Private Practice Behavioral Health Referrals – New York City

Virtual Appointments Only

Allay Therapy
https://www.allaytherapy.com/
P: 917-408-3617
E: info@allaytherapy.com
Location: Virtual Only
Services Available: Psychotherapy
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Contact provider directly for sliding scale information.
Policies for New Patients: Contact provider directly to schedule brief phone consultation.
Notes: “Specialize in providing LGBTQ+ affirming, trauma-informed and non-judgement care.”

Allison Gold, LCSW-R, Certified Psychoanalyst
http://www.newyorkpsychotherapyhelp.org/index.html
P: 212-535-2910
E: allisongold@solutionssupport.org
Location: Virtual Only
Services Available:
• Individual Therapy
• Couples Therapy
• Family Therapy
Insurances Accepted:
• Aetna
• United Healthcare
• Cigna
• Oxford
• Oscar
Self-Pay/Sliding Scale: Contact provider for sliding scale fees.
Policies for New Patients: Contact provider directly.
Notes: Former Callen-Lorde provider.

Anne Rousselot, LCSW
http://www.annerousselot.com/
P: 646-582-8203
E: anne.rousselot@gmail.com
Location: Virtual Only
Services Available:
• Individual Therapy
• Couples Therapy
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Contact provider for sliding scale fee.
Policies for New Patients: Contact provider directly.
Notes: Former Callen-Lorde provider.

Attune & Embody Psychotherapy
https://attune-embody.com
P: 347-370-9175
E: info@attune-embody.com
Location: Virtual Only
Services Available:
  • Individual Therapy
  • Couples Therapy
  • Support Letters for Gender-Affirming Procedures
Insurances Accepted:
  • Cigna
  • Out-of-Network
Self-Pay/Sliding Scale: 45 min Individual $125-250, 60 min Individual $150-275, 60 min Couples $175-300, 60 min Family $175-300
Policies for New Patients: Patients can reach out directly via phone or email to schedule consultation.
Notes: “As a practice, we frequently work with adults and adolescents; transgender and non-binary people; performing and creative artists; people living with chronic illness & chronic pain; people with a history of trauma or loss in their families of origin; members of poly and kink communities; sex workers... Our practice specializes in work with LGBTQ couples.”

BIPOC Restorative Therapy
https://www.bipocrestorativetherapylcsw.com/
P: 347-281-7841
E: connect@bipocrestorativetherapylcsw.com
Location: Virtual Only
Services Available: Psychotherapy
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Full rate $225/session, sliding scale ranges $40-135.
Policies for New Patients: New clients can schedule a free 15-minute consultation at www.calendly.com/bipoc/15min
Notes: “Mental health therapy for people who are LGB+, TGNB+, and/or BIPOC from a decolonized, anti-oppressive, anti-capitalism lens. Poly and kink friendly.”

Brown Group Wellness
http://www.browngroupwellness.com/
E: dwayne@dwaynerbrown.com
Location: Virtual Only
Services Available:
  • Individual Psychotherapy
  • Couples Therapy
  • Marriage Counseling
  • Groupwork
  • Workshops
  • Retreats
Insurances Accepted:
  • Empire BCBS
  • United Healthcare
  • Cigna
  • Aetna
  • Oscar
  • Oxford
Self-Pay/Sliding Scale: Contact office for sliding scale availability.
Policies for New Patients: Contact office directly.
Notes: “Psychotherapist advocating and validating the Marginalized and their Allies.”

Centering Wholeness Counseling
https://centeringwholeness.com/
P: 740-803-3821
E: counseling@centeringwholeness.com
Location: Virtual Only

Services Available:
- Individual Therapy
- Couples Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Yes, sliding scale for $100/session. Sessions are usually $150-$250/session.

Policies for New Patients: Contact directly to schedule consultation.

Notes: “We help BIPOC individuals overcome the shame and stigma associated with queerness and/or mass incarceration so they can flourish in their life.”

Clinicians of the Diaspora
https://www.cliniciansofthediaspora.com/
E: cliniciansofthediaspora@gmail.com

Location: Virtual Only

Services Available:
- Psychotherapy
- Substance Use
- Addictive Disorders
- Group Therapy
- Support Groups
- Collective Processing Groups
- Optum

Insurances Accepted: Cigna, Optum, United Healthcare

Self-Pay/Sliding Scale: Contact office for self-pay rates.

Policies for New Patients: Contact office via contact form on website.

Notes: “Mission – To inspire healthier communities of color by providing therapeutic and comprehensive development services to individuals, families and the institutions that serve them.”

Fresh Path NY Mental Health Counseling (NOT ACCEPTING NEW CLIENTS OR HOLDING ANY CLINICAL SESSIONS UNTIL JAN 2024)
https://freshpathny.com/
P: 914-510-2597
E: info@freshpathny.com

Location: Virtual Only

Services Available:
- Psychotherapy
- EMDR

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact facility for sliding scale fees. Self-pay rates individual $150/session, EMDR $200/session, relationship counseling $250/session.

Policies for New Patients: Contact facility to schedule brief consultation.

Notes: “Specialized in LGBTQ+, POC, and Open/Poly communities.”

Glen Barnard, LCSW
https://zencare.co/provider/therapist/glen-barnard
P: 917-846-4704
E: glenbarnardlcsw@gmail.com

Location: Virtual Only

Services Available:
- Individual Therapy
- Couples Therapy

Insurances Accepted: BCBS

Self-Pay/Sliding Scale: Contact provider for self-pay fees.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.
Ines Guariguata, LCSW, LCAT, ATR-BC
https://www.bodymindinflow.com/
P: 929-325-1347
E: ines@bodymindinflow.com
Location: Virtual Only
Services Available:
- Individual Therapy
- Personal Sessions for Somatic Experiencing Participants (Beginning, Intermediate, and Advanced)
- Individual Consultation for Somatic Experiencing Participants at the Beginning Level

Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Contact provider for sliding scale fees.
Policies for New Patients: Contact provider directly.
Languages (other than English): Spanish, French
Notes: Former Callen-Lorde provider.

Jeff DeRoche, LCSW
https://www.jeffderoche.com/
P: 919-525-3455
Location: Virtual Only
Services Available:
- Individual Therapy
- Couples Therapy

Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Contact provider for sliding scale fees.
Policies for New Patients: Contact provider directly.
Notes: Former Callen-Lorde provider.

Jenny Goldberg, LMSW
E: J.ellen.goldberg@gmail.com
Location: Virtual Only
Services Available: Individual Therapy
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Individual Sessions $125-200
Policies for New Patients: Contact provider directly via email.
Notes: Narrative therapy, grief, relationship issues, life transitions

Kate Filmore, LCSW
https://www.katefilmorelcsw.com/
https://headway.co/providers/kate-filmore
P: 773-732-6938
E: katefilmorecsw@gmail.com
Location: Virtual Only
Services Available:
- Individual Therapy
- Couples Therapy
- Family Therapy
- DBT Skills Groups

Insurances Accepted: (Through Headway)
- Oscar
- United Healthcare
- Oxford
- Cigna
- Aetna
**Self-Pay/Sliding Scale:** Estimate self-pay fees online at [https://headway.co/providers/kate-filmore](https://headway.co/providers/kate-filmore)

**Policies for New Patients:** Contact provider or schedule online.

**Notes:** Former Callen-Lorde provider.

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**Kind Mind Psychology (Dr. Monica Johnson)**

[https://www.kindmindpsych.com/](https://www.kindmindpsych.com/)

P: 646-918-1181

E: hello@kindmindpsych.com

**Location:** Virtual Only

**Services Available:**
- CBT
- DBT
- Group Therapy
- Race/Culture Therapy
- LGBTQ+ Therapy
- Alternative Lifestyle
- Trauma Treatment

**Insurances Accepted:**
- Aetna
- Cigna
- Northwell
- United Healthcare Student Resources
- Out-of-Network

**Self-Pay/Sliding Scale:** $80 and up. Sliding scale depends on the provider and are reflective based on their degree and years of clinical experience.

**Policies for New Patients:** Contact office directly to schedule.

**Notes:** “All of our therapists provide culturally affirming therapy. Regardless of their personal background, every therapist at the practice engages in ongoing training and supervision to provide the highest quality of care. At Kind Mind Psych, we provide care with an affirming, intersectional, inclusive, and anti-oppressive lens.”

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**Leanne Bazzetta, LCSW**

[https://www.leannebazzetta.com/](https://www.leannebazzetta.com/)

P: 917-383-1586

E: leannebazettalcsw@gmail.com

**Location:** Virtual Only

**Services Available:**
- Individual Therapy
- Couples/Relationship Therapy

**Insurances Accepted:** Out-of-Network

**Self-Pay/Sliding Scale:** Contact provider for sliding scale availability. Full rate individual session $200, relationship/couples session varies based on length of session.

**Policies for New Patients:** Contact provider directly.

**Notes:** Former Callen-Lorde provider.

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**Marcus Leaks, LCSW**

[https://www.marcusleaks.com/](https://www.marcusleaks.com/)

P: 929-277-8165

E: mleakstherapy@gmail.com

**Location:** Virtual Only

**Services Available:**
- Individual Therapy
- Couples Therapy

**Insurances Accepted:** Out-of-Network

**Self-Pay/Sliding Scale:** See website for fees. Contact provider for sliding scale availability.

**Policies for New Patients:** Contact provider directly.

**Notes:** Former Callen-Lorde provider.

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**Michael Marsman, LCSW-R**

[https://www.mmarsman.com/](https://www.mmarsman.com/)
3155 College Avenue  
Berkeley, CA 94705  
P: 510-529-5955  
E: michael@mmarsman.com  
**Location:** Virtual Only (NY), In-Person (CA)  
**Services Available:**  
- Individual Therapy  
- Couples Therapy  
**Insurance Accepted:** Out-of-Network  
**Self-Pay/Sliding Scale:** Contact provider for self-pay fees.  
**Policies for New Patients:** Contact provider directly.  
**Notes:** Former Callen-Lorde provider.

**Phil Socci, LCSW**  
[https://www.philipsocci.com/](https://www.philipsocci.com/)  
P: 646-342-5913  
E: philip@philipsocci.com  
**Location:** Virtual Only  
**Services Available:**  
- Individual Therapy  
- Couples Therapy  
- Family Therapy  
**Insurances Accepted:** Out-of-Network  
**Self-Pay/Sliding Scale:** Individual Sessions $275, Couple/Family Sessions $400  
**Policies for New Patients:** Contact provider directly.  
**Notes:** Specializes in addiction, sexual health, anxiety, depression, gay issues, PTSD, relationship issues, anger management, loss & grief, family conflict, bipolar disorder, self-esteem.

**SJ Langer, LCSW-R**  
P: 917-617-0243  
E: slangerlcsw@gmail.com  
**Location:** Virtual Only  
**Services Available:** Individual Therapy  
**Insurances Accepted:** Out-of-Network  
**Self-Pay/Sliding Scale:** Contact provider for self-pay fees.  
**Policies for New Patients:** Contact provider directly.  
**Notes:** “The following are some of my specialties...depression, anxiety, bipolar disorder, trauma, sexual abuse history, OCD, sexuality, trans & nonbinary identities, gender questioning, queer sexuality, substance abuse/sobriety, immigration, HIV/AIDS, individuals in the performing and fine arts and healthcare professionals.”

**Bronx**

**Bhava Therapy Group**  
[https://www.bhavatherapygroup.com/](https://www.bhavatherapygroup.com/)  
- 3580 Netherland Avenue, Ground Floor  
  (Entrance on 236th street), Bronx NY 10463  
- 280 Madison Avenue, Suite 210, New York, NY 10016  
P: 646-389-5801  
E: info@bhavatherapygroup.com  
**Location:** Virtual & In-Person  
**Services Available:**  
- Individual Therapy  
- Couples Therapy (Out-of-network only)
• Family Therapy
• Group Therapy

Insurances Accepted:
• Healthfirst
• Cigna
• Aetna

Self-Pay/Sliding Scale: Self-pay fee Individual Session $160, Couples/Family Session $190; Group rates vary

Policies for New Patients: Contact office directly.

Brooklyn

The Art of Healing NY
https://artofhealingny.com/
34 Plaza St E
P105 Vanderbilt Plaza
Brooklyn, NY 11238
P: 347-450-4228
E: info@artofhealingny.hush.com
Location: Virtual & In-Person

Services Available:
• Individual Psychotherapy
• Couples Psychotherapy
• Family Psychotherapy
• EMDR
• Brainspotting

Insurances Accepted:
• Aetna
• Out-of-Network


Policies for New Patients: Contact office directly to schedule.

Notes: All therapists within the practice are QTBIPOC.

Brooklyn Integrative Psychological Services
https://bkintegrative.com/
117 Dobbin Street
Brooklyn, NY 11222
P: (646)881-0305
E: coordinator@bkintegrative.com
Location: Virtual & In-Person

Services Available:
• Psychotherapy
• Relationship/Couples Therapy
• Virtual Life Coaching

Insurances Accepted:
• Aetna (Commercial & ACA)
• Out-of-Network


Policies for New Patients: Contact intake coordinator via email or phone.

Notes: “We strongly stand with the Black Lives Matter movement, and we are able to donate portions of our proceeds to supporting Black-led organizations and relief funds. We also fully support, affirm, and are sensitive to LGBTQIA and other identities constellations.”
Full Spectrum Creative Arts Therapy
https://www.fullspectrumcat.com/
P: 917-476-0539
E: info@fullspectrumcat.com
Location: Virtual & In-Person
Services Available:
- Psychotherapy
- Art Therapy
- Drama Therapy
- Couples Therapy
- Family Therapy
- Ketamine Assisted Psychotherapy (KAP)
Insurances Accepted:
- Cigna
- Out-of-Network
Self-Pay/Sliding Scale: Fees range $125-250.
Policies for New Patients: Contact facility to schedule phone screening.
Notes: "This trans-led practice focuses on working with trans and non-binary communities, providing individual, group, couples and family therapy, creative art therapy, and ketamine assisted psychotherapy (KAP)."

Good Therapy NYC
https://goodtherapynyc.com/
231 Norman Ave
Brooklyn, NY 11222
P: 646-789-5491
E: professorernie@gmail.com
Location: Virtual & In-Person
Services Available:
- Individual Therapy
- Trauma Therapy
- Group Therapy
- Couples Therapy
Insurances Accepted (for Individual Therapy Only):
- Aeta
- Cigna
- Optum
- United Healthcare
- Oscar
- Oxford
- Meritan
- Healthfirst
- Beacon Health Options
Self-Pay/Sliding Scale: Fees per session generally range from $100-$225. Sliding scales are an option depending on availability.
Policies for New Patients: Submit appointment request on website or email directly.

Groundwork Therapy Psychological Services
https://www.groundworktherapybrooklyn.com/
1000 Dean Street, Suite 226
Brooklyn, NY 11238
E: info@groundworktherapybrooklyn.com
Location: Virtual Only
Services Available:
- Individual Therapy
- Couples Therapy
- Group Therapy
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: We offer a fee range based on the assigned therapist. Currently, our fees range from $200-$300 per 45-minute session.
Policies for New Patients: Contact facility via contact form on website.
Notes: “Our therapists have extensive education, training, and clinical experience in gender and sexual diversity... Our therapists practice gender-affirmative and sexuality-affirmative therapy.”

Liberation-Based Therapy
https://www.liberationbasedtherapy.com/
Liberation Based Therapy

590 Flatbush Ave, 14S
Brooklyn, NY, 11225
P: 917-722-2392
E: info@liberationbasedtherapy.com

Location: Virtual Only

Services Available:
- Individual Therapy
- Couples/Family Therapy
- Group Therapy
- EMDR

Insurances Accepted:
- BCBS (Empire EPO/National PPO network; commercial plans only)
- United Healthcare/Optum/Oscar (commercial plans only)
- Aetna (commercial plans only)

Self-Pay/Sliding Scale: Yes, we accept self-pay clients. The full fee for individual sessions is $150 (except for the initial visit/intake, which is $220). The lowest sliding scale fee for individual sessions is $85. The full fee for couples/family sessions is $200 (except for the initial visit/intake, which is $220). The lowest sliding scale fee for couples/family sessions is $150.

Policies for New Patients: Call office directly to schedule.

Notes: “We serve everyone with a focus on the BIPOC (aka People of the Global Majority), LGBTQIA2S+/GNB, the social-justice minded and those within creative communities; including those in poly, inter-cultural and other structured relationships or families.”

Rebecca Steinfeld, LCSW
114 Park Place
Brooklyn, NY 11217
P: 845-419-1525
Location: Virtual & In-Person

Services Available: Individual Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Individual Sessions $150-200. “In some cases, I can arrange a lower sliding scale fee; please contact me to discuss whether this might be an option for you.”

Policies for New Patients: Contact provider directly.

Languages (other than English): Spanish

Notes: Specializes in depression; anxiety; trauma; loss and grief; relationship/interpersonal difficulties; fertility; postpartum/prenatal depression; issues related to parent-child attachment; issues related to creating families through donation, surrogacy, and adoption; LGBTQ families; issues related to sexuality and gender identity; issues related to HIV status.

Rottenberg Psychotherapy Mental Health Counseling
https://rotttenbergtherapy.com/
26 Court St, Suite 709
Brooklyn, NY 11242
P: 917-300-9993
E: admin@rotttenbergtherapy.com
Location: Virtual & In-Person

Services Available:
- Individual Psychotherapy
- Group Psychotherapy
- Relationship Psychotherapy
- Family Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Fee ranges $100-300 for therapy, $5-65 for groups.
Policies for New Patients: Contact office directly.

Notes: “All therapists in this practice are queer-affirming or queer therapists... Some of our therapists identify as POC therapists and some identify as White. Our White therapists are all on a journey to uncover their own internalized white supremacy, the patriarchy, misogyny, and misogynoir.”

Sara Walker-Peck, LCSW-R
https://sara-walker-peck-lcsw.business.site/
26 Court St, Suite 1009
Brooklyn, NY 11242
P: 917-512-5550
E: sarawalkerpecklcsw@gmail.com
Location: Virtual & In-Person
Services Available: Psychotherapy
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Contact provider for self-pay options.
Policies for New Patients: Contact provider directly.
Languages: Spanish
Notes: Former Callen-Lorde provider.

Transcendent Self Psychotherapy
https://drkateriberasi.com/
109 North 12th Street
Brooklyn, NY 11249
P: 914-979-1731
Location: Virtual & In-Person
Services Available:
• Individual Therapy
• Couples Therapy
• Group Therapy
Insurances Accepted: Out-of-Network
Policies for New Patients: Contact office directly to schedule.
Notes: Psychotherapy for Queer folks and people who work in creative industries.

Manhattan

Angeliki Pesiridou, MD
https://www.doctorangeliki.com/
125 E 23rd St
New York, NY 10010
P: 929-307-1327
E: doctorangeliki@doctorangeliki.com
Location: Virtual & In-Person
Services Available:
• Sex Therapy
• Gender-Affirming Psychotherapy & Help with Transitioning
• Individual Psychotherapy
• Psychiatric Evaluations
• Medication Management
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Initial Consultation/Psychiatric Evaluation/Initiating Treatment 60 min $500; In-depth Therapy and Medication Management 45 min $300; Brief Supportive Therapy and Medication Management 30 min $250; Sex Therapy 50 min $150
Policies for New Patients: Contact provider directly to schedule.

Languages: Greek, Italian, Spanish

Notes: Former Callen-Lorde provider.

Anthony J Patterson, LMHC
https://anthonyjpatterson.com/
19 W 34th St, Suite PH
New York, NY 10001
P: 917-806-9213
E: anthony@anthonyjpatterson.com
Location: Virtual & In-Person
Services Available:
• Individual Therapy
• Couples Therapy
• Group Therapy
Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale fee.
Policies for New Patients: Contact provider directly.
Notes: Former Callen-Lorde provider.

Bhava Therapy Group
https://www.bhavatherapygroup.com/
• 3580 Netherland Avenue, Ground Floor
  (Entrance on 236th street), Bronx NY 10463
• 280 Madison Avenue, Suite 210, New York, NY 10016
P: 646-389-5801
E: info@bhavatherapygroup.com
Location: Virtual & In-Person
Services Available:
• Individual Therapy
• Couples Therapy (Out-of-network only)
• Family Therapy
• Group Therapy
Insurances Accepted:
• Healthfirst
• Cigna
• Aetna
Self-Pay/Sliding Scale: Self-pay fee Individual Session $160, Couples/Family Session $190; Group rates vary
Policies for New Patients: Contact office directly.

Cassie Peterson, LCSW
http://cassiepetersonlcsw.com/
12 W 9th St, Suite #1B-2
New York, NY 10011
P: 347-228-3825
E: cassiepetersonlcsw@gmail.com
Location: Virtual & In-Person
Services Available:
• Individual Therapy
• Couples Therapy
• Group Therapy
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Individual Sessions $175+, Couples/Family Sessions $225-250
Policies for New Patients: Contact provider directly.
Notes: Offers group for LGBTQ non-gestational parents.

Chuck Munn, LCSW
https://www.chuckmunn.com/
303 5th Ave, Suite 1705
New York, NY 10016  
P: 347-310-0483  
E: chuck@chuckmunn.com  
Location: Virtual & In-Person  
Services Available:  
- Individual Therapy  
- Couples Therapy  

Insurances Accepted: Out-of-Network  
Self-Pay/Sliding Scale: Contact provider for self-pay rates.  
Policies for New Patients: Contact provider directly.  
Notes: Current Callen-Lorde provider.

City Therapy  
https://www.citytherapy.nyc/#home  
113 University Place  
New York, NY 10003  
P: 917-960-9500  
E: info@citytherapy.nyc  
Location: Virtual Only  
Services Available: Psychotherapy  
Insurances Accepted:  
- Aetna (all commercial plans)  
- Fidelis (all commercial, leaf, & essential plans; Medicaid; Medicare)  
- Healthfirst (all commercial, leaf, & essential plans; Medicaid; Medicare)  
- Empire BCBS [Amerigroup & Healthplus] (all essential plans, Medicaid, Medicare)  
- Agewell (all commercial & essential plans, Medicare)  
- Elderplan (all commercial & essential plans, Medicare)  

Self-Pay/Sliding Scale: Flat fee $125  
Policies for New Patients: Submit an appointment request on website.  
Notes: Multiple providers who specialize in LGBTQ issues.

ekTherapy  
https://www.ektherapy.com/  
231 Central Park West, 1J  
New York, NY 10024  
P: 917-573-3027  
E: therapy@ektherapy.com  
Location: Virtual & In-Person  
Services Available: Psychotherapy  
Insurances Accepted:  
- Aetna  
- Cigna  
- Healthplus  
- Out-of-Network  

Self-Pay/Sliding Scale: Fees range $100-150  
Policies for New Patients: Contact facility to schedule.  
Notes: “We take pride in offering a non-judgmental, affirmative space to talk about identities and sexuality. Elizabeth is also a member of the National Coalition for Sexual Freedom and a participant of Kink Aware Professionals... We also recognize the immense impact that systemic racism and oppression have on our BIPOC clients' mental health and wellbeing. In this spirit, we strive to foster cultural humility through ongoing training and professional development.”

Eli Zal, LCSW  
https://www.elizal.com/  
2S E 10th St, Suite 1E
New York, NY 10003
P: 212-228-3496
E: eli.zal3311@gmail.com
Location: Virtual & In-Person
Services Available: Individual Therapy
Insurance Accepted: Out-of-Network
Self-Pay/Sliding Scale: $250 per session
Policies for New Patients: Contact provider to schedule consultation.

Eric Yarbrough, MD
http://www.ericyarbroughmd.com/
29 5th Ave, Suite 1A
New York, NY 10003
P: 646-419-8004
Location: Virtual & In-Person
Services Available:
  • Medication Management        • Psychotherapy
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Psychiatric Evaluation 50 min $500; Psychotherapy & Medication Management 45 min $400;
Medication Management Only 25 min $350; Forensic Evaluations Per Hour $400; Hospital Consultations Per Hour $400
Policies for New Patients: Contact provider directly or schedule online.
Notes: Former Callen-Lorde provider.

Glitter Parsigian, LCAT, BC-DMT, CMA
P: 929-269-2633
E: rootedgrowthpsychotherapy@gmail.com
Location: Virtual & In-Person
Services Available:
  • Individual Therapy        • Couples/Polycule Therapy        • Art Therapy
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: $100-250, additional sliding scale available for BIPOC folx
Policies for New Patients: Contact provider directly.
Notes: Therapy practice designed to support TGNCNB people, LGBTQIA+ couples and polycules, and folx in abundant bodies.

Griffin Hansbury, LCSW
https://griffinhansbury.com/
20 W 20th St, 2nd Floor
New York, NY 10011
P: 646-675-7723
E: ghansbury@earthlink.net
Location: Virtual
Services Available:
  • Individual Therapy        • Couples Therapy        • EMDR
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Contact provider for self-pay options.
Policies for New Patients: Contact provider directly.
Notes: Former Callen-Lorde provider.
Grounded NYC
https://www.groundednyc.com/
303 5th Ave
New York, NY 10016
P: 646-926-1497
E: munib@groundednyc.com
Location: Virtual
Services Available:
  - Individual Therapy
  - Couples Counseling
Insurances Accepted:
  - Aetna
  - Oscar
  - Out-of-Network
  - Oxford
  - United Healthcare
Self-Pay/Sliding Scale: Contact provider for sliding scale availability. Full fee individual therapy $195, couples $225.
Policies for New Patients: Request appointment online.
Notes: Munib is a former Callen-Lorde provider.

Heartspace Therapy
https://www.heartspace-therapy.com/
138 W 25th Street, 8th Floor, Suite 802, Office B6
New York, NY 10001
P: 917-410-1105
E: engy@heartspace-therapy.com, amina@heartspace-therapy.com, cathy@heartspace-therapy.com, nadav@heartspace-therapy.com, daniel@heartspace-therapy.com
Location: Virtual & In-Person
Services Available:
  - Individual Psychotherapy
  - Family Psychotherapy
  - Couples/Relationship Counseling (poly, ENM, etc.)
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Contact office for sliding scale information. (Full rates: Engy- contact for fees; Amina- $155 for individual, $205 for relationship therapy; Daniel- $300 for individual therapy and $350 for relationship therapy; Nadav- $375 for individual therapy and $400 for relationship/family therapy; Cathy- $205 for individual therapy and $255 for relationship/family therapy)
Policies for New Patients: Contact office directly via website or email.
Notes: LGBTQ, BIPOC, sexuality, gender, fat-affirming therapy, trauma, shame.

Jan C Niemira, LCSW
http://www.janniemira.com/
P: 646-373-4845
E: jan@janniemira.com
Location: Virtual Only
Services Available:
  - Psychotherapy
  - Psychoanalysis
  - EMDR
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Contact provider for sliding scale availability. $100 sessions dependent on scheduling/availability.
Policies for New Patients: Contact provider directly.

Kyle McGarty, LMHC
http://www.kylemcgarty.com/
1239 Broadway, Suite 604
New York, NY 10001
P: 929-264-7313
Laura A Jacobs, LCSW-R
https://www.lauraajacobs.com/
110 Lafayette St
New York, NY 10013
P: 845-304-7915
E: laura@lauraajacobs.com
Location: Virtual Only
Services Available:
• Individual Therapy
• Family Therapy
• Couples Therapy
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Contact provider for sliding scale availability.
Policies for New Patients: Contact provider directly.
Notes: Former Callen-Lorde board chair. Specializes in trans and nonbinary issues, LGBTQIA+ issues, kink/BDSM, nonmonogamy/polyamory, and sex work issues.

Manhattan Alternative Wellness Collective (Dulcinea Alex Pitagora, PhD, LCSW, CST)
https://www.dulcineapitagora.com/
110 Lafayette Street, Suite 501
New York, NY 10013
P: 917-675-3446
E: therapy@dulcineapitagora.com
Location: Virtual Only
Services Available:
• Individual Therapy
• Couples/Multiple Partner Therapy
• DBT Skill Training Group Program
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Contact office for sliding scale appointment availability.
Policies for New Patients: Contact office to schedule.
Notes: “I offer affirming psychotherapy and sex therapy for individuals, couples, multiple-partner relationships, and poly and leather families. I am an expert in alternative sexualities, and I specialize in working with adults in the kink, poly, trans, GNC/NB, LGBQ, and sex work communities.”

Marcelo Abramovich, LCSW-R
https://gaymentherapy.com/
928 Broadway
New York, NY 10010
P: 212-655-3043
E: gaymentherapy@icloud.com
Location: Virtual & In-Person
Services Available:
• Individual Therapy
• Relationship Therapy
• Family Therapy
Insurances Accepted:
• Aetna
• Cigna

Self-Pay/Sliding Scale: $160 (top of sliding scale)

Policies for New Patients: Contact provider directly

Languages (other than English): Spanish

Notes: Specializes in LGBT issues, male survivors of sexual abuse, anxiety, depression, sexual compulsion/addiction, coming out issues, polyamorous relationships.

Matthew Pieknik, LMSW, MA
https://matthewlpieknik.com/
5 W 19th St
New York, NY 10011
P: 917-891-0144
E: matthewpieknik@gmail.com
Location: Virtual & In-Person

Services Available:
• Psychotherapy
• Psychoanalysis

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale availability.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

MCM Collaborative Psychotherapy
https://mcmcollab.com/
16 Madison Sq W, Floor 12
New York, NY 10010
P: 332-333-5090
E: intake@mcmcollab.com

Location: Virtual Only

Services Available:
• Individual Therapy
• Couples/Relationship Therapy
• Group Therapy

Insurances Accepted:
• Aetna
• Out-of-Network

Self-Pay/Sliding Scale: Sliding scale fee ranges $85-120. We work to support specifically Black, Indigenous and Latinx Trans individuals’ financial access to care, and assess those needs on a case-by-case basis.

Policies for New Patients: Folks should email info@mcmcollab.com, and someone will schedule a free phone consult for services.

Notes: BIPOC, Trans, LGBTQ affirming; Our practice specialty is Trans and Queer Affirming Care.

Melanie Martinez, LMHC
19 W 34th St, Suite PH
New York, NY 10001
P: 646-828-9159
E: melaniemartinez101@yahoo.com

Location: Virtual & In-Person

Services Available: Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.
Michele Sarracco, LCSW-R
https://headway.co/providers/michele-sarracco
210 E 21st St, #2E
New York, NY 10010
P: 212-353-9264
Location: Virtual & In-Person
Services Available: Psychotherapy
Insurances Accepted:
- United Healthcare
- Aetna
- Oscar
- Oxford
- Cigna
- Out-of-Network
Policies for New Patients: Schedule online.
Notes: Former Callen-Lorde provider.

myTherapyNYC Counseling & Wellness
https://mytherapynyc.com/
928 Broadway, Suite 806
New York, NY 10010
P: 646-449-0491
E: info@mytherapynyc.com
Location: Virtual & In-Person
Services Available:
- Individual Therapy
- Trauma Therapy
- Women's Therapy Group
- Couples Therapy
- Gay Men's Therapy Groups
- Free Medication & Mindfulness Group
Insurances Accepted:
- BCBS
- Out-of-Network
Self-Pay/Sliding Scale: Sliding scale based on income, fee ranges $120-200.
Policies for New Patients: Call office directly or schedule consultation online.
Notes: Specializing in LGBTQ Affirmative Therapy, EMDR/Trauma treatment, and relationship issues.

Natasha Goykhberg, LMHC
https://www.natashaglmhc.com/
275 14th St, Suite 3
Brooklyn, NY 11215
P: 646-650-2465
E: natashaglmhc@gmail.com
Location: Virtual & In-Person
Services Available: Individual Therapy
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Free initial consultation, 60 min first session $200, 45 min session $150.
Policies for New Patients: Contact provider directly.
Notes: Current Callen-Lorde staff member.

NYC Affirmative Psychotherapy
https://www.nycaffirmativepsychotherapy.com/
19 W. 34th St.
New York, NY 10001
P: 347-625-5020
E: contact@nycaffirmative.com
Location: Virtual Only

Services Available:
- Individual Psychotherapy
- Couples Psychotherapy
- Group Psychotherapy

Insurances Accepted:
- Aetna (including Nippon Life and Meritain)
- BCBS
- WellFleet Student Plans
- Humana
- Out-of-Network

Self-Pay/Sliding Scale: Sliding scale fees are $70, $90, $125, or full fee $175.

Policies for New Patients: Contact office directly or complete intake questionnaire online.

Notes: QPOC-owned community-focused sliding scale practice with 20+ therapists.

Paul Hays, LCSW-R
http://www.paulhaystherapy.com/
P: 917-554-5699
Location: Virtual

Services Available:
- Individual Therapy
- Couples Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Initial Consultation $275, 45 min session $225, 60 min session $275, couples therapy 60 min session $325

Policies for New Patients: Contact provider directly.

Notes: Current Callen-Lorde provider.

Peter Williamson, LCSW-R
https://www.zocdoc.com/professional/peter-williamson-lcsw-328419
P: 646-427-8746
Location: Virtual & In-Person

Services Available: Individual Therapy

Insurances Accepted:
- Aetna
- Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale fees.

Policies for New Patients: Schedule online through Zocdoc.

Notes: Former Callen-Lorde provider.

Robert Kupferman, LCSW
https://www.hypnotherapy.nyc/
210 W 80th St
New York, NY 10024
P: 917-517-2447
E: info@rkhypnotherapy.com
Location: Virtual

Services Available: Hypnotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Robin Rosendale, MA, LMHC
https://robinrosendale.com/
26 W 9th St, Suite 3B
New York, NY 10011
P: 646-588-1387
E: rrosendale@gmail.com  
Location: Virtual & In-Person  
Services Available: Psychotherapy  
Insurances Accepted: Out-of-Network  
Self-Pay/Sliding Scale: Contact provider for self-pay options.  
Policies for New Patients: Contact provider directly.  
Notes: Former Callen-Lorde provider.

Ryan Brown, LCSW-R  
https://www.ryanbrown.org/  
455 W 23rd St, Suite 1BB  
New York, NY 10011  
P: 646-926-6900  
E: rb@ryanbrown.org  
Location: Virtual & In-Person  
Services Available:  
• Individual Therapy  
• Couples Therapy  
• Family Therapy  
• Group Therapy  
• EMDR  
• Addiction  
• LGBTQ Issues  
Insurances Accepted: Out-of-Network  
Self-Pay/Sliding Scale: Fee ranges $120-180  
Policies for New Patients: Contact provider to schedule initial consultation.  
Notes: Current Director of Clinical Services at The Center.

Sanctuary  
https://www.sanctuaryheals.com/  
57 West 57th St., Suite 1101  
New York, NY, 10019  
P: 800-381-7340  
E: info@sanctuaryhealingnyc.com  
Location: Virtual & In-Person  
Services Available:  
• Somatic Experiencing  
• EMDR  
• Intensive Outpatient Trauma Treatment  
• Outpatient Individual Psychotherapy (Virtual)  
• Intensive Outpatient Trauma Treatment (Virtual)  
• Group Therapy (Virtual)  
Insurances Accepted:  
• United Healthcare  
• Anthem BCBS  
• Healthfirst  
Self-Pay/Sliding Scale: We accept self-pay patients and have limited sliding scale spots available.  
Policies for New Patients: Contact facility directly.

Simone LaVerne, LP  
https://zencare.co/provider/therapist/simone-laverne#  
171 W 23rd St, #2C  
New York, NY 10011  
P: 646-320-1447  
E: endpoints32@gmail.com  
Location: Virtual & In-Person  
Services Available:  
• Individual Therapy  
• Couples Therapy
Insurances Accepted: Cigna
Self-Pay/Sliding Scale: Contact provider for sliding scale fees.
Policies for New Patients: Contact provider directly.
Notes: Experienced in working with LGBTQ+ community.

Thomas Moore, LCSW
https://www.thomasmoorelcsw.com/
80 8th Ave, Suite 709
New York, NY 10011
P: 917-821-1169
E: thomasmoorelcsw@gmail.com
Location: Virtual & In-Person
Services Available:
• Individual Therapy
• Couples Therapy
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: Contact provider for self-pay fees.
Policies for New Patients: Contact provider directly.

Tony Martin, LCSW-R
https://www.tonymartintherapy.com/
11 Broadway, Suite 1158
New York, NY 10004
P: 646-251-7869
E: tony@tonymartintherapy.com
Location: In-Person & Virtual
Services Available:
• Individual Psychotherapy
• Couples Counseling
Insurances Accepted:
• Cigna
• Medicare
Self-Pay/Sliding Scale: 50-min individual session is $250, 75-min couples session is $450. "Reduced fee services are available on a limited basis. Please discuss this with me during our initial consultation."
Policies for New Patients: Contact provider directly.

Union Square Psychotherapy
https://usqtherapy.org/
44 E 12th St.
New York, NY 10003
P: 347-948-8878
E: info@usqtherapy.org
Location: Virtual & In-Person
Services Available: Psychotherapy
Insurances Accepted: Out-of-Network
Self-Pay/Sliding Scale: “If we decide to work together, we will set a fee, together, in a conversation in which we discuss, among other things, your ability to pay and your commitment to therapy.”
Policies for New Patients: Contact facility to schedule intake.

Vanessa Lopez, LCSW
http://www.vanessalopeztherapy.com/
49 W 24th St, Suite 512
New York, NY 10010
P: 917-553-2171
**Location:** Virtual Only
**Services Available:** Psychotherapy
**Insurances Accepted:** Out-of-Network
**Self-Pay/Sliding Scale:** Contact provider for self-pay options.
**Policies for New Patients:** Contact provider directly.
**Notes:** Former Callen-Lorde provider.

**Victoria Formosa, LCSW**
[www.victoriaformosa.com](http://www.victoriaformosa.com)
29 5th Ave, Suite 1A
New York, NY 10003
E: victoriaformosalcsw@gmail.com
**Location:** Virtual & In-person
**Services Available:**
- Individual Psychotherapy
- Couples Psychotherapy
**Insurances Accepted:** Out-of-Network
**Self-Pay/Sliding Scale:** Individual Psychotherapy 50 minute $175, Couples 60 minute $250
**Policies for New Patients:** Contact provider directly via email or website portal
**Notes:** Former Callen-Lorde provider

**Wardeh C Hattab, LCSW**
116 W 23rd St
New York, NY 10011
P: 917-985-9727
E: Whattablcs CW@whattablcs CW.hush.com
**Location:** Virtual & In-Person
**Services Available:**
- Individual Therapy
- Couples Therapy
- Grief & Bereavement
- Cross-Cultural/Multicultural and Relationship Orientations
- Gender Identities, Alternative Sexualities, Sexual Disorders & Sex Therapy
**Insurances Accepted:** Out-of-Network
**Self-Pay/Sliding Scale:** Contact provider for self-pay options.
**Policies for New Patients:** Contact provider directly.
**Notes:** “My approach is affirmative of all gender identities including queer, transgender, and gender-expansive folks. As an LGBTQIA+ therapist, I aim to offer a space welcoming of all sexual orientations and those questioning their identity. I am also skilled in working with folks who have alternative sexualities and relationship orientations including kink, BDSM, fetishes, consensual non-monogamy, polyamory, and queerplatonic relationships.”

**Queens**

**Awaken Wellness**
59-13 Grove St
Ridgewood, NY 11285
P: 646-456-0819
E: ctazzalmhc@gmail.com
Location: Virtual & In-Person

Services Available:
- Individual Therapy
- Family Therapy
- Couples/Marriage Therapy

Insurances Accepted:
- Aetna
- Affinity
- Beacon
- Value Options
- Cigna
- Empire BCBS
- Emblem
- Fidelis
- GHI
- HIP
- Magnacare
- Metroplus
- MultiPlan
- Tri Care
- United Healthcare
- Optum
- 1199

Self-Pay/Sliding Scale: Contact office for sliding scale fees.

Languages: Spanish

Policies for New Patients: Contact office directly.

Minds Together
https://www.mindstogetherpc.net/
- 108-14 72nd Ave, 2nd Floor, Forest Hills, NY 11375, P: 347-392-4482, E: infofh@mindstogetherpc.net
- 37-04 91st St, 2nd Floor, Suite #E, Jackson Heights, NY 11372, P: 347-730-4249, E: infojh@mindstogetherpc.net

Location: Virtual & In-Person

Services Available:
- Individual Therapy
- Couples Therapy
- Support Groups

Insurances Accepted:
- Emblem/GHI Medicaid,
- Healthfirst Medicaid
- Metroplus Medicaid
- United Healthcare
- UHC Community Plan
- Oxford
- Optum
- Oscar
- Aetna
- Cigna
- Empire BCBS (Except plans that begin with JLJ)
- Amidacare
- Fidelis
- 1199
- Affinity/Molina
- Magnacare
- Out-of-Network

Self-Pay/Sliding Scale: Self pay fees intake 60 min $225, individual session 55 min $175, couples session $200

Languages (Other than English): Spanish

Policies for New Patients: Contact office directly.