

## Community Referrals

Low-cost resources (often with therapists in training)

<b>UVU Community Clinic</b>
<b>Phone:</b> (801)-863-4780
<b>Address:</b> 490 W 1200 S – Orem
<b>Website:</b> <a href="https://www.uvu.edu/community-clinic/">https://www.uvu.edu/community-clinic/</a>
<b>Description:</b> Individual, couples, and family therapy from supervised student therapists from UVU’s MFT and CMHC master’s program. To schedule an appointment, send email or call. You may be instructed to leave a message.
<b>BYU Comprehensive Clinic</b>
<b>Phone:</b> (801) 422-7759
<b>Address:</b> 1190 N 900 E – Provo
<b>Website:</b> <a href="https://comprehensiveclinic.byu.edu/">https://comprehensiveclinic.byu.edu/</a>
<b>Description:</b> Individual, couples, family and group therapy from supervised masters and doctoral level therapists. Sessions start at \$15 a session but may be decreased based on financial need. This clinic also provides intelligence, learning disability, ADHD, and personality assessment.
<b>Wasatch Mental Health</b>
<b>Phone:</b> (801) 852-3789
<b>Address:</b> 580 E. 600 S. - Provo
<b>Website:</b> <a href="http://www.wasatch.org/blog/">http://www.wasatch.org/blog/</a>
<b>Description:</b> Individual, couples, family and group therapy for people with Medicaid. This clinic also provides free mental health care to those who are not insured or who are underinsured through its Wellness Recovery Clinic (WRC).
<b>Mountainlands Family Health Center</b>
<b>Phone:</b> (801) 429-2000
<b>Address:</b> 589. S. State Street - Provo
<b>Website:</b> <a href="https://www.mountainlands.org/">https://www.mountainlands.org/</a>
<b>Description:</b> Individual, couples, family and group therapy for people who are medically underserved. Services are reduced cost on a sliding scale starting at 15 dollars. Mountainlands also provides medical, dental and pharmacy services. Spanish fluent therapist.

## Private Practice

<b>Alliance Psychology</b>
<b>Phone:</b> (801) 224-2313
<b>Address:</b> 363 E 1200 – Orem or 958 N 200 E - Spanish Fork
<b>Website:</b> <a href="https://alliancepsychologyut.com/">https://alliancepsychologyut.com/</a>

<b>Description:</b> This practice offers individual, couples and group therapy. Accepts several insurances providers.
<b>Sandstone Psychology</b>
<b>Phone:</b> (801) 382-9338
<b>Address:</b> 95 S 100 E - Payson
<b>Website:</b> <a href="http://www.sandstonepsychology.org">http://www.sandstonepsychology.org</a>
<b>Description:</b> This practice offers individual, couples, family, group and equine therapy. They also offer psychological testing. Accepts several insurance providers.
<b>Peter Sanders Psychological Services</b>
<b>Phone:</b> (888) 330-6277
<b>Address:</b> Teletherapy
<b>Email:</b> <a href="mailto:peter.sanders@lakelandpsychology.com">peter.sanders@lakelandpsychology.com</a>
<b>Website:</b> <a href="https://provider.kareo.com/dr-peter-sanders##appt-confirmed">https://provider.kareo.com/dr-peter-sanders##appt-confirmed</a>
<b>Description:</b> Teletherapy practice for individual therapy
<b>Sage Psychology</b>
<b>Phone:</b> (801) 358-4654
<b>Address:</b> 14 N Main St Springville, UT
<b>Website:</b> <a href="https://www.sageut.com/">https://www.sageut.com/</a>
<b>Description:</b> Individual therapy practice with specialty in anxiety, depression eating disorders and women's issues. Accepts several insurance providers.
<b>Progressive Paths Therapy</b>
<b>Phone:</b> (801) 704-5066
<b>Address:</b> 1175 South 800 East - Orem
<b>Website:</b> <a href="https://progressivepathstherapy.com/">https://progressivepathstherapy.com/</a>
<b>Description:</b> This practice offers individual, couples, family and group therapy. The practice specializes in diverse and multicultural individuals. Therapy is available in Spanish, Portuguese and Mandarin.
<b>Life Solutions Counseling</b>
<b>Phone:</b> 801-404-3069
<b>Address:</b> 309 North State Street - Orem
<b>Description:</b> This practice offers individual, couples, family and group therapy. This therapist is fluent in ASL.
<b>Full Color Psychology</b>
<b>Website:</b> <a href="https://fullcolorpsychology.com/">https://fullcolorpsychology.com/</a>
<b>Description:</b> This practice specializes in anxiety, eating disorders, faith crisis/transition, and performance psychology. Primarily takes private pay but some of the therapist take insurance.

## Couples Therapy

<b>Compassionate Connections Therapy</b>
<b>Phone:</b> (801) 899-2559
<b>Address:</b> 481 E 1000 S - Pleasant Grove
<b>Website:</b> <a href="http://www.compassionateconnectionsounseling.com/">http://www.compassionateconnectionsounseling.com/</a>
<b>Description:</b> Specializes in couples and family therapy. Accepts DMBA and EMI.
<b>Covenant Sex Therapy</b>
<b>Phone:</b> (385) 312-9844
<b>Address:</b> 3355 North University #250 - Provo
<b>Website:</b> <a href="https://covenantsextherapy.com/">https://covenantsextherapy.com/</a>
<b>Description:</b> Specializes in sex therapy. Accepts DMBA, EMI and Blue Cross Blue Shield.
<i>* Several previous providers listed also offer couples therapy</i>

## Child and Family Therapy \*

<b>Psychological Assessment and Treatment Specialist</b>
<b>Phone:</b> (801) 772-0202
<b>Address:</b> 814 E. Bamberger Dr. Ste. A - American Fork
<b>Website:</b> <a href="http://www.utahcountycounselors.com/">http://www.utahcountycounselors.com/</a>
<b>Description:</b> This practice offers individual, couples and family therapy for children and adults. Accepts several insurances.
<b>Child and Adolescent Treatment Specialist (CHATS)</b>
<b>Phone:</b> (801) 756-1626
<b>Address:</b> 796 E. Pacific Dr. Ste. B – American Fork
<b>Website:</b> <a href="https://www.childpsychologistutahcounty.com/">https://www.childpsychologistutahcounty.com/</a>
<b>Description:</b> This practice offers individual, couples and family therapy for children and adults. Accepts several insurances.
<i>* Several previous providers listed also offer child and family therapy</i>

## ADHD and Learning Disability Assessment

<b>BYU Comprehensive Clinic</b>
<b>Phone:</b> (801) 422-7759
<b>Address:</b> 1190 N 900 E – Provo
<b>Website:</b> <a href="https://comprehensiveclinic.byu.edu/">https://comprehensiveclinic.byu.edu/</a>

<b>Description:</b> Intelligence, learning disability, ADHD, and personality assessment from supervised masters and doctoral level clinicians. Assessments are offered at a discounted rate.
<b>Wasatch Mental Health</b>
<b>Phone:</b> (801) 852-3789
<b>Address:</b> 580 E. 600 S. - Provo
<b>Website:</b> <a href="https://www.wasatch.org/psychological-testing/">https://www.wasatch.org/psychological-testing/</a>
<b>Description:</b> Intelligence, learning disability, ADHD, and personality assessment provided for individuals insured by Medicaid
<b>Sandstone Psychology</b>
<b>Phone:</b> (801) 382-9338
<b>Address:</b> 95 S 100 E - Payson
<b>Website:</b> <a href="http://www.sandstonepsychology.org">http://www.sandstonepsychology.org</a>
<b>Description:</b> Intelligence, learning disability, ADHD, and personality assessment.
<b>Counseling &amp; Treatment Center of Utah</b>
<b>Phone:</b> (801) 804-1028
<b>Address:</b> 14 N Main Street - Springville
<b>Website:</b> <a href="http://ctcofutah.com/">http://ctcofutah.com/</a>
<b>Description:</b> Neuropsychological, learning disability, and ADHD assessments. Court ordered, parental fitness, and psychosexual evaluations.
<b>Utah Excel Psychology</b>
<b>Phone:</b> (801) 472-4251
<b>Address:</b> 1125 W. Center Street - Orem
<b>Website:</b> <a href="https://utexcel.com/">https://utexcel.com/</a>
<b>Description:</b> ADHD, LD, Autism, Personality testing and assessment
<b>Alliance Psychology</b>
<b>Phone:</b> (801) 224-2313
<b>Address:</b> 363 E 1200 – Orem or 958 N 200 E - Spanish Fork
<b>Website:</b> <a href="https://alliancepsychologyut.com/">https://alliancepsychologyut.com/</a>
<b>Description:</b> Assessment for diagnostic clarification, ADHD, Learning Disorder, and brief evaluation for a specific purpose

Psychiatric Services

<b>Ascent Mental Health</b>
<b>Phone:</b> (801) 609-2448
<b>Address:</b> Locations in Orem and Payson
<b>Website:</b> <a href="https://ascentmh.com/">https://ascentmh.com/</a>

<b>Description:</b> Psychiatric evaluations and medication management. Accepts several insurance providers. Provides ketamine treatment.
<b>Alliance Behavioral Psychiatry</b>
<b>Phone:</b> (801) 224-3014
<b>Address:</b> 361 E 1200 S - Orem
<b>Website:</b> <a href="https://www.alliancebehavioralpsychiatry.com/">https://www.alliancebehavioralpsychiatry.com/</a>
<b>Description:</b> Psychiatric evaluations and medication management. Accepts several insurance providers.
<b>Cedar Psychiatry</b>
<b>Phone:</b> (801) 369-8989
<b>Address:</b> Location in SLC and Utah County
<b>Website:</b> <a href="https://www.cedarpsychiatry.com/">https://www.cedarpsychiatry.com/</a>
<b>Description:</b> Therapy and psychiatric services, provides ketamine treatment. Accepts several insurance providers.
<b>Sandstone Psychology</b>
<b>Phone:</b> (801) 382-9338
<b>Address:</b> 95 S 100 E - Payson
<b>Website:</b> <a href="http://www.sandstonepsychology.org">http://www.sandstonepsychology.org</a>
<b>Description:</b> Therapy and psychiatric services, provides ketamine treatment. Accepts several insurance providers.

## LGBTQ+ Resources

<b>Encircle</b>
<b>Phone:</b> (801) 610-6720
<b>Address:</b> Locations in Provo and Salt Lake City
<b>Website:</b> <a href="https://encircletogether.org/therapy">https://encircletogether.org/therapy</a>
<b>Description:</b> Individual, couples, and family therapy for LGBTQ+ people. Encircle also has friendship circles for those looking for social support. Accepts several insurances.
<b>Flourish Therapy Inc.</b>
<b>Phone:</b> (385) 309-1038
<b>Address:</b> 1175 South 800 East - Orem
<b>Website:</b> <a href="https://flourishtherapy.org">https://flourishtherapy.org</a>
<b>Description:</b> Individual, couples, group and family therapy for LGBTQ+ people. Therapy is subsidized therefore lower cost.
<b>Utah Pride Center</b>
<b>Phone:</b> (801) 539-8800

<b>Address:</b> 1380 South Main Street
<b>Website:</b> <a href="https://www.utahpridecenter.org/programs/mental-health-services">https://www.utahpridecenter.org/programs/mental-health-services</a>
<b>Description:</b> Individual, couples, and family therapy for LGBTQ+ people. Is able to accept clients on a sliding scale based on income level. Accepts several insurances.

## Eating Disorders

<b>Center for Change</b>
<b>Phone:</b> (888) 224-8250
<b>Address:</b> 1790 N State St. - Orem
<b>Website:</b> <a href="https://centerforchange.com/">https://centerforchange.com/</a>
<b>Description:</b> Inpatient and outpatient therapy and medical services for the treatment of Eating Disorders. Accepts several insurance providers.
<b>Balance Health and Healing</b>
<b>Phone:</b> (801) 361-8589
<b>Address:</b> 1810 700 N - Orem
<b>Website:</b> <a href="https://balancehealthandhealing.com/">https://balancehealthandhealing.com/</a>
<b>Description:</b> Individual, couples, family and group therapy for those who struggle with disordered eating and body image concerns. Private pay only.
<i>* Several previous providers listed also offer child and family therapy</i>

## Dieticians

<b>Kayla Jacobson</b>
<b>Phone:</b> (801) 863-5553
<b>Address:</b> Room SL-211 UVU Orem Campus
<b>Website:</b> <a href="https://appointments.uvu.edu/meetwithdietitian">https://appointments.uvu.edu/meetwithdietitian</a>
<b>Description:</b> Provides nutrition counseling for students and faculty. These counseling sessions can cover a wide range of things from intuitive eating, general nutrition guidance, or even how to cope with celiac disease. Initial consult is free and then 10\$ for each following visit
<b>Kelsey Rich</b>
<b>Phone:</b> (801) 842-7095
<b>Address:</b> 1384 W State Road – Pleasant Grove
<b>Website:</b> <a href="https://allfoodfits.com/">https://allfoodfits.com/</a>
<b>Description:</b> One of two certified eating disorder dietitians (CEDRD) in the state of Utah who is known for empathetic, but firm approach in helping clients make behavior change. Accepts multiple insurances
<b>Lauren Absher</b>

<b>Phone:</b> (801) 528-7706
<b>Address:</b> 1790 N State St. - Orem
<b>Website:</b> <a href="https://www.guidedeating.com/">https://www.guidedeating.com/</a>
<b>Description:</b> Experience working with students and is employed part time by BYU. Private practice doesn't accept insurance.

## Autism Resources

<b>The Melisa Nellesen Center for Autism</b>
<b>Phone:</b> (801) 863-7620
<b>Address:</b> 800 W University Pkwy - Orem
<b>Website:</b> <a href="https://www.uvu.edu/autism/">https://www.uvu.edu/autism/</a>
<b>Description:</b> A supportive service for those with autism and their families. Passages program available to both students and those in the community providing psychoeducation and skill building. Educational coaching available for UVU students.
<b>Adult Autism Center</b>
<b>Phone:</b> (801) 784-5972
<b>Address:</b> 6232 S 900 E - Murray
<b>Website:</b> <a href="https://adultautismcenter.org/">https://adultautismcenter.org/</a>
<b>Description:</b> Applied Behavior Analysis therapy. Various Programs and resources for adults on the spectrum.
<b>The Autism Spectrum Disorder Clinic</b>
<b>Phone:</b> (801) 587-8020
<b>Address:</b> 240 E Morris Ave - South Salt Lake
<b>Website:</b> <a href="https://healthcare.utah.edu/hmhi/treatments/autism-clinic/">https://healthcare.utah.edu/hmhi/treatments/autism-clinic/</a>
<b>Description:</b> Assessment for Autism Spectrum disorders, ADHD, and Learning disabilities.
<b>The Autism Clinic</b>
<b>Phone:</b> (801) 386-9732
<b>Address:</b> 5411 South Vine Street #6 - Murray
<b>Website:</b> <a href="https://www.facebook.com/UtahAutismClinic/">https://www.facebook.com/UtahAutismClinic/</a>
<b>Description:</b> Assessment and treatment for Autism Spectrum disorders, ADHD, and Learning disabilities.
<b>Neurodiverse Psychological Services</b>
<b>Phone:</b> (801) 618-1787
<b>Address:</b> 2319 Foothill Drive - Salt Lake City
<b>Website:</b> <a href="https://www.ndpservices.com/">https://www.ndpservices.com/</a>

<b>Description:</b> Treatment, assessment, and consultation for those on autism spectrum. Teletherapy available. Kristina Feldman, PhD provider.
<b>Mountain West Autism Services</b>
<b>Phone:</b> (801) 871-9145
<b>Address:</b> 4568 S Highland Dr., Ste 200 - Salt Lake City
<b>Website:</b> <a href="https://mountainwestautism.com/">https://mountainwestautism.com/</a>
<b>Description:</b> Treatment, assessment, and consultation for those on autism spectrum. Teletherapy available. Stacey Graziano, PhD provider.
<b>Utah Behavior Services</b>
<b>Phone:</b> (801) 225-5131
<b>Address:</b> 216 E Main St. Suite #4 – Lehi (and other locations in Utah)
<b>Website:</b> <a href="https://utahbehaviorservices.com/autism-services/">https://utahbehaviorservices.com/autism-services/</a>
<b>Description:</b> Applied Behavior Analysis therapy.
<b>Utah Valley Psychology</b>
<b>Phone:</b> (801) 854-7942
<b>Address:</b> 568 E 1400 S - Orem
<b>Website:</b> <a href="https://www.utahvalleypsychology.com">https://www.utahvalleypsychology.com</a>
<b>Description:</b> This practice offers individual, couples, family and group therapy. This practice has specialty in autism therapy and assessment

## Grief Support

<b>Utah Valley Regional Medical Center Grief Group</b>
<b>Phone:</b> (801) 357-3143
<b>Address:</b> 1034 N 500 W – Provo
<b>Description:</b> 8 week support group for those grieving the loss of a loved one.
<b>Caring Connections College of Nursing</b>
<b>Phone:</b> (801) 585-9522
<b>Address:</b> <i>Varies</i>
<b>Website:</b> <a href="https://healthcare.utah.edu/caring-connections/">https://healthcare.utah.edu/caring-connections/</a>
<b>Description:</b> A variety of 8 week grief groups facilitated by a mental health professional.
<b>Canary Garden at Joshy’s House of Hope</b>
<b>Phone:</b> (801) 358-2659
<b>Address:</b> 43 N 100 E - American Fork
<b>Description:</b> A peer to peer support group for those grieving the loss of a loved one.



## DBT Therapy Services

<b>Utah Center for Evidence Based Treatment</b>
<b>Phone:</b> (801) 419-0139
<b>Address:</b> 170 S. 1000 E. – SLC
<b>Website:</b> <a href="https://www.ucebt.com/services/therapy-services/dialectical-behavior-therapy-program">https://www.ucebt.com/services/therapy-services/dialectical-behavior-therapy-program</a>
<b>Description:</b> UCEBT offers the full DBT program, which includes individual therapy, skills group training, telephone coaching, and consultation team. DBT team has completed the Behavioral Tech Official DBT Intensive Training.
<b>Decision Tree Mental Health</b>
<b>Phone:</b> (385) 327-9181
<b>Address:</b> 363 N. University Ave - Provo
<b>Website:</b> <a href="http://www.decisiontreementalhealth.com/home.html">http://www.decisiontreementalhealth.com/home.html</a>
<b>Description:</b> Decision Tree offers the full DBT program, which includes individual therapy, skills group training, telephone coaching, and consultation team. Doug Benson, the owner, has a Linehan Board Certification in DBT.
<b>Harmon Psychotherapy</b>
<b>Phone:</b> (801) 874-1969
<b>Address:</b> 1045 S Orem Blvd - Orem
<b>Website:</b> <a href="https://harmonpsychotherapy.com/services/dbt/">https://harmonpsychotherapy.com/services/dbt/</a>
<b>Description:</b> Along with traditional individual/couples' therapy, Harmon Psychotherapy offers an intensive family program, a full DBT program, and innovative consulting. Jordan Harmon is full certified in DBT.
<b>The DBT Center</b>
<b>Phone:</b> (801) 930-5954
<b>Address:</b> 4505 Wasatch Blvd - SLC
<b>Website:</b> <a href="https://thedbtcenterofutah.com/">https://thedbtcenterofutah.com/</a>
<b>Description:</b> The DBT center offers the full DBT program, which includes individual therapy, skills group training, telephone coaching, and consultation team.

## Drug and Alcohol

<b>Utah county department of drug and alcohol prevention and treatment</b>
<b>Phone:</b> (801) 851-7128
<b>Address:</b> 151. S. University Ave #3200 - Provo
<b>Website:</b> <a href="http://addapt.utahcounty.gov/">http://addapt.utahcounty.gov/</a>
<b>Description:</b> Inpatient and outpatient services for Drug and Alcohol treatment offered after a walk-in screening.

<b>Seasons (Red Willow Counseling)</b>
<b>Phone:</b> (385) 202-5315
<b>Address:</b> 1425 S 700 E Suite 102 - Salt Lake City
<b>Website:</b> <a href="https://redwillowcounseling.com/">https://redwillowcounseling.com/</a>
<b>Description:</b> 11 hour per week intensive outpatient program designed specifically for LGBTQ+ clients.
<b>AA or NA meetings</b>
<b>Phone:</b> (801) 375-8620
<b>Address:</b> Varies
<b>Website:</b> <a href="http://www.utahaa.org">www.utahaa.org</a>
<b>Description:</b> Alcoholic or Narcotics Anonymous meetings.

## Domestic Violence/Rape/Assault

<b>National Domestic Violence Hotline</b>
<b>Phone:</b> (512) 453-8117
<b>Website:</b> <a href="http://www.thehotline.org">www.thehotline.org</a>
<b>Description:</b> A free and confidential online resource for anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. Online chat is also available through the website.
<b>Rape, Abuse, and Incest National Network (RAINN)</b>
<b>Phone:</b> (800) 656-HOPE
<b>Website:</b> <a href="https://www.rainn.org/">https://www.rainn.org/</a>
<b>Description:</b> A free and confidential online resource for anyone who has experienced rape, abuse, or incest. Online chat is also available through the website.
<b>The Refuge (Utah County Domestic Violence Center)</b>
<b>Phone:</b> (801) 377-5500
<b>Address:</b> Outreach office 1433 E 840 N Orem (shelter at a confidential location)
<b>Website:</b> <a href="https://therefugeutah.org/">https://therefugeutah.org/</a>
<b>Description:</b> A safe and confidential location for people in a domestic violent relationships, case management and transitional housing services. Hospital response for survivors of sexual assault, psychoeducation groups, individual and group therapy for survivors of sexual assault at outreach office.
<b>Family Support and Treatment Center</b>
<b>Phone:</b> (801) 229-1181
<b>Address:</b> 1255 N 1200 W - Orem
<b>Website:</b> <a href="http://www.utahcountycounselors.com/">http://www.utahcountycounselors.com/</a>

<b>Description:</b> Created as a resource for the prevention and treatment of child abuse. This center provides therapy, 24 hour emergency day care, and educational workshops.
<b>Division of Child Protective Services</b>
<b>Phone:</b> (855) 323-3237
<b>Website:</b> <a href="https://dcfs.utah.gov/">https://dcfs.utah.gov/</a>
<b>Description:</b> A 24/7 intake line to report suspected child abuse or neglect.
<b>Rape Recovery Center</b>
<b>Phone:</b> (801) 467-7282
<b>Address:</b> 2035 1300 E – Salt Lake City
<b>Website:</b> <a href="https://www.raperecoverycenter.org/">https://www.raperecoverycenter.org/</a>
<b>Description:</b> Hospital response for survivors of sexual assault, psychoeducation groups, individual and group therapy for survivors of sexual assault.
<b>UDVC Utah Domestic Violence Coalition LINK line</b>
<b>Phone:</b> (800) 897-5465
<b>Website:</b> <a href="https://www.udvc.org/">https://www.udvc.org/</a>
<b>Description:</b> Free and confidential help and support for victims and survivors of domestic and intimate partner violence available 24/7.

### Inpatient Therapy

<b>University Neuropsychiatric Institute (UNI)</b>
<b>Phone:</b> (801) 583-2500
<b>Address:</b> 501 Chipeta Way -SLC
<b>Website:</b> <a href="https://healthcare.utah.edu/uni/">https://healthcare.utah.edu/uni/</a>
<b>Description:</b> Inpatient care specializing in anxiety, eating disorders, major depression, mood disorders, personality disorders, schizophrenia and substance abuse/chemical dependency for all ages.
<b>Utah Valley Hospital Inpatient Psychiatry</b>
<b>Phone:</b> (801) 357-7376
<b>Address:</b> 1034 N 500 W - Provo
<b>Description:</b> Provides 24/7 psychiatric and crisis care for individuals 18 years and older and are ideal for patients experiencing a behavioral health crisis without an accompanying medical emergency.

### BIPOC Therapists

<b>'Ofa Hafoka Kanuch</b>
<b>Email:</b> <a href="mailto:drofa.kanuch@gmail.com">drofa.kanuch@gmail.com</a>

<b>Address:</b> Telehealth and Provo
<b>Website:</b> <a href="https://www.instagram.com/dr.0fa/">https://www.instagram.com/dr.0fa/</a>
<b>Description:</b> "I help adults create a vibrant, meaningful life by breaking generational cycles + healing from trauma."
<b>Breanna Lambert</b>
<b>Phone:</b> (385) 399-1960
<b>Address:</b> SLC and Telehealth
<b>Website:</b> <a href="https://www.psychologytoday.com/us/therapists/breanna-lambert-salt-lake-city-ut/987489">https://www.psychologytoday.com/us/therapists/breanna-lambert-salt-lake-city-ut/987489</a>
<b>Description:</b> "My experience includes working with clients in trauma and crisis settings. I also have experience with helping clients develop a healthy body image, reducing anxiety and depression, navigating faith related struggles, aiding in the grief process, and healing from race related trauma. I use Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Acceptance and Commitment Therapy. Working with the LGBTQ+ community, Latinx community, and Black community in Utah has solidified my approach to be patient centered." Accepts some insurances
<b>LaShawn Williams</b>
<b>Phone:</b> (801) 900-5996
<b>Email:</b> info@drlashawn.com
<b>Website:</b> <a href="https://drlashawn.com/">https://drlashawn.com/</a>
<b>Description</b> "I prioritize the BIPOC community, generally assisting clients in anxiety & depression symptoms negatively affecting activities of daily living. I specialize in racial trauma and healing in marriage and family settings through healthy identity and relationship development." Not currently on any insurance panels but does offer various price points to make quality mental health care accessible & affordable.
<b>Annabella Hagan</b>
<b>Phone:</b> (801) 427-1054
<b>Email:</b> mindsetfamilytherapy@gmail.com
<b>Address:</b> 3355 North University Avenue, Suite 100 - Provo
<b>Website:</b> <a href="https://mindsetfamilytherapy.com/team/annabella">https://mindsetfamilytherapy.com/team/annabella</a>
<b>Description:</b> Specializes in and anxiety and OCD related disorders. Accepts DMBA and EMI insurance.
<b>Dr. Louise Wheeler</b>
<b>Phone:</b> (385) 503-4017
<b>Address:</b> Telehealth
<b>Website:</b> <a href="https://www.psychologytoday.com/us/therapists/louise-wheeler-provo-ut/1109045">https://www.psychologytoday.com/us/therapists/louise-wheeler-provo-ut/1109045</a>
<b>Description:</b> "I strive to create a space that is safe for individuals to be just as they are. All cultural backgrounds and identities are valued and celebrated in my practice. My clients have described me as engaging, warm, and caring. I feel honored to be invited into people's healing journey and hope that I can provide support in yours too."
<b>Jay Tekulvė Jackson-Vann</b>
<b>Phone:</b> (385) 290-7472

<b>Address:</b> 250 West 540 - North Orem
<b>Website:</b> <a href="https://secure.helloalma.com/providers/jay-tekulve-jackson-vann/">https://secure.helloalma.com/providers/jay-tekulve-jackson-vann/</a>
<b>Description:</b> Provides systemically-informed individual, couples, and family therapy with a special focus on the LGBT and BIPOC communities. He recognizes each client's expertise in their lives and stories and seeks to bring his expertise on the process of change to the therapeutic conversation.

## Ketamine Treatment

<b>Cedar Psychiatry</b>
<b>Phone:</b> (801) 225-7805
<b>Address:</b> Locations in SLC and Utah Counties
<b>Website:</b> <a href="https://www.cedarpsychiatry.com/">https://www.cedarpsychiatry.com/</a>
<b>Description:</b> Therapy and psychiatric services
<b>Ascent Mental Health</b>
<b>Phone:</b> (801) 609-2448
<b>Address:</b> Locations in Salem and Orem
<b>Website:</b> <a href="https://ascentmh.com/">https://ascentmh.com/</a>
<b>Description:</b> Psychiatric evaluations and medication management. Accepts several insurance providers.
<b>Utah Ketamine Clinic</b>
<b>Phone:</b> (801) 792-0994
<b>Address:</b> 57 North 490 West – American Fork
<b>Website:</b> <a href="https://www.utahketamineclinic.com/">https://www.utahketamineclinic.com/</a>
<b>Description:</b> Ketamine treatment

## Eye Movement Desensitization and Reprocessing (EMDR) Treatment

<b>Inherent Healing &amp; Growth</b>
<b>Address:</b> 10528 N Aberdeen Ln – Highland
<b>Website:</b> <a href="https://www.inherenthealingandgrowth.org/">https://www.inherenthealingandgrowth.org/</a>
<b>Description:</b> EMDR therapy services
<b>The Green House Center</b>
<b>Phone:</b> (801) 785-1169
<b>Address:</b> Locations in Salt Lake and Utah Counties
<b>Website:</b> <a href="https://greenhousecenter.org/">https://greenhousecenter.org/</a>
<b>Description:</b> EMDR and other therapy services

<b>Life Stone Counseling Centers</b>
<b>Phone:</b> (801) 984-1717
<b>Address:</b> Locations in Salt Lake and Utah Counties
<b>Website:</b> <a href="http://www.lifestonecenter.com/">http://www.lifestonecenter.com/</a>
<b>Description:</b> EMDR and other therapy services

### Divorce Related Issues

<b>The Family Academy</b>
<b>Phone:</b> (801) 377-5050
<b>Address:</b> 811 North University Ave – Provo
<b>Website:</b> <a href="https://www.utahfamilyacademy.org/">https://www.utahfamilyacademy.org/</a>
<b>Description:</b> Couples and Family interventions specializing in divorce related issues. Custody evaluations. Supervised visitation. Jay Jensen, PhD provider.

### Sand tray Technique

<b>John Burr, LCSW, RPT-S</b>
<b>Phone:</b> (801) 225-7805
<b>Address:</b> 871 South Orem Blvd – Orem
<b>Website:</b> <a href="http://www.johnburr.net/">http://www.johnburr.net/</a>
<b>Description:</b> Therapy utilizing the Sandtray Technique. Child therapy also available.

### Biofeedback

<b>Adam Thompson, LCSW</b>
<b>Phone:</b> (801) 893-6866
<b>Address:</b> 491 S Orem Blvd – Orem
<b>Website:</b> <a href="https://utahtherapyworks.com/">https://utahtherapyworks.com/</a>
<b>Description:</b> Provides Neurofeedback interventions for ADHD, Autism, Traumatic Brain Injury