navigatefamilytherapy.com // 206 459-7994

Amy is the Executive Coordinator of Navigate Family Therapy. She is a parent education speaker and facilitator and does Life Coaching and Parent Coaching. Special interest in women's issues, teens and young adults, executive functioning/ADHD, multicultural identity and third culture kids. Forefront Suicide Prevention Parent Trainer.

Heather Sund, MS, LMFT.
heather@navigatefamilytherapy.com // 206-459-7994

Heather is the Executive Director at Navigate Family Therapy and provides therapy, training, consulting and supervision. She provides couples, families, individuals and groups find healing and greater life satisfaction in coping with and overcoming challenges. Her passion is relationships and helping people find restoration and reconciliation.

Carrie Thayer, MA, LMFT.
carrie@navigatefamilytherapy.com // 206-459-7994 // Edmonds, WA

Carrie is a Licensed Marriage and Family Therapist at Navigate Family Therapy. She specializes in working with women struggling with anxiety, depression and life transitions. She also works with children and families.

Jeanette Thorson, MA LMFTA.
jeanette@navigatefamilytherapy.com // 206.607.9227 // Edmonds, WA

Jeanette is a Marriage and Family Therapist at Navigate Family Therapy. She enjoys working with adults, couples, and families to develop a deeper understanding of themselves and the

central relationships that impact their lives. She takes an integrated approach to therapy, but her primary orientation is Emotionally Focused Therapy.

Hannah Eaton, MA, LMFTA.

hannah@navigatefamilytherapy.com // 206-459-7994 // Edmonds, WA

Hannah is a Marriage and Family Therapist at Navigate Family Therapy. She works with children, teens, and adults with concerns related to relationships, developmental transitions, life adjustments, anxiety and stress, trauma, sense of purpose. Teen groups, mindfulness and self-care workshops, and growth-oriented wilderness trips.

Rachel Levine, MS, LMHCA, JD.

rachel@navigatefamilytherapy.com // 206-459-7994 // Edmonds, WA

Rachel is a Mental Health Counselor at Navigate Family Therapy. She enjoys working with adults and teenagers around many issues including anxiety, depression, and addiction. She also enjoys helping others usher in greater work/life balance, recognizing that this balance is an art and requires ongoing attention and flexibility. Prior to joining Navigate, she practiced law in the areas of family law and civil litigation.

Ingrid Johnston

<http://www.ingridjohnstontherapy.com> // 206.658-7831

Areas of work include all ages, families dealing with chronic and acute medical issues. Couples and any sexual health issues

Cynthia Bengé MSW-LMHC.

206.547-2886 // Seattle, WA

Cynthia is a veteran therapist with 25 years of experience working with couples and individuals from an Emotion-Focused therapy perspective. Digging deep and exploring the core of issues and helping clients transform their pain into growth.

Judith Hong Cho, MSMFT, LMHC.

judith@jhccounseling.com // 425.679-9176 // Seattle, WA

<http://www.jhccounseling.com>

Working with individual, couples, and families from an attachment-based perspective. Trained in EFCT and EMDR. Special focus in couples counseling, including couples with trauma history, counseling for people of color, premarital counseling, and work around #metoo, identity, calling, vocation, multi-cultural and multi-generational concerns. Hold Me Tight and Created for Connection workshops offered.

Matthew Tiemeyer, MA, LMHC, CSAT.

matt@blueharborcounseling.com // 425-275-2198

I specialize in areas of recovery from sexual abuse, sex addiction (as a Certified Sex Addiction Therapist) and eating disorders. I focus on recapturing beautiful parts my clients have lost, including desire, and helping them focus that desire in ways that build their lives up again.

Minhee J. Cho Family Counseling, MLFT.

Minheejcho@gmail.com // www.minheejcho.com

I work with children/teens who are in the adoption transition, immigrant adjustment, gifted program, and parents' divorce process. Emotionally Focused Couples work, Positive

Discipline Educator, I can provide culturally competent therapy (bilingual: English and Korean). I work specifically with couples and families who have language gaps between spouses and/or parents Korean/English.

Melinda Johnson, MLFT

melidajohnson@boldlivingcounseling.com // (562) 686 -5516

I am a member of the American Association of Marriage and Family Therapy (AAMFT), Washington Association of Marriage and Family Therapy (WAMFT) and PhiChi Honors Society for Psychology. I have experience working with individuals, families, teens, and children with my primary focus being adolescents, individuals dealing with anxiety and depression, and perinatal support.

Paul Gebben, MA, LMHC.

paul.gebben@gmail.com // 425. 243-7988 // Edmonds, WA

<http://www.gebbencounseling.com>

Much of my work involves assisting people recover and heal from past trauma, with a focus on helping people in the 3rd quarter of life make changes for their preferred future. I am trained in EMDR & Lifespan Integration.

Shelley Bartels, MA, LMHC.

shelleybartels@me.com // 206.271-9371 // Edmonds, WA

Individuals and couples (EFT therapist); Attachment-Focused EMDR; Specialties: trauma (both historical and recent traumatic events); women experiencing love and sex addiction, supporting women sexually betrayed by their partners.

Tina Schermer Sellers, PhD.

tsellers@spu.edu // <http://tinaschermersellers.com/>

Sex therapist, medical family therapist, speaker, author, and consultant. Founded the Northwest Institute on Intimacy, whose mission is to provide training in sex therapy and spiritual intimacy for psychotherapists and to provide a solid referral source for physicians, clergy, and community leaders

Annie DeWaal, MA, LMHCA.

Annie@anniedewaal.com // 206.778-2900 // <http://coheargroup.com>

I work with women on issues of abuse, relationships, body, stages of life (motherhood, parenting, family stages, identify).

Michelle Rogers

<https://fiveoakscounseling.com/>

Partnering together to face life's challenges - I draw upon my professional training, formal education and clinical as well as pastoral experience to address the unique mental, emotional, relational, and spiritual needs of each person. I am well-equipped to serve people with an array of presenting issues. I am committed to partnering with my clients through empathy and encouragement so that they might have hope, find healing and grow, to become all they were meant to be.

