

Counseling and Therapy providers on the Southern Kenai Peninsula



<p>Jennifer Dye, MED, LPC</p>	<ul style="list-style-type: none"> • CBT- Cognitive behavioral therapy • Acceptance therapy • Rational Emotive Behavioral Therapy <ul style="list-style-type: none"> • Works with all ages 	<p>1044 East End Road Suite C (907) 235-1264 Does not bill insurance but provides information for you to submit Cannot bill Medicare or Medicare</p>
<p>Full Spectrum Health</p> <ul style="list-style-type: none"> • Tracey Wiese, APRN, FNP-BC, PMHNP-BC 	<ul style="list-style-type: none"> • Gender-affirming care • LGBTQIA support • Grief, anxiety, depression • Substance abuse • Medication management <ul style="list-style-type: none"> • Works with teens and adults 	<p>307 E Northern Lights Blvd Ste 201, Anchorage, AK 99503 (907) 229-9766 www.fullspectrumhealthak.com Most private insurances accepted, as well as VA Choice, TriCare, no Medicaid at this time Offers sliding-scale for self-pay clients</p>
<p>Sea Sparrow Counseling and Wellness</p> <ul style="list-style-type: none"> • Kimberly Glaspell, LCSW • Irene Saxton, MSW-I 	<ul style="list-style-type: none"> • Gender-affirming care • LGBTQIA support • Grief, anxiety, depression • Substance misuse • Mood disorders • Parenting support <ul style="list-style-type: none"> • Works with individuals, groups, and families for ages 12+ 	<p>195 Cityview #1 Homer, AK 99603 (907) 235-2102 seasparrowcounselingandwellness.com Most private insurances accepted, as well as VA Choice/TriCare. Kimberly Glaspell can bill MCD. Offers sliding-scale for self-pay clients</p>
<p>South Peninsula Behavioral Health Services.</p> <ul style="list-style-type: none"> • "The Center" 	<ul style="list-style-type: none"> • Emergency services • Adult Rehab services • Adult outpatient • Psychiatric care <ul style="list-style-type: none"> • Works with all ages 	<p>3948 Ben Walters Lane (907) 235-7701 Accepts Medicaid Most private insurances accepted, offers a sliding-scale for self-pay clients</p>
<p>Transitional Counseling</p> <ul style="list-style-type: none"> • Lucy Mahan, LPC 	<ul style="list-style-type: none"> • Substance abuse • EMDR-sensory motor <ul style="list-style-type: none"> • Works with Individuals 13 and older, couples, and families 	<p>1225 Lake Shore Dr. (907) 240-1465 https://www.mahancounseling.com/ Most private insurances accepted. Tricare, Preferred provider with BCBS Cannot bill Medicare or Medicaid</p>
<p>Kenai Peninsula Mental Health</p> <ul style="list-style-type: none"> • Rona Haberman, LCSW 	<ul style="list-style-type: none"> • EMDR and trauma • CBT • Mindfulness • Mood disorders, codependency, adjusting to change <ul style="list-style-type: none"> • Works with age 18+ (Rona) • LGBTQ+ support • Gender-affirming care 	<p>(907) 531-6047 www.kpmhalaska.com/homer-alaska Can bill private insurance, is a BCBS preferred provider Cannot bill Medicaid at this time</p>
<p>Kachemak Counseling Clinic</p> <ul style="list-style-type: none"> • Tim Robinson, MS, LPC-S 	<ul style="list-style-type: none"> • Adult Individual and couples therapy • Substance abuse services 	<p>925 Sea Plane Ct (907) 602-2578 Most private insurances accepted. Preferred provider with BCBS, Aetna & Cigna. No Medicaid or Medicare</p>
<p>Alaskan Wellness Adventures</p> <ul style="list-style-type: none"> • Jason Pretzel, MA, LPC 	<ul style="list-style-type: none"> • Offers counseling and retreats <ul style="list-style-type: none"> • Individuals 10 and older • Adolescents, adults, couples and families 	<p>41495 Stellars Jay Dr. (907) 885-1985 jasonpretzel@hotmail.com Most private insurances accepted Preferred provider with BCBS and Aetna. No Medicaid or Medicare</p>

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<p>Ninilchik Tribal Clinic – Behavioral Health</p>	<ul style="list-style-type: none"> • Therapy (All Ages) • Counseling & EMDR • Substance Abuse Counseling 	<ul style="list-style-type: none"> • No age limit • Ninilchik and Homer locations 	<p>15765 Kingsley Road, Ninilchik, Alaska (907) 567-3370 (phone tree) Can't bill Medicare, Tricare or VA. Most private insurances accepted Accepts Medicaid. Offers a sliding-scale for self-pay clients</p>
<p>Bobbi Cleary, MSCP, LPC</p>	<ul style="list-style-type: none"> • Substance Abuse • Trauma & PTSD • LGBTQ • Grief 	<ul style="list-style-type: none"> • Couples Therapy • Ages 11+ *Best described as eclectic and holistic* 	<p>3691 Ben Walters Lane, Homer, Alaska (907) 440-6405 Most private insurances accepted. BCBS, Triwest, VA, Tricare and NCPPO. Provides online counseling, no Medicaid or Medicare</p>
<p>Maria Calhoun, LPC</p>	<ul style="list-style-type: none"> • Anxiety, stress, trauma • Grief, depression, women's health • Mindfulness 	<ul style="list-style-type: none"> • Works with ages 16+ • CBT/ACT • EMDR certified therapist • Telehealth only 	<p>(907) 215-2505 www.mariacalhoun.org Telehealth only, can provide bills to submit to private insurance Cannot bill Medicare or Medicaid</p>
<p>Whole Mind Integrative Mental Health • Brandy Zollars</p>	<ul style="list-style-type: none"> • Depression/Bipolar • Anxiety/OCD/Phobias • PTSD/undiagnosed trauma • ADHD/cognitive challenges • Personality concerns • Insomnia and vague physical/neurological symptoms 	<ul style="list-style-type: none"> • Ages 8+ • Integrative Psychiatry • Oral Ketamine • Clinical Hypnotherapy • Bioenergetic Therapy • Coaching • Supplements 	<p>158 W. Pioneer Ave, Unit C, Homer, AK 99603 (907) 299-6410 https://www.wholemindintegrativementalhealth.com/ Can provide receipts to submit to private insurance Cannot bill Medicare or Medicaid Can accept HSA/FSA and Care Credit</p>
<p>Laural Sabin Coaching • Laural Sabin, Life Coach</p>	<ul style="list-style-type: none"> • One-on-one coaching helps move you toward the things that are the most important to you. This process typically involves personal growth, self-understanding, and taking action steps. Willingness to be open and truthful with yourself is key to making the necessary shifts involved in this process. 	<ul style="list-style-type: none"> • Ages 18+ • Coaching is a partnership that supports an individual to reach goals, overcome challenges, get unstuck, and move toward a more fulfilling and rewarding life • In person and Telehealth 	<p>1091 E. End Road 909-307-4633 www.lauralsabin.com Self-pay</p>
<p>Spring Reign Counseling Services, LLC • Lydia Koch, LPC</p>	<ul style="list-style-type: none"> • Depression • Anxiety • Grief/Loss • Interpersonal relationship conflicts • Complex trauma 	<ul style="list-style-type: none"> • In person and telehealth • 9yr+ • Adolescent, adults, couples • CBT • EMDR • Polyvagal informed 	<p>1091 E. End Rd 907-416-2415 Self-pay</p>
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<p>Hope Mends Counseling • Vanessa Perry, LPC</p>	<ul style="list-style-type: none"> • Perinatal Mental Health • TTC • Pregnancy • Postpartum • Birth Trauma • Loss • Anxiety • Mood disorders 	<ul style="list-style-type: none"> • In person and telehealth • Adults and couples 	<p>1091 E. End Rds 907-416-3500 hopemends@gmail.com www.hopemends.com</p> <p>Can provide receipts to submit to private insurance Offers a sliding-scale fees *In the process of being able to bill insurance.</p>
<p>Restore Wellness • Suanne Sikkema, MS Nutrition, LDN</p>	<ul style="list-style-type: none"> • Eating disorders • Gastrointestinal issues • Mental Health • Anxiety/depression • Lymphedema • Food allergies 	<ul style="list-style-type: none"> • Virtual and Telehealth • Personalized plan of care • Vibrant labs food allergy/intolerance testing • GI MAP stool testing 	<p>907-830-9877 https://suannesikkema.com/</p> <p>Can bill private insurance, is a BCBS preferred provider</p>
<p>Set Free Alaska</p>	<ul style="list-style-type: none"> • Offers both in- and outpatient chemical dependency counseling 	<ul style="list-style-type: none"> • Inpatient substance misuse treatment for men • Outpatient substance misuse counseling for men and women 	<p>1130 Ocean Drive Suite A, Homer, AK 99603 (907) 235-4732 Can bill private insurance, Medicaid, and offers a sliding-scale Contact Set Free for insurance questions</p>
<p>CICADA</p>	<ul style="list-style-type: none"> • Outpatient individual counseling for substance misuse 	<ul style="list-style-type: none"> • Group counseling, peer support 	<p>1230 Ocean Drive Unit 1, Homer, AK 99603 (907) 235-8001 Can bill private insurance companies, Medicaid, and offers a sliding scale</p>
<p>Cornerstone Counseling • Has a team of providers with different specialties</p>	<ul style="list-style-type: none"> • Christian faith-based counseling • Faith-based approach is optional 	<ul style="list-style-type: none"> • Individuals 10 and older, couples and families 	<p>(907) 522-7080 Based in Anchorage and only offering TeleHealth to clients on the Kenai Peninsula Can bill some private insurance Cannot bill Medicaid or Medicare</p>
<p>Birchwood Behavioral Health • Offers a team of providers</p>	<ul style="list-style-type: none"> • Faith-based, trauma-informed approach • Psychotherapy, case management, medication management 	<ul style="list-style-type: none"> • Adults and children age 4 and older • Individuals, families, and couples 	<p>(907) 349-2222 Based in Anchorage and offers TH Accepts Medicaid, cash payment, and provides paperwork for clients to bill private insurance for reimbursement</p>
<p>Healing Tides Counseling LLC • Christine Prokop, LPC-S</p>	<ul style="list-style-type: none"> • Depression • Anxiety • Mood disorders • Grief and loss issues • Relationship struggles • Life transitions • Career difficulties • Stress and trauma 	<ul style="list-style-type: none"> • Adults • Telehealth only • CBT (cognitive behavioral therapy) 	<p>907-744-7969 www.christineprokop.com christineprokopLPC@gmail.com</p> <p>Self-pay, provides paperwork for clients to bill private insurance for reimbursement and offers a sliding scale. If you have VA benefits or Tricare West, please contact for more information.</p>
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<p>Peninsula Community Health Services of Alaska</p> <ul style="list-style-type: none"> • Offers a team of providers 	<ul style="list-style-type: none"> • Therapy • Medication management • Ages treated varies by provider 	<p>907-262-3119 230 E Marydale Ave, Soldotna, AK 99669 and 805 Frontage Rd., Kenai, AK 99611 www.pchsak.org/behavioral-health-center</p> <p>Offers Telehealth and in-person visits</p> <p>Accepts Most insurances including private insurance, VA, Medicaid, and Medicare. Sliding scale based on income and income.</p>
<p>Alaska Telepsychology Providers: Psychotherapy & psychological Testing for youth and adults</p>		
<ul style="list-style-type: none"> • Mary Palko, MS, LPC • Sue R Scott, MS LMFT • Cathy von Hippel PHD • Sammy Mack, MS, LPA 	<ul style="list-style-type: none"> • Anxiety, grief • Depression • ADHD • Substance abuse • Trauma • Mood disorders • Relationship Problems • Career changes • Substance abuse • Disabilities • Anxiety • Mood Disorders • Autism spectrum disorder • Autism Spectrum Disorder • Cognitive behavioral therapy 	<ul style="list-style-type: none"> • Therapy for all ages • Offers therapy in sign language • Therapy for adults • EMDR • Cognitive-behavioral therapy • Mindfulness training • Youth and adults • Develop actionable, concrete plans for achieving goals • Psychological testing • Young adults <p>(907) 885-6288, https://www.aktelepsych.com/</p> <p>Offers telepsychology, zero travel time to attend appointments, flexible scheduling, including nights & weekends, reduced costs.</p> <p>Offers telepsychology Offers face-to-face visits in Anchorage location and/or encrypted videoconferencing platform using computer, tablet or smart phone.</p> <p>Preferred for BCBS and AETNA Now accepts Tricare Does not accept Medicaid or Medicare</p>
<p>Psychologytoday.com</p>		<p>This is a website where therapists advertise</p>