

UROGYN BEHAVIORAL HEALTH RESOURCES

Website for updated information regarding Care Resources:

https://www.psychologytoday.com/us/therapists/nm/albuquerque?gclid=Cj0KCQjwahr2FBhDbARIsACjwLo0KeJAWjdG5Jt5L2v_xECWr_VUn-82JPHAGnMTpUr2IVrMrv3f0srYaAtuKEALw_wcB

GROUP PRACTICES LIMITED INCOME AND INSURANCE ACCESS

*Counseling and Psychotherapy Institute (CPI): 803 Tijeras NE, 4300 Silver NE, 243-2223

Cost: Sliding fee scale available, student therapists fees \$5 – \$30 available academic calendar, professional therapists \$50, accepts Medicaid and commercial insurance.

Services: Individual counseling for teens and adults and medication management services for adults only. Provides CBT.

*Dragonfly Counseling: 540 Chama NE Suite #2 265-0753

Cost: Sliding fee scale available and accepts most insurances.

Services: Specializes in substance abuse, trauma, PTSD. Provides CBT and EMDR.

*Tree Line Trauma Counseling: 110 2nd Street #606 & #608 322-6076

Cost: Sliding scale. Pt decides fee.

Services: Individual, family therapy. Experience with trauma and PTSD. Provides CBT.

GROUP PRACTICES INCOME AND INSURANCE ACCESS

*A Path with Heart Professional Counseling: 920 Cardenas Dr NE 266-8168

Cost: Fee without insurance and accepts most insurances

Services: Practice specialty is chronic health/pain issues. Provides CBT and other therapy modalities.

*Albuquerque Counseling Services: 2610 San Mateo, Suite A, 888-7033

Cost: Fee without insurance and accepts most insurances.

Services: Individual and family therapy for children adults and families, treatment for addiction, domestic violence offenders and survivors, mood and/or mood disorders, anger management, and court ordered therapy. Provides CBT and CPT.

*Behavior Therapy Associates: 9426 Indian School NE Suite 1 345-6100

Cost: Fee without insurance and accepts most insurances. **Wait List.**

Services: Psychologists provide CBT and CPT addressing anxiety, alcohol problems, chronic pain, mood disorders, infertility, and perinatal/postpartum adjustment.

*Better Life Psychotherapy and Consultation Services: 2716 San Pedro NE, Suite D3
259-0549 **Spanish speaking.**

Cost: Fee without insurance and accepts most insurances.

Services: PTSD/trauma, depression, anxiety, relationship issues, person-centered approach, CBT.

*Cognitive Behavioral Institute of Albuquerque: One San Rafael Ave NE 823-1600

Cost: Fee without insurance and accepts most insurances. **Wait List.**

Services: Psychologists provide CBT addressing depression, anxiety, OCD, chronic panic, PTSD/trauma, sleep disorders, relationship issues, stress, and personality growth. (Post doctrinal training, research, and continuing education).

*Community Lighthouse: 3301 Candelaria NE Suite B 273-6300 **Spanish speaking.**

Cost: Fee without insurance and accepts most insurances.

Services: Individual and family therapy, medication management. Evening and weekend appointments. Provides CBT.

*Enhancement Center: offices in ABQ, RR, and Corrales 891-1583

Cost: Fee without insurance and accepts most insurances.

Services: Adults/families, individuals with disabilities, DV, PTSD, trauma, chronic pain, LGBTQ, Provides CBT and EMDR.

*Healthy Families of Albuquerque: 1805 Carlisle NE 842-9911

Cost: Fee without insurance and accepts most insurances.

Services: Holistic therapy, EMDR (Eye Movement Desensitization & Reprocessing), grief, trauma, PTSD, youth, adolescence, LGBTQ community, sexuality, anxiety, depression, chronic pain, and terminal illness. Provides CBT, CPT, and EMDR.

*Walsh Counseling Service: 7301 Indian School Rd NE Suite A 404-0814

Cost: Fee without insurance and accepts most insurances.

Services: Individual, depression, anxiety, PTSD, CBT, EMDR.

INDIVIDUAL BEHAVIORAL HEALTH PROVIDERS

*Amanda Wilder LCSW: 200 Rosemont Ave NE Suite A 819-5376

Cost: Fee without insurance and accepts most insurances

Services: individual and couples therapy with experience in trauma, substance abuse, depression, anxiety, sexuality and gender identity and works with psychiatric providers. Provides CBT and specializes in PTSD/Trauma.

*Beth Darrow, LPCC: 3532 Anderson Ave SE 349-5935

Cost: Fee without insurance and accepts some insurances

Services: Provides CBT along with other therapies for trauma/PTSD, chronic pain, depression, anxiety, and other issues.

*Erica Castleberry, Ph.D., Psychologist: 2800 San Mateo Blvd, Suite 100 884-0146

Cost: Fee without insurance and accepts most insurances.

Services: Provides CBT along with other therapies for trauma/PTSD, chronic pain, depression, anxiety, and other issues.

*Linda Najjar, Psychologist at Inner Wisdom Counseling: 11005 Spain Rd NE, Suite 10 306-4144 **Wait List.**

Cost: Fee without insurance and accepts most insurances.

Services: Mood disorders, trauma/PTSD, gender issues, chronic pain. Provides CBT and other therapy modalities.

*Michelle M Lee, MA, LPCC: Family Choices Counseling Center

3901 Georgia St NE Suite B-2 398-2091

Costs: Fee without insurance and accepts most insurances.

Services: Experience with chronic pain, trauma/PTSD, depression, and anxiety. Provides CBT and EMDR therapies.

WEB-BASED RESOURCE

1. American Academy of Family Practice “Neighborhood Navigator” website that identifies resources based on zip code

<https://www.aafp.org/family-physician/patient-care/the-everyone-project/neighborhood-navigator.html>

a. Go to website and click on desired need at top of that page (for example: Food, Housing...Mental Health)

12/2019