PROVIDER DIRECTORY

Behavioral Health Clinics and Contract Providers for Mental Health Services

How to use this list:

This is a directory of names, locations, and phone numbers of our clinics and providers. It explains the services we offer and will help you find the resources you need. It is updated once a month and no later than 30 calendar days after the County receives updated provider information.

Emergency or Crisis Services:

Emergency assistance can be obtained by calling 911. Mental Health emergency calls can also be made to our toll-free number, **1-800-838-1381**. Our Mental Health Evaluation Team may come to you to help with crisis situations. Emergency services do not require pre-authorization (they are available when needed, without prior approval).

For more Information about Mental Health services and your rights:

Please read the "Guide to Medi-Cal Mental Health Services", available on our web site slobehavioralhealth.org, at any clinic location, or by calling us at 1-800-838-1381. The Guide is available in English, Spanish, in large print version and in a CD format.

Español (Spanish)

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-838-1381 or TTY/CRS 1-800-735-2922

繁體中文(Chinese)

注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-800-838-1381 or TTY/CRS 1-800-735-2922。

Free Language assistance services are available upon request. Please ask any staff person for assistance if you need this information in an alternative communication format such as large font, Braille, or an electronic format, or, if you would like help reading the material.

If you cannot hear or speak well, please call 1-800-735-2922 California Relay Service/TTY.

STEPS TO ACCESS BEHAVIORAL HEALTH SERVICES

Step 1:

Call 1-800-838-1381

This is our toll-free, 24 hour, 7 days-per-week Central Access Line. You will receive information about how to get Mental Health and/or Substance Use treatment services. If you call between 8 AM and 6 PM Monday through Friday (except holidays) we will schedule a first assessment appointment with you to discuss your needs and to help you find services that will work for you.

Step 2:

After completing an assessment, we will explain the services you qualify for and help you find providers who have current openings to work with you. You may read about our services and programs in this Provider List to help us find what you need.

MENTAL HEALTH TREATMENT PROVIDERS

All our locations are handicap accessible and close to public transportation. Services are available in English and Spanish at all locations. Other spoken language or ASL needs can be met as needed. Mental Health clinic treatment teams have openings and are continually accepting new referrals. Clinic staff offer Therapy, Rehabilitation, Case Management, Medication Support and Crisis Intervention services. Services are available both in person and via telehealth.

Staff at Mental Health Clinics and Specialty Programs have specialized training to assist with a wide variety of phase of life concerns (including early childhood, transitional aged youth, and older adult issues). We use a trauma informed care model and can help with recovery from past abuse, trauma, or discrimination. All staff have received cultural competency training and are sensitive to culture, gender and sexual identity, and lifestyle choices and provide services in an open, caring, compassionate manner. Many staff are bilingual and/or bicultural.

Services may be delivered by an individual provider or by a team of providers working under the direction of a licensed practitioner operating within their scope of practice. Only licensed, waivered, or registered mental health providers are listed on this Provider Directory. Provider assignment decisions will be made by considering availability, specialization, recommendations, and requests. You may request a change of provider by using a Consumer Request Form, available in all of our clinic locations and on our website: slobehavioralhealth.org. Requests to work with a specific provider will be reviewed and authorized when possible.

Outpatient Clinics and Service Providers

For more information about each clinic provider see the "All Mental Health Staff" list at the end of this directory. All providers offer services both in person and via telehealth.

South County Youth, 1666 Ramona Ave, Suite D, Grover Beach, (805) 473-7060

Email: <u>HA.AGRD.YouthMH.Provider@co.slo.ca.us</u>

Clinic Hours: Monday – Friday 8 AM to 5 PM

Serves clients ages 0-24

Program Supervisor: Christine Hoffman

Prescriber(s): John Crowley, MD

Clinicians: Angela Garcia Arenas, Bryce Johnson, Marisol Mariscal, Jennifer Kioski, Nicole Isakson,

Janet Soto

South County SAFE, 1086 Grand Ave., Arroyo Grande, (805) 474-2105

Email: <u>BehavioralHealth.SAFE@co.slo.ca.us</u> Clinic Hours: Monday – Friday 8 AM to 5 PM

Serves clients ages 0-24

Program Supervisor: Christine Hoffman

Clinicians: Nicola Glanville, Arya Jones, Jakelyn Llamas, Marycruz Salinas, Anne Harris

South County Adult, 1350 Grand Ave., Arroyo Grande, (805) 474-2154

Email: <u>HA.AGRD.AdultMH.Provider@co.slo.ca.us</u> Clinic Hours: Monday – Friday 8 AM to 5 PM

Serves clients ages 18-99

Program Supervisor: Lauren Rocha Prescriber(s): Stephen Penepacker, MD

Clinicians: Samantha Cvetovac, Randall Delisle, Gricel Mendoza

Martha's Place Children's Assessment Center, 2925 McMillan Ave., Suite 108, San Luis Obispo,

(805) 781-4948

Email: <u>HA.SLO.MP.Provider@co.slo.ca.us</u> Clinic Hours: Monday – Friday 8 AM to 5 PM

Provides screening, assessment, referral, and treatment for children birth to five who have been exposed prenatally to substances and/or are exhibiting moderate to severe behavioral issues.

Serves clients ages 0-5

Program Supervisor: Anthony Huffaker

Pediatricians: Laura Ottrando, RN, Nisha Abul Cader, MD, Mary Nave, MD

Clinicians: Jill Anderson, Gretchen Grant, Julia Coats

San Luis Obispo Youth Services, 2975 McMillan Ave., Suite 160, San Luis Obispo,

(805) 781-4179

Email: <u>HA.SLO.YouthMH.Provider@co.slo.ca.us</u> Clinic Hours: Monday – Friday 8 AM to 5 PM

Serves clients ages 0-24

Program Supervisor: Gina Forgette Prescriber(s): John Crowley, MD

Clinicians: Coleen Buckley, Megan Collington, Alissa Esenarro, Shannon Jensen-Best, Anneliese

Kindem, Noemi Mariscal, Kyle May, Shyla Storm, Jennifer Weissman, Debbi Heredia

San Luis Obispo Adult, 2178 Johnson Ave., San Luis Obispo, (805) 781-4700

Email: <u>HA.SLO.AdultMH.Provider@co.slo.ca.us</u> Clinic Hours: Monday - Friday 8 AM to 5 PM

Serves clients ages 18-99

Program Supervisor: Alexis Fraser Prescriber(s): Stephen Penepacker, MD

Clinicians: Gurpreet Sahan, Kristina Evens, Kelly Fitzgerald

Prevention & Outreach, 277 South Street, Ste. T, San Luis Obispo, (805) 781-4754

Email: <u>HA.SLO.Prevention.Provider@co.slo.ca.us</u>

Clinic Hours: Monday – Friday 8 AM to 5 PM

School and clinic-based programs for youth with co-occurring mental health and substance use disorders and their families. SUD Services for youth (up to age 21). Veteran's Services. MHSA/BHSA. Individual and Group Counseling, Substance Use Recovery Services and Treatment in schools, youth SUD, and Veteran's Treatment Programming.

Serves clients ages all

Division Manager: Christina Rajlal

Veteran's Services, 277 South Street, Suite T, San Luis Obispo, (805) 781-5766

Office Hours: Monday - Friday 9 AM to 5 PM

Specialty program focused on the need of veterans and their families. Services are by self or court referral.

Serves clients ages 18-99

Program Supervisor: Paula McGrath

Clinician: Breanne Salmon, Stephanie Oliva

Behavioral Health Treatment Court & Adult Treatment Court Collaborative, 2180 Johnson

Ave., San Luis Obispo, (805) 781-4850

Email: <u>HA.SLO.BHTC.Provider@co.slo.ca.us</u> Clinic Hours: Monday - Friday 8 AM to 5 PM

Provides services for adults with co-occurring mental health and substance use disorders who

are referred by Probation or the court.

Serves clients ages 18-99

Program Supervisor: Josh Woodbury Prescriber(s): Stefan Lampe, MD

Clinicians: Paul "Corey" Hoffman, Alex Savage

North County Youth, 5575 Hospital Way, Atascadero, (805) 461-6113

Email: <u>HA.ATAS.YouthMH.Provider@co.slo.ca.us</u> Clinic Hours: Monday - Friday 8 AM to 5 PM

Serves clients ages 0-24

Program Supervisor: Allison Sommers Prescriber(s): Deborah Brewster, MD

Clinicians: Tomoko Rhoat, Lucila Rodriguez, Dara Kerkorian, Kathleen Cochran, Kendra Cover

North County Adult, 5575 Hospital Way, Atascadero, (805) 461-6060

805 4th Street Paso Robles, (805) 237-3090 Email: <u>HA.ATAS.AdultMH.Provider@co.slo.ca.us</u> Clinic Hours: Monday - Friday 8 AM to 5 PM

Serves clients ages 18-99

Program Supervisor: Alessia Wallace

Prescriber(s): Joshua Deane, MD, Lorelei Dumaplin, NP

Clinicians: Cynthia Wakefield, Emma Sturm, Juan Plasencia, Lara Laity

Organizational Providers

Organizational providers are larger agencies which work closely with Behavioral Health to provide a range of services to consumers. Services are available in English and Spanish. All locations are handicap accessible and close to public transportation. Organizational providers are continually accepting new referrals. All providers have completed cultural competence training.

Family Care Network, www.fcni.org

1255 Kendall Road, San Luis Obispo, (805) 781-3535

Offers the following field-based services for youth and transitional aged youth: family advocacy and mentors, Wraparound, Therapeutic Behavioral Services, therapy for youth and families, Intensive Care Coordination, and In-Home Behavioral Services (IHBS).

Serves clients ages 0-24

For more information about Family Care Network providers see the "Family Care Network Staff" list at the end of this directory.

Child Development Resource Center, www.childrensresource.org

1720 Bishop Street, San Luis Obispo, (805) 544-0801

Provides the following services for preschool and school aged children and their families: parenting education, counseling, childcare and abuse prevention programs, Serves clients ages 2-5

For more information about Child Development Resource Center providers see the "Seneca Center Staff" list at the end of this directory as they are the staff stationed at the Child Development Resource Center.

Seneca Center, www.senecafoa.org

6850 Morro Road, Atascadero, (805) 434-2449

Therapy, rehabilitation, case management, and medication support services for youth with problems related to adoption or loss.

Serves clients ages 0-21

For more information about Seneca Center providers see the "Seneca Center Staff" list at the end of this directory.

Transitions Mental Health Association, www.t-mha.org

784 High Street, San Luis Obispo, (805) 540-6500, SLO Hotline: 1-800-783-0607
Peer support and advocacy for adults and families. Programs include" Peer Advocacy and Advisory Team, Supportive Employment Program, Growing Grounds, Wellness Centers, Forensic Re-Entry Services, Homeless Outreach Team, Housing Supports, and three Adult Full Services Partnership teams for adults at risk of incarceration, homelessness, or hospitalization.
Serves clients ages 18-99

For more information about Transitions Mental Health Association providers see the "Transitions Mental Health Association Staff" list at the end of this directory.

Sierra Mental Wellness, www.sierramentalwellness.org

Mental Health Evaluation Team provides emergency mental health evaluations, mental health crisis response services, and post-crisis follow-up services for clients of all ages. 1-800-838-1381

Inpatient Services

Psychiatric Health Facility, 2178 Johnson Ave., San Luis Obispo, (805) 903-1905 A 16-bed psychiatric care facility limited to mental health emergencies only. Serves clients of all ages.

Network Providers

Network Providers are individual therapists in private practice who contract with Mental Health. Network Providers conduct brief individual and family therapy sessions (up to 18 sessions) for full scope Medi-Cal beneficiaries only. All of our providers have completed cultural competency trainings and all providers have offices that are handicap accessible and close to public transportation.

To learn about Network Providers' specialties and accessibility contact Central Access at: 1-800-838-1381.

Network Providers are available by referral from a Mental Health clinic <u>only</u>. **Please do not call them to begin treatment without a referral from Mental Health.** First call Central Access at 1-800-838-1381 to schedule an intake assessment at a clinic. You may discuss all your treatment options with the therapist who conducts your assessment. If you are referred to a Network Provider, Managed Care staff will find a therapist who can work well with you and has current openings.

All initial appointments must be pre-authorized by calling our toll free Central Access line (1-800-838-1381) during regular business hours.

Peggy Atwill	LMFT # 20838		NPI: 1285704106							
Phone:	Address: 1521 Hig	guera St.	Email: PJAtwill@gmail.com							
(805) 234-6435	Ste. D San Luis Ol	bispo								
Specialties: Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Gestalt, Art and										
Play therapy, Recovery from trauma, Somatic Experiencing and Narrative Process										
Services: Individual and	family therapy for	clients ages	six through late adulthood.							
Cultural Capabilities: Co	ompleted cultural o	competency t	raining. Hispanic, Hawaiian, Korean,							
Japanese, Chinese, Evar	ngelical, Buddhist,	Mormon, and	d Jehovah Witness populations							
served.										
Chris Canclini	LMFT # 53907		NPI: 1639397229							
Group Affiliation:		Website:								
The Coastal Wellness Co	enter	thecoastalw	vellnesscenter.com							
Phone:	Address: 11545 Lo	os Osos	Email:							
(805) 598-0631	Valley Rd., Ste C4		chris@thecoastalwellnesscenter.com							
Specialties: Cognitive Bo	ehavioral Therapy,	Dialectical B	ehavior Therapy, Love and Logic							
Parenting, Co-Occurring	g Treatment, Mindi	fulness, EM.D	O.R, and Trauma.							
Services: Individual and	Services: Individual and family therapy for clients ages six through late adulthood.									
Cultural Capabilities: Co	ompleted cultural o	competency t	raining. LGBTQ, Latino, African							
American populations s	served.									

Sara Cress LCSW # 9707 NPI: 1780731497								
Phone:	Address: 1303 Higuera St.	Email:						
(805) 748-3260	San Luis Obispo	saragator@aol.com						
Specialties: Solution	Focused Therapy							
Services: Individual a	and family therapy for clients age	eight through late adulthood.						
Cultural Capabilities	: Completed cultural competency	training.						
Liliana Escobar- Thies	PsyD # 20800	NPI: 1902995913						
Se habla español								
Phone:	Address:	Email:						
(805) 215-3518	1254 2 nd St. Ste. B Los Osos	lescobarthies@gmail.com						
Specialties: Cognitiv	l e Behavioral Therapy, Family Syst	ems, Humanistic/Existential.						
Services: Individual a	and family therapy for clients age	s four through late adulthood.						
Cultural Capabilities	: Completed cultural competency	training. Childhood victims of sexual						
assault, Juvenile offe	enders, and Latino, Asian, and Afr	ican American populations served.						
Lisa Finn	LCSW # 22778	NPI: 1134266893						
Phone:	Address: 1414 S. Miller St.	Email:						
(805) 720-3039	Ste. D Santa Maria	Lisafinn16@gmail.com						
	ystems, Play Therapy, Theraplay							
Services: Individual a	and family therapy for clients age	s 18 months through late adulthood.						
Cultural Capabilities	: Completed cultural competency	training.						
Dana Francis	LMFT # 51468	NPI: 1467712927						
Phone:	Address: 555 S. 13 th St. Ste. L	Email:						
(805) 550-0428	Grover Beach	dfdf@charter.net						
	900 Los Osos Valley Rd. Ste.							
	C Los Osos							
Specialties: Cognitiv	e Behavioral Therapy, Solution Fo	cused Therapy, Art and Play therapy						
· · · · · · · · · · · · · · · · · · ·								
Services: Individual	e Behavioral Therapy, Solution Fo and family therapy for clients age : Completed cultural competency	s three through late adulthood.						

Gina Garcia-May	LMFT #104652	NPI: 1730688003
Se habla español		
Phone:	Address:	Email:
(805) 363-5233	330 James Way Ste. 180	ginagarciamaylmft@gmail.com
	Pismo Beach	
•		ent Therapy, Cognitive Behavioral
Therapy, Gestalt Ther		
		ge two through late adulthood.
•	·	cy training. LGBTQ, Hispanic, Oxacan-
Mixteco, and Christia	n populations served.	
Susanne Haas-Clark	LMFT # 38332	NPI: 1609937952
Phone:	Address: 3522 El Camino	Email:
(805) 712-2828	Real Atascadero	susannehaasclark@gmail.com
Specialties: Existentia	l-Humanistic, Cognitive Behav	ioral Therapy, Play therapy, EM.D.R
Services: Individual ar	nd family therapy for clients a	ges four through late adulthood.
Cultural Capabilities:	Completed cultural competen	cy training. Hispanic, Asian, African
American, Native Ame	erican, and all religious popula	ations served.
Lisa Jimenez	LCSW #85326	NPI: 1790800381
Se habla español		
Specialties: Cognitive	Behavioral Therapy, DBT, Mot	tivational Interviewing, Solution Focused
Play Therapy, EM.D.R		- C
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	nd family therapy for clients a	ges two through late adulthood.
Services: Individual ar	nd family therapy for clients as Completed cultural competen	
Services: Individual ar Cultural Capabilities:	Completed cultural competen	cy training. LGBTQ, Latino/Hispanic,
Services: Individual ar Cultural Capabilities:		cy training. LGBTQ, Latino/Hispanic,
Services: Individual ar Cultural Capabilities: African American, Chi	Completed cultural competen istian, and Catholic populatio	cy training. LGBTQ, Latino/Hispanic,
Services: Individual ar Cultural Capabilities: African American, Chi Ana Melendez	Completed cultural competen ristian, and Catholic populatio	cy training. LGBTQ, Latino/Hispanic, ns served. NPI: 1518211432
Services: Individual ar Cultural Capabilities: African American, Chi Ana Melendez Phone:	Completed cultural competen ristian, and Catholic populatio LMFT # 75079 Address:	cy training. LGBTQ, Latino/Hispanic, ns served. NPI: 1518211432 Email:
Services: Individual ar Cultural Capabilities: African American, Chi Ana Melendez Phone:	Completed cultural competen ristian, and Catholic populatio LMFT # 75079 Address: 920 S. Broadway # B	cy training. LGBTQ, Latino/Hispanic, ns served. NPI: 1518211432
Services: Individual ar Cultural Capabilities: African American, Chi Ana Melendez Phone: (805) 500-6292	Completed cultural competen ristian, and Catholic populatio LMFT # 75079 Address: 920 S. Broadway # B Santa Maria, CA	cy training. LGBTQ, Latino/Hispanic, ns served. NPI: 1518211432 Email:
Services: Individual ar Cultural Capabilities: African American, Chr Ana Melendez Phone: (805) 500-6292 Specialties: Cognitive	Completed cultural competen ristian, and Catholic populatio LMFT # 75079 Address: 920 S. Broadway # B Santa Maria, CA Behavioral Therapy	cy training. LGBTQ, Latino/Hispanic, ns served. NPI: 1518211432 Email:

Brittany Nelson	LMFT # 53290		NPI: 1811018666
Group Affiliation: n/a	2.00.1 11 11 33230	Website: n	
Phone: (805) 537-6007	Address: 604 E. O		Email:
11101101 (003) 037 0007	Lompoc, Ca. 9343		BrittanyNelsonLMFT@yahoo.com
Specialties: Cognitive E Strength-Based appro-	Behavioral Therapy (C		Focused CBT, Play Therapy, and
Services: Therapy focu ADD/ADHD, and first r		escents, and	l adults, with specialties in trauma,
Cultural Capabilities: C	completed cultural co	mpetency tr	aining.
Dwayne Nickerson	LMFT # 96210	N	PI: 1780011437
Phone:	Address: 11555 Los	Osos Ei	mail:
310-897-0140	Valley Rd., Ste 100	d	wayne.nickerson.lmft@gmail.com
	San Luis Obispo, CA	v. 93401	
Specialties: Cognitive E	Behavioral Therapy		
Services: Individual an	d family therapy for c	lients age 6	through 75.
Cultural Capabilities: C	ompleted cultural cor	mpetency tr	aining.
Teresa Pardini	LMFT # 40720	N	PI: 1053515452
Phone:	Address:	Er	mail: creativityincounseling@
(805) 260-4833	151 W. Dana Ste. 20)0 ya	ahoo.com
	Nipomo		
Specialties: Trauma Fo	cused therapy, Attach	ment thera	py, Art and Play therapy
			ree through late adulthood.
•	•		y training. Hearing/sight impaired,
Latino, Native America	n, Christian, Islamic, a	and gang aff	iliated population served.
Diane Rhodes	LMFT # 46288	N	PI: 1962652099
Phone:	Address: 935 Rivers	ide Ave E	mail:
(805) 610-2069	Ste. 12 Paso Robles	l l	rhodesmft@gmail.com
•	ay therapy, Theraplay,	, Cognitive B	sehavioral Therapy, Solution
Focused therapy			
Services: Individual an	d family therapy for c	lients ages t	hree through late adulthood.
•	•	mpetency tr	aining. Hispanic, low income,
Catholic, and Christian	populations served.		

Cynthia Smith	LMFT # 18170	NPI: 1194869560					
Phone:	Address: 3522 El Camino	Email:					
(805) 462-1503	Real Atascadero	Cyndymft@gmail.com					
Specialties: Specializes in treating eating disorders and trauma.							
Services: Individual ai	nd family therapy for clients ag	ges four through late adulthood.					
Cultural Capabilities:	Completed cultural competend	cy training.					
Elise Tobin	LMFT # 37900	NPI: 1649332032					
Phone:	Address: 408 S. Main St.	Email:					
(805) 237-4462	Ste. 240 Templeton	elisetobin@sbcglobal.net					
Specialties: Art therap	y, Play therapy, Cognitive Beh	avioral Therapy, Family Systems					
Services: Individual ai	nd family therapy for clients ag	ges five through late adulthood.					
Cultural Capabilities:	Completed cultural competend	cy training. LGBTQ population served.					
Marne Trevisano	PhD # 9162	NPI: 1770677700					
Phone:	Address: 151 W. Dana St.	Email:					
(805) 462-8025	Ste. 204 Nipomo	marnetrev@gmail.com					
Specialties: Supportiv	e Psychotherapy, Attachment	therapy, Gestalt therapy					
Services: Individual ai	nd family therapy for clients ag	ges 17 through late adulthood.					
Cultural Capabilities:	Completed cultural competend	cy training. LGBTQ, Christian, Jewish,					
Humanism, Hmong, A	Afghan, African American popu	llations served.					
Nancy Walsh	LMFT # 39934	NPI: 1831251966					
Phone:	Address: 1190 Marsh St.	Email:					
(805) 781-9530	Ste. C San Luis Obispo	NGW@charter.com					
Specialties: Play thera	apy, EM.D.R						
Services: Individual ai	nd family therapy for clients ag	ges three through late adulthood.					
Cultural Capabilities:	Completed cultural competend	cy training. Latino, African American,					
and Caucasian popul	ations served.	-					
Elaina Weiss	LCSW # 20153	NPI: 1467480962					
Phone:	Address: 1303 E. Grand Ave	e. Email: <u>eweissca@gmail.com</u>					
(805) 441-2768	Ste. 215 Arroyo Grande						
Specialties: Cognitive	Behavioral Therapy; Psycho-ed	ducation, Structural Family Therapy,					
-	herapy, Brief and Solution Foc						
		ges 13 through 60 years of age.					
•	Cultural Capabilities: Completed cultural competency training. Specialties: Cognitive Behavioral Therapy; Psycho-education, Structural Family Therapy,						
Dialectical Behavior Therapy, Brief and Solution Focused Therapy							
Dialectical Behavior T	herapy, Brief and Solution Foc						

All mental health staff work at ADA accessible sites and have completed Cultural Competency Training

Cognitive Behavioral Therapy (CBT); Trauma Focused Cognitive Behavioral Therapy (TFCBT); Motivational Interviewing (MI); Dialectical Behavior Therapy (DBT); Developmental, Individual Difference, Relationship-Based Model of Intervention (DIR); Moral Reconation Therapy (MRT); Child and Parent Psychotherapy (CPP); Dyadic Developmental Psychotherapy (DDP); Eye Movement Desensitization and Reprocessing (EMDR); American Society of Addiction Medicine (ASAM)

Staff Name	License or Registration Number	NPI Number	Site/Type of Provider	Area Served	Population Served	Languages	Specialties/Training
Abdul Cader, Nisha	MD 62847	1851428981	Youth Services	San Luis Obispo	Youth 0-5		Board Certified Pediatrician
Allen, Amy	LCSW 86992	1235521162	Youth Services	North County	Youth 4-21		TFCBT; Seeking Safety; Trust-Based Relational Intervention
Anderson, Jill	LMFT 35305	15786223427	Youth Services	San Luis Obispo	Youth 0-5 Parents Families		Assessment of children 0-5; Attachment therapy; Play therapy; Infant Parent Psychotherapy
Barmby, Tyler	LMFT 123144	1538537303	Justice Services	SLO	Adults 18-99		
Belcadi, Mounir	A93642	1053341073	Adult Services	San Luis Obispo	Adults 18-99		Board Certified Psychiatrist
Bolla, Lindsay	AMFT 138751	1871283069		San Luis Obispo		English	
Buckley, Coleen	LCSW 103210	1174988190	Youth Services	Juvenile Services Center	Youth	ASL	CBT, TFCBT, LGBTQIA+
Canter, Glen	LPT 32987	1255903845	Adult Services	San Luis Obispo	Adults 18-99		
Castillo, Paola	NP 95008550	1013596907	Adult Services	San Luis Obispo	Adults 18-99		

Coats, Julia	LMFT 156986	1215514732	Youth Services	Entire County	Youth (Birth-5)	English	
Cochran, Kathleen	LMFT 53272	1770911315	North County Youth	North County	Youth		Play Therapy, Family Therapy, CBT
Collington, Megan	ACSW 112295	1467803395	Youth Services	San Luis Obispo	Youth	English Spanish	Children and Adolescents, Families, Early Childhood, Perinatal Mood and Anxiety Disorders, Latinx Population, CBT, DBT, TF-CBT
Cordova, Avery	LPT 37349	1285347948	Adult Services	South Co	Adults 18-99	English	
Cover, Kendra	LCSW 127763	1376816322	Youth Services	North County	Youth 0-21		Associate Clinical Social worker
Craft, Sara	PT 38180	1962796086	Justice Services, FSP	SLO	Adults 18-99		
Crowley, John	MD A45348	1053476135	Youth Services	SLO, South County	Youth 5-21		Child Psychiatry
Curry, Emilie	LPT 34327	1235701921	Adult Services	San Luis Obispo	Adults 18-99		
Cvetovac, Samantha	ASW123935	1902520984	Adult Services	South County	Adults 18-99		Severe and Persistent Mental Illness Adults 18 - End of Life
Deane, Joshua	MD 78896	1225080468	Adult Services	North County	Adults 18-99		Board Certified Psychiatrist
Defirmian, Lisa	MD G71605	1215150040	PHF	SLO	Adults 18-99		
Delisle, Randall "David"	LMFT 122536	1972995530	Adult	South County	Adults 18-99		Co-Occurring Disorders, Trauma Informed Care, Harm Reduction, Insight Oriented Approaches, Individual and Group Modalities

Delos Trino, Ed	NP 95005513	1346773306	PHF	San Luis Obispo	Adults 18-99		
Diaz, Jairo	PT41795	1891284915		Entire County	Youth Adults	Spanish	LOP
Dumaplin, Lorelei	CA NP License# 95017241, CA RN license# 772976	1306110986	M.H. Nurse Practioner	North County	Adult 18-99	Filipino English	
Esenarro, Alissa	LMFT 104463	1174949580	Youth Services	SLO County	Youth 4-21		Sexual abuse/Complex Trauma; Play therapy; Sand tray; Family therapy; Attachment therapy; TFCBT
Evans, Kristina	AMFT 124108	1467023044	Adult Services	San Luis Obispo	Adults 18-99	English	CBT, DBT, person centered, grief
Ewen, Lynley	LMFT 96975	1427240191	Youth Services	South County	Youth 4-21		LGBTQIA, Trauma
Felix, Sara	VN 233325	1558251322	Adult	Paso Robles	Adults 18-99	English	
Fitzgerald, Kelly	LMFT 90724	1417201641					
Forgette, Gina	LCSW 26403	1306858630	Youth Services	San Luis Obispo	Youth 4-21		CBT; TF-CBT; Trauma Informed Care
Fraser, Alexis	LMFT 85532	1255611448	Adult Services	San Luis Obispo	Adults 18-99		CBT; TFCBT; DBT; Solution Focused therapy; Trauma Informed Care; Child and family psychotherapy
Garcia Arenas, Angela	AMFT 130377	1093237471	Youth Services	South County	Youth 0-17 Adults 18-24	Spanish	Trauma Informed Care, TF- CBT, Family Systems, Cultural Competence, CANS Certification, Neurofeedback

Glanville, Nicola	LMFT42794	1104955921	Youth Services	South County	Youth 4-21		CBT; Family therapy; TFCBT; Parenting Support
Goodman, Ramona	LPT 33555	135676263	Youth Services	South County	Youth 4-21		
Grant, Gretchen	LMFT 117214	1578951513	Youth Services	San Luis Obispo	Youth (Birth to 5)	English	
Hardisty, Sara	LPT 38394	1265831754	Justice Services, CAT	North County	Adult 18-99		Medication Management
Harris, Anne	LMFT 47479	1093887143	Youth Services	South County	Youth 4-21	Spanish	EMDR; Play therapy; Attachment therapy; Family and Individual therapy; Sand tray
Heredia, Debbie	AMFT156027	1861626905	Adult and Youth Services	San Luis Obispo	Youth 4-21 Adults 18-99	English Spanish	Grief, Chronic Illness, Training in play therapy
Hernandez, Alexandra	LMFT 111037	1497282883	Managed Care	North County	Adults 18-99	Spanish	Assessment of severe mental illness; ASAM certified
Hoffman, Christine	LMFT 52273	1154609477	Youth Services	South County	Youth 4-21		EMDR; Play therapy; Sand tray; Attachment therapy; Family therapy
Hooson, Jason	PT 28879	1083772933	Youth Services	San Luis Obispo	Youth 4-21		
Huffaker, Anthony	LMFT 32206	1851463186	Youth Services	San Luis Obispo	Youth 0-5	English	Family Therapy; Grief; Play Therapy
Isakson, Nicole	LCSW 83867	1265847289	Youth Services	South County	Youth 4-21	English	Experience working with adults, children, families, justice system and LGBTQIA+

Jensen-Best, Shannon	LMFT 109881	196278410	Youth Services	San Luis Obispo	Youth 4-21		CBT; TFCBT; Sand Tray; Play therapy; Theraplay; DIR; Family therapy
Johnson, Bryce	AMFT 127365	1326668518	Youth Services	South County	Youth		Neurofeedback
Jones, Arya	LMFT 155535	1497089981	Youth Services	South County	Youth 4-21		Cultural Competency
Kerkorian, Dara	ASW 118382	1538949664	Youth Services	North County	Youth 5-21		
Kindem, Anneliese	ACSW 92104	1154084143	Youth Services	San Luis Obispo	Youth 4-21		Trauma Informed Care, TF- CBT, Play Therapy, Attachment focused therapy, Family Therapy, Motivational Interviewing
Kioski, Jennifer	AMFT 139416	1639950439	Youth Services	South County	Youth 4-21	English	
LaChapelle, Tom	LMFT 37694	1043378466	Youth Services	SLO County	Youth 4-21 and Adults 18-99		CBT; Family therapy; Parent Training/Support
Laity, Lara	LMFT 125458	1457874182	Adult Services	North County	Adults 18-99		Theraplay; Domestic Violence; Sexual Assault; Sand Play
Lampe, Stefan	MD 63813	1366647463	Adult Services	San Luis Obispo	Adults 18-99		Board Certified Psychiatrist
Lederer, Lauren	LMFT 87857	1902116023	Justice Services	San Luis Obispo	Adults 18-99		Court Screener
Lee, Eric	MD A137796	1912297177	PHF and Urgent Care	San Luis Obispo	Adults 18-99		
Leonard, Katherine	LMFT 137190	1215435904	Adult	San Luis Obispo	Adults 18-60		FSP, Forensic
Lewis, Kelly	LPT 36628	14970006662	Adult	North County, SLO	Adults	English	SMI

Llamas, Jakelyn (Jackie)	LMFT 111906	1508144361	Youth Services	South County	Youth 4-21	Spanish	CBT; TFCBT; Family therapy, Theraplay
Lowry, Ernest	RN 823274	1265943674	Justice Services, CAT	San Luis Obispo	Adults 18-99		Medication Management
Ma, Albert	MD A93179	1275596496	PHF and Urgent Care	San Luis Obispo	Adults 18-99		
Mariscal, Marisol	LMFT118057	1316073075	Adult Services Youth Services	South County	Adults 18-99 and Youth 4-21	Spanish	СВТ
Mariscal, Noemi	AMFT 142766	106H00000X	Youth Services	San Luis Obispo	Youth 4-21	English Spanish	Family therapy
Martinez, Maria	NP 95014105	1811521578	PHF	San Luis Obispo	Adults 18-99		
May, Kyle	LMFT 112737	1124389325	Juvenile Services Center	San Luis Obispo	Youth 11-18		CBT; Assessment; PC5150 & PC5585 certified; Custody; Family Therapy; Individual Therapy
McKinney, Brian	A141273	1033536289	Adult Services	San Luis Obispo	Adults 18-99		Board Certified Psychiatrist
Mendoza, Gricel	LMFT 104544	1346557220	Adult Services	South County	Adults 18-99	English Spanish	CBT, MI, Dialectical Behavior Therapy, Mental Health Assessments, PC5150 & PC5585 certified, Family Therapy
Miranda, Daniel	LPT 36369	1285994939	Youth Services	San Luis Obispo	Youth 4-21	English	LPT (Med Management)
Miranda, Heather	LPT 30859	1023151248	Youth Services	North County	Youth 4-21	English	LPT
Mora, Yesenia	LMFT 157658	1710132881	Justice Services, FSP	San Luis Obispo	Adults	Spanish	Matrix Model, Seeking Safety, CBT

Myers, Sean	LPT 27043	1063570836	Justice Services, Co- Occurring	San Luis Obispo	Adults		Medication Management
Oliva, Stephanie	LMFT 53713	1891929485	Adult Services	San Luis Obispo	Adults 18-99		TFCBT; Seeking Safety; Dual Diagnosis; Greif/Loss
Parker, Samantha	LCSW 103409	1316689276		San Luis Obispo	Adults 18-99	Spanish	
Perez, Alejandro	MD A1377965	1275951832	PHF	San Luis Obispo	Adults 18-99		
Peters, Joshua	LMFT 51738	1912215724	Adult Services				ASAM Certified
Plascencia, Juan	ASW 113155	1053024659	Adult Services	Atascadero	Adults 18-99	English Spanish	
Poncelet, Wahida	LPT 16194	1396135901	Adult	North County	Adults 18-99	English Malay	mental health/ psych and medications
Raymond, Gary	NP 2782	1134171390	PHF	San Luis Obispo	Adults 18-99		
Rhoat, Tomoko	LMFT 42972	1659428555	Youth Services	North County	Youth 5-21		Individual therapy, individual play therapy, and family therapy.
Rocha, Lauren	LPCC 18062	1821716689	Adult Services	South County, SLO	Adults 18-99	English	Co-occurring Disorders
Rodriguez, Lucila	LCSW 126734	1255713210	Youth Services	North County	Youth 4-21	Spanish English	Assessment and treatment of youth 4-21, Neurofeedback, family systems, TF CBT, psychoanalytic.
Rogers, Paul	MD A62449	1366645475	Adult Services	San Luis Obispo	Adults 18-99		Board Certified Psychiatrist

Sahan, Gurpreet	LMFT 100729	1497293591	Adult Services	San Luis Obispo	Adults	English	Family therapy, Motivational Interviewing, Gender Affirming Therapy, Cognitive-Behavioral Therapy, Dialectical Behavior Therapy, and Recovery Model
Salinas, Marycruz	ACSW 96372	1487038238	SAFE	South County	Latinx Community Youth and Adults	Spanish	Trauma; families
Salmon, Breanne Lyn	LMFT 91318	1184921678	Adult Services	San Luis Obispo	Adults 18-99 Veterans		ASAM Certified
Seay, Matthew	LPT 36347	1184039257	Adult	Atascadero	Adults 18-99	English	
Singh, Balveen	DO 13708	1164753745	PHF and Urgent Care	San Lusi Obispo	Adults 18-99		
Smith, Mykayla A.	AMFT 122433	1932635158	Managed Care	SLO	All Ages		CBT, ASAM, Trauma Informed
Sommers, Allison	LCSW 79324	1609116060	Youth Services	San Luis Obispo, North County	Youth 0-21	Spanish	CBT; TFCBT, Solution Focused therapy; Play Therapy, trained in DDP principles, EMDR, Attachment Focused Therapy
Soto, Janet	AMFT 118947	1669805032	Youth Services	South County		Spanish English	
Storm, Shlya	AMFT 136448	1922772433	Youth Services	San Luis Obispo	Youth 4-21	English	Trauma informed care; CBT; Family Systems; Solution Focused therapy; Motivational Interviewing

Sturm, Emma	AMFT 140349	1295513190	Adult and Youth Services	Atascadero	Adult and Youth	English	Chronic illness and LGBTQIA+
Thomas, Kari	LPT 34441	1679224570	Adult Services	San Luis Obispo	Adults 18-99		
Twaddell, Brian	LPT 34029	1891230694	Adult	North County	Adults 18-99	English	
Vierra, Allie	AMFT 110938	1699124040	Justice Services	San Luis Obispo	Adults 18-99		Mental Health Diversion
Viglietta, Samuel	A168577	1679937759	PHF	San Luis Obispo	Adults		
Wakefield, Cynthia	LCSW 84805	1891823944	Adult Services	North County	Adults 18-99		CBT; DBT; MI; Seeking Safety, Trauma Focused
Wallace, Alessia	LMFT102310	1629346275	Adult	North County	Adults 18-99	Italian	TFCBT; CBT; DBT; Play therapy; Theraplay; Attachment Focused therapy, EMDR
Weissman, Jennifer	LMFT 151800	1467846105	Adult	San Luis Obispo	Youth 5-21	English	DBT, CBT, ACT
Williams, Nolan	A159440	1811339641	Adult Services	San Luis Obispo	Adults 18-99		Board Certified Psychiatrist
Woodbury, Joshua	LMFT 116983	1689952236	Justice Services, Forensics, Co- occurring	San Luis Obispo	Adults 18-99		ASAM Certified, Program Supervisor
All Family Care Network staff work at ADA accessible sites and have completed Cultural Competency Training							

Staff Name	License or Registration Number	NPI Number	Site/Type of Provider	Area Served	Population Served	Languages	Specialties/Training
Baker, Julia	ASW111990	1740919372	Youth Services	Entire County	Youth 0-17 Adults 18-24		Trauma Informed Care, TF- CBT, Family Systems, Cultural Competence, CANS Certification
Barnett, Cynthia	LMFT 50125	1801091772	Youth Services	Entire County	Youth 0-17 Adults 18-24		TFCBT; Family Systems, Trauma Informed Care, CANS, Cultural Competence
Brooks, Taylor	AMFT 109848	1538691019	Youth Services	Entire County	Youth 0-17 Adults 18-24		TFCBT; Family Systems; Solution Focused therapy, CANS, Motivational Interviewing, Trauma Informed Care, Cultural Competence
Carlisle, Daniel	LMFT 52954	1619172574	Youth Services	Entire County	Youth 0-17 Adults 18-24		TFCBT; Family Systems; Solution Focused therapy, TF-CBT, Adoptions Clinical Training, ACT certified, CANS, Trauma Informed Care, Cultural Competence
Edwards, Hunter	ASW 115060	1447771415	Youth Services	Entire County	Youth 0-17 Adults 18-24		Trauma Informed Care, TF- CBT, Family Systems, Cultural Competence, CANS Certification, Seeking Safety

Farmer, Tasha	LCSW 29813	1114201019	Youth Services	Entire County	Youth 0-17 Adults 18-24		TFCBT; Family Systems; Solution Focused therapy, Trauma Informed Care, CANS, Cultural Competence
Fuentes, Karina	LMFT 123490	1306140090	Youth Services	Entire County	Youth 0-17 Adults 18-24	Spanish	TFCBT; Family Systems; Solution Focused therapy, TF-CBT, CANS, Mental Health Adoption Competency, SAFE home studies, Seeking Safety, Trauma Informed, Cultural Competence
Garcia, Myra	AMFT 113384	1194274597	Youth Services	Entire County	Youth 0-17 Adults 18-24	Spanish	TFCBT; Family Systems; Solution Focused therapy, CANS, Cultural Competence
Gladwill, Jess	LMFT 76388	1376867655	Youth Services	Entire County	Youth 0-17 Adults 18-24		TFCBT; Family Systems, CANS, Theraplay Training, Suicide Prevention, Motivational Interviewing, Trauma Informed Care, Cultural Competence, CSEC
Holcomb, Sarah	MFT Trainee	1467973248	Youth Services	Entire County	Youth 0-17 Adults 18-24		Trauma Informed Care, TF- CBT, Family Systems, Cultural Competence, CANS Certification

Hunt, Dylan	LCSW 81516	1487934709	Youth Services	Entire County	Youth 0-17 Adults 18-24		TFCBT; Family Systems, Solution Focused Therapy, Trauma Informed Care, CANS, Seeking Safety, Cultural Competence
Krumheuer, Seth	LMFT 105341	1447597455	Youth Services	Entire County	Youth 0-17 Adults 18-24		TFCBT; Family Systems; Solution Focused therapy, Trauma Informed Care, CANS, Seeking Safety, Cultural Competence
Lopez Del Real, Angela	AMFT 130488	1699416198	Youth Services	Entire County	Youth 0-17 Adults 18-24	Spanish	Trauma Informed Care, TF- CBT, Family Systems, CANS, Cultural Competence
Moates, David	LMFT 50189	1932765484	Youth Services	Entire County	Youth 0-17 Adults 18-24		Trauma Informed Care, TF- CBT, Family Systems, CANS, Cultural Competence
Monterroza, Michelle	AMFT 122838	1669875985	Youth Services	Entire County	Youth 0-17 Adults 18-24	Spanish	Trauma Informed Care, TF- CBT, Family Systems, Cultural Competence, CANS Certification, Dialectical Behavioral Therapy, Seeking Safety
Mora, Rebekah	LCSW 72496	1215348693	Youth Services	Entire County	Youth 0-17 Adults 18-24		Trauma Informed Care, TF- CBT, Family Systems, Cultural Competence, CANS Certification, Mental Health Adoption Competency

Murray, McKenna	MFT Trainee	1629506332	Youth Services	Entire County	Youth 0-17 Adults 18-24		Trauma Informed Care, TF- CBT, Family Systems, Cultural Competence, CANS Certification
Nibbio, Joanne	LMFT 38416	1386854685	Youth Services	Entire County	Youth 0-17 Adults 18-24		Trauma Informed Care, TFCBT; Family Systems; Solution Focused therapy; CANS Trainer, Certified Play Therapist, CANS, Suicide Prevention, Theraplay, Cultural Competency
Nichols, Dana	LCSW 22856	1194935411	Youth Services	Entire County	Youth 0-17 Adults 18-24		TFCBT; Family Systems; Solution Focused therapy, CANS, Cultural Competence
Ordunez-Lara, Maria	LMFT 110970	1336344118	Youth Services	Entire County	Youth 0-17 Adults 18-24	Spanish	TFCBT; Family Systems; Solution Focused therapy, Licensed Advanced Alcohol Drug Counselor, SLO Acceptance, CANS, Trauma Informed Care
Palazuelos, Jeannette	AMFT 125352	1508136474	Youth Services	Entire County	Youth 0-17 Adults 18-24		Trauma Informed Care, TF-CBT, Family Systems, Cultural Competence, CANS Certification, Dialectical Behavioral Therapy, Seeking Safety

Porter, Elisha	AMFT 136412	1598489445	Youth Services	Entire County	Youth 0-17 Adults 18-24		Trauma Informed Care, TF- CBT, Cultural Competence, Seeking Safety, CANS Cert.
Rice, Darci	LMFT 116261	1043466261	Youth Services	Entire County	Youth 0-17 Adults 18-24		TFCBT; Family Systems; Solution Focused therapy, Trauma Informed Care, CANS, CSEC
Ruiz, Ashley	ACSW 105836	1992298723	Youth Services	Entire County	Youth 0-17 Adults 18-24		Trauma Informed Care, TF- CBT, Family Systems, Cultural Competence, CANS Certification
Santiago, Oyuki	ACSW 116283	1063923191	Youth Services	Entire County	Youth 0-17 Adults 18-24	Spanish	Trauma Informed Care, TF- CBT, Cultural Competence, Seeking Safety, CANS
Torres, Erika	LMFT 52064	1942406640	Youth Services	Entire County	Youth 0-17 Adults 18-24		TFCBT; Family Systems; Solution Focused therapy, Trauma Informed Care, CANS, Seeking Safety, Cultural Competence
	All Seneca Cer	iter staff work at	ADA accessible	sites and have co	mpleted Cultural C	ompetency T	raining

All Seneca Center staff work at ADA accessible sites and have completed Cultural Competency Training

Staff Name	License or Registration Number	NPI Number	Site/Type of Provider	Area Served	Population Served	Languages	Specialties/Training
Aiken, Cynthia	BBS LMFT	1033365366	Youth	SLO, North	Children 0-5,	Spanish	Children, families, play
	81844		Services	County	Youth		therapy
Briggs, Kelsey	LMFT 153988	1245811017	Youth	North County			
briggs, Keisey			Services	North County	Youth 0-17		

Cain, Karina	ASW 103098	1356988257	Youth Services	South County, SLO, North County	Youth 0-17	
Fu, Emery	MD A91981	1306045976	Youth Services	South County, SLO, North County	Youth 0-17	Board Certified Psychiatrist
Juliano, Nicole	AMFT 129178	104373234	Youth Services	SLO, North County	Youth 0-17 Foster/Adopt	Adopted/Foster Youth and Families; Adoption competent; play therapy; attachment based therapy; LGBTQIA, trauma informed; TF-CBT trained
Lehman, Tina	LMFT 49767	1407927064	Youth Services	South County, SLO, North County	Youth 0-17	Attachment-based play therapy; Family therapy; DDP; Adoption Clinical Training; EMDR, TFCBT; Multi-dimensional Family System
Lords, Bonnie	LCSW 74703	1982986063	Youth Services	San Luis Obispo	Youth 0-17	Adoption Clinical Training; Pathways I Trainer; Resource Family certification; Attachment- focused therapy/Theraplay; EMDR; Trauma Informed
Messinger, Tiffanie	RN 95128606	1588195705	Youth Services	South County, SLO, North County	Youth 0-17	EMDR; Theraplay; DDP; Adoption Clinical Training; Filial therapy; Client- directed play therapy

Murphy, Janeen	LMFT 97533	1467709733	Youth Services	South County, SLO, North County	Youth 0-17	EMDR; Theraplay; DDP; Adoption Clinical Training; Filial therapy; Client- directed play therapy
Rojo, Joanna	LMFT 145476	1962013003	Youth Services	South County, SLO, North County	Youth 0-17	Adoption Competent Care/TF-CBT/Parenting Skills
Royal, Lindsey	RN 740635	1457581720	Youth Services	South County, SLO, North County	Youth 0-17	EMDR; Theraplay; DDP; Adoption Clinical Training; Filial therapy; Client- directed play therapy

All Transitions Mental Health Association staff work at ADA accessible sites and have completed Cultural Competency Training

Staff Name	License or Registration Number	NPI Number	Site/Type of Provider	Area Served	Population Served	Languages	Specialties/Training
Boaz-Alvarez, Meghan	LMFT 46142	1134244155	Youth and Adult	San Luis Obispo	Youth 0-20		DBT, Trauma Informed Care
Clutter, David	LPT 15664	1205174711					Licensed Psychiatric Technician
Craine, Cassidy	RN 95288239	1487296414	Youth	San Luis Obispo	Youth 0-20		Registered Nurse
Eister, Lori	LMFT 101769	1104972074	Adult	San Luis Obispo	Adults		DBT, EMDR, CBT
Folino, Anthony	LCSW 82064	1538340088	Adult FSP	SLO County	Adults 18-60		CBT; EMDR; Problem- Solving therapy; MI

Holt, Shakora	LPT 34742	1689130288	Adult FSP	San Luis Obispo	Adults 18-99	Trauma Focused- Cognitive Behavioral Therapy, LGBTQ Competency Training, Cultural Competency Training for THMA
Rodarte, Meggan	AMFT 123424	1538551510	Adult FSP	San Luis Obispo	Adults 18-99	DBT, EMDR, Trauma Informed Care
Tidik, Julia	NP 95009437	1396299525	Adult FSP	SLO County	Adults 18-60	Licensed Nurse Practitioner
Wechsler, Jyana	PSY 22616	1902132624	Adult FSP	San Luis Obispo	Adults 18-99	DBT, Trauma Informed Care, MI
Williams, Nicole	LMFT 115146	1962687491	Adult FSP	San Luis Obispo	Adults 18-99	DBT, EMDR, Trauma Informed Care
Yeackle, Anna	LMFT 46501	1467580860	Youth	SLO County	Youth 0-20	Trauma Focused- Cognitive Behavioral Therapy, LGBTQ Competency Training, EMDR, Trauma Focused Yoga