

Counseling and Therapy providers on the Southern Kenai Peninsula

Jennifer Dye, MED, LPC	<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>(907) 235-1264 149 W. Fairview Ave., Homer, AK 99603 Does not bill insurance but provides information for you to submit Cannot bill Medicare or Medicare</p>
<p>Sea Sparrow Counseling and Wellness</p> <ul style="list-style-type: none"> • Irene Saxton, LCSW, TBT-S 	<ul style="list-style-type: none"> • Gender-affirming care • LGBTQIA support • Grief, anxiety, bipolar • Autism/Neurodivergent • Sex Therapy • Poly relationship structuring 	<ul style="list-style-type: none"> • Works with individuals • Ages 16+ • CBT • DBT • Psychodynamic • Queer • Narrative • Feminist 	<p>(907) 235-2102 1060 East End Rd, Homer, AK 99603 Homer, AK 99603 seasparrowcounselingandwellness.com irene@seasparrowcounselingandwellness.com Most private insurances accepted, Tricare-Triwest. Medicaid(soo) 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>(907) 235-7701 3948 Ben Walters Lane, Homer, AK 99603 https://www.spbhs.org/ 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 • Depression • Trauma • ADD/ADHD • Grief • Aging transitions • Anxiety 	<ul style="list-style-type: none"> • Works with Individuals 13 and older, couples, and families • Brain spotting • EMDR-sensory motor • Havening 	<p>(907) 240-1465 1225 Lake Shore Dr. Processingknowledge.com transitionalcounseling@gmail.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 couple’s therapy • Substance abuse services 	<ul style="list-style-type: none"> • CBT • The Gottman Method • Trauma informed provider 	<p>(907) 602-2578 925 Sea Plane Ct, Homer, AK 99603 https://kachemakcounseling.com/ 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>(907) 885-1985 41495 Stellars Jay Dr. jasonpretzel@hotmail.com Most private insurances accepted Preferred provider with BCBS and Aetna. No Medicaid or Medicare</p>

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<ul style="list-style-type: none"> • Dori Hagen, LPC 	<ul style="list-style-type: none"> • Anxiety • Depression • Addiction • Grief • Trauma focused 	<ul style="list-style-type: none"> • Works with 16 and older • EMDR • CBT • CPT • Faith Based (optional) 	907-299-9544 1091 East End Rd., Homer, AK 99603 dori@dorihagen.com dorihagen.com Aetna, BCBS, TriWest, Self-pay
Bobbi Cleary, MSCP, LPC	<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* 	(907) 440-6405 3691 Ben Walters Lane, Homer, Alaska Most private insurances accepted. BCBS, TriWest, VA, Tricare and NCPPO. Provides online counseling, no Medicaid or Medicare
Maria Calhoun, LPC	<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 	(907) 215-2505 www.mariacalhoun.org Telehealth only, can provide bills to submit to private insurance Cannot bill Medicare or Medicaid
Whole Mind Integrative Mental Health <ul style="list-style-type: none"> • Brandy Zollars 	<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 • Counseling and Medication Management 	(907) 299-6410 1379 East End Rd, Ste 3, Homer, AK 99603 support@wholemindintegrativementalhealth.com https://www.wholemindintegrativementalhealth.com/ Moda, Premera BCBC, Aetna, Optum, UHC, Cigna TriCare and Medicaid coming soon Cannot bill Medicare Can accept HSA/FSA and Care Credit
Laural Sabin Coaching <ul style="list-style-type: none"> • Laural Sabin, Life Coach 	<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 	909-307-4633 1091 E. End Road www.lauralsabin.com Self-pay
Spring Reign Counseling Services, LLC <ul style="list-style-type: none"> • Lydia Koch, LPC 	<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 	907-416-2415 1091 E. End Rd Self-pay
Osnat (Osi) Kaspi, LPC	<ul style="list-style-type: none"> • Rhythmic Movement Therapy • Trauma Informed • Internal Family System 	<ul style="list-style-type: none"> • Addiction Therapy • Crisis Intervention • Mindfulness • Grief Counseling 	907-280-7280 Can bill most Insurance Cannot bill Medicare or Medicaid Self-Pay Sliding Scale

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<p>Hope Mends Counseling</p> <ul style="list-style-type: none"> • Vanessa Perry, LPC *Spanish Speaking 	<ul style="list-style-type: none"> • Perinatal Mental Health • TTC • Pregnancy • Postpartum • Birth Trauma • Still Birth 	<ul style="list-style-type: none"> • In person and telehealth • Ages 18+ and couples • Gottman certified couples • Christian conservative • Couples in early parenthood 	<p>907-416-3500 1091 E. End Rd hopemends@gmail.com www.hopemends.com</p> <p>BCBS, Triwest, Moda, Aetna, Medicare, Medicaid Self-pay sliding scale – Open Path Collective</p>
<p>Restore Wellness</p> <ul style="list-style-type: none"> • Suanne Sikkema, MS Nutrition, LDN 	<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>(907) 235-4732 https://setfreealaska.org/</p> <p>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>(907) 235-8001 1230 Ocean Drive Unit 1, Homer, AK 99603 Can bill private insurance companies, Medicaid, and offers a sliding scale</p>
<p>Anonymous Health</p>	<ul style="list-style-type: none"> • Substance use • Unwanted habits 	<ul style="list-style-type: none"> • Medication management • Counseling 	<p>844-kick-it-1(548-5481) https://www.anonymoushealth.com/ Offers telehealth</p>
<p>Cornerstone Counseling</p> <ul style="list-style-type: none"> • Has a team of providers with different specialties 	<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 https://cornerstonehealthalaska.org/counseling/</p> <p>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</p> <ul style="list-style-type: none"> • Offers a team of providers 	<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 https://bbhalaska.com/</p> <p>Based in Anchorage and offers Telehealth Accepts Medicaid, cash payment, and provides paperwork for clients to bill private insurance for reimbursement</p>

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<p>Healing Tides Counseling LLC</p> <ul style="list-style-type: none"> Christine Prokop, LPC-S 	<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</p> <p>www.christineprokop.com</p> <p>christineprokopLPC@gmail.com</p> <p>Self-pay, provides paperwork for clients to bill private insurance for reimbursement and offers a sliding scale.</p> <p>If you have VA benefits or Tricare West, please contact for more information.</p>
<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 	<ul style="list-style-type: none"> Ages treated varies by provider 	<p>907-262-3119</p> <p>https://www.pchsak.org/</p> <p>230 E Marydale Ave, Soldotna, AK 99669 and 805 Frontage Rd., Kenai, AK 99611</p> <p>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>Headlight</p> <ul style="list-style-type: none"> Offers a team of providers 	<ul style="list-style-type: none"> Therapy Medication management 	<ul style="list-style-type: none"> Ages treated varies by provider Telehealth 	<p>866-294-9936</p> <p>www.headlight.health</p> <p>getcare@headlight.health</p> <p>offers Telehealth and in-person visits (Anchorage and Wasilla, AK)</p> <p>Accepts most insurances</p>
<p>Alaska Telepsychology Providers: Psychotherapy & psychological Testing for youth and adults – many more providers available</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,</p> <p>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</p> <p>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</p> <p>Now accepts Tricare</p> <p>Does not accept Medicaid or Medicare</p>

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<p>Alaska Behavioral Health Child and Family Clinic</p> <ul style="list-style-type: none"> • Offers a team of providers 	<ul style="list-style-type: none"> • Psychiatric evaluations • Medication and symptom management • Coordination of care 	<ul style="list-style-type: none"> • All ages 	<p>907-563-1000 https://alaskabehavioralhealth.org/</p> <p>Accept Medicaid/Medicare and most private insurances</p>
<p>Me to Wee Counseling</p> <ul style="list-style-type: none"> • Judy Kamara, LSCW • RN -Certified Lactation Counselor 	<ul style="list-style-type: none"> • Individual, group, Couples therapy • Generational trauma • PTSD/Complex trauma • Perinatal Mental Health • Parenting Support • Military/Veterans • Talk Therapy 	<ul style="list-style-type: none"> • Ages 13 and above • CBT • ACT • FAN model reflective Parenting 	<p>907-630-0639 1044 East End Rd Solstice Bldg, Suite C, Homer, AK 99603 me2wee.com akme2wee@gmail.com</p> <p>Accepts Moda, Aetna, Cigna, BCBS, Meritain Does not accept Medicaid or Medicare</p>
<p>Orion Behavioral Health</p> <ul style="list-style-type: none"> • Offers a team of providers 	<ul style="list-style-type: none"> • Counseling • Medication and symptom management • Tele-Health 	<ul style="list-style-type: none"> • Ages 3-18yrs 	<p>907-696-7466 Fax 907-726-0332 https://www.obhn.org/ Telehealth 1600 Centerfield Dr Suit 205, Eagle River</p> <p>Accepts AETNA, BCBS, Fed BC, MODA, Meritain, and Tricare. Accepts Medicaid for evaluations/medical management/therapy on a limited basis. Does not accept Medicare.</p>
<p>Hand of Hope Counseling</p> <ul style="list-style-type: none"> • Kelly Marre, LCSW 	<ul style="list-style-type: none"> • Depression • Anxiety • Trauma • Substance use • Grief • Chronic illness • Chronic Pain • Adjustment Disorder • Stress • Military/Veteran • Domestic Violence 	<ul style="list-style-type: none"> • Ages 18 and above • CBT-cognitive behavioral • ACT-acceptance and commitment • DBT-dialectical • SFBT-solution focused brief • Christian Counseling • Compassion Focus • Trauma Focused • Hypnosis for Pain Management 	<p>907-630-0507 Kasilof, Alaska https://kelly-marre.clientsecure.me/handofhopecounselingalaska@gmail.com</p> <p>Telehealth</p> <p>Accepts Aetna, BCBS, Premera Blue Cross, Medicare, Moda, Triwest, Medicaid</p>
<p>Mountain Valley Professional Counseling</p> <ul style="list-style-type: none"> • Lise Klein Kirsis, LPC 	<ul style="list-style-type: none"> • Trauma and PTSD • Addiction • Depression • Anxiety • Marriage and family counseling • Grief/End of Life • Spiritual Health • Veterans 	<ul style="list-style-type: none"> • Ages 12 and up • EMDR • CBT • Attachment Therapy/Psychodynamic • Individual/Family and group Therapy 	<p>907-435-1581 moutainvalleyprofessionalcounseling@outlook.com 1044 East End Rd, Ste C, Homer, AK 99603</p> <p>In person or Telehealth Accepts Triwest, Premera BCBS and Moda(June1)</p>

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<p>Maitri Holistic Therapy & Wellness</p> <ul style="list-style-type: none"> • Offers a team of providers 	<ul style="list-style-type: none"> • Trauma • Attachment Issues • Self Esteem • Life Transitions • Family Conflict • Peer Relationships • Military Families • LGBTQIA+ • BIPOC • 	<ul style="list-style-type: none"> • Child/Adolescent • Family • Adult- telehealth • Military • EMDR • DBT • CBT • Trauma Focused • Attachment-Based Family Therapy • ACT 	<p>907-931-6930 https://www.maitrihtw.com/ 1379 East End Rd, Ste 1, Homer, AK 99603</p> <p>In person/Telehealth Accepts Aetna, BCBS, Cigna, EMBS, Meritain, Moda, Tricare, Triwest, UHC, Public Education Health Trust, Self Pay</p>
<p>www.psychologytoday.com</p>			

- CBT-cognitive behavioral therapy
- ACT-acceptance and commitment therapy
- DBT-dialectical therapy
- SFBT-solution focused brief therapy
- EMDR-eye movement desensitization & reprocessing therapy
- FAN-facilitating attuned interactions
- IFS-internal family systems