

CALLLEN-LORDE

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@solutionsupport.org

Location: Virtual Only

Services Available:

- Individual Therapy
- Couples Therapy
- Family Therapy

Insurances Accepted:

- Aetna
- United Healthcare
- Oscar
- Cigna
- Oxford

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

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

<https://www.psychologytoday.com/us/therapists/jennifer-goldberg-brooklyn-ny/770686>

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>

Policies for New Patients: Contact provider or schedule online.

Notes: Former Callen-Lorde provider.

Kind Mind Psychology (Dr. Monica Johnson)

<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.”

Leanne Bazzetta, LCSW

<https://www.leannebazzetta.com/>

P: 917-383-1586

E: leannebazettalcs@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.

Marcus Leaks, LCSW

<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.

Michael Marsman, LCSW-R

<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/>

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

<https://sjlanger.com/s-j-langer>

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/>

- 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
- Somatic Therapy
- Sex therapy
- Reiki
- DBT
- Mindfulness-Based Therapy
- CBT
- Psychodynamic Therapy

Insurances Accepted:

- Aetna
- Out-of-Network

Self-Pay/Sliding Scale: Self pay accepted. Full fee individual \$200, Full fee relationship/couples therapy \$250. Sliding scale options \$100 - \$200.

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

Self-Pay/Sliding Scale: Accept self-pay for weekly psychotherapy sessions. Sliding scale as low as \$20. Average session price \$160. Select clinicians \$325 and above.

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/>

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://rottenbergtherapy.com/>

26 Court St, Suite 709
Brooklyn, NY 11242
P: 917-300-9993

E: admin@rottenbergtherapy.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

Self-Pay/Sliding Scale: Sliding scale available. Individual Sessions \$200-300, Couples Therapy \$350, Group Therapy \$75.

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/>

25 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

<https://www.psychologytoday.com/us/therapists/glitter-parsigian-brooklyn-ny/790645>

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

E: kylemcgarty@gmail.com

Location: Virtual & In-Person

Services Available: Individual Therapy

Insurances Accepted:

- Aetna
- Cigna
- Out-of-Network

Self-Pay/Sliding Scale: Self-pay fee \$190

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

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, LGBTQ, 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

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://matthewpieknik.com/>

5 W 19th St

New York, NY 10011

P: 917-891-0144

E: matthewpieknik@gmail.com

Location: Virtual & In-Person

Services Available:

- Psychotherapy

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.

- Cigna

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

Self-Pay/Sliding Scale: Estimate self-pay fee online at <https://headway.co/providers/michele-sarracco>.

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
- Free Medication & Mindfulness Group
- EMDR
- Groups

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
- Group Therapy
- LGBTQ Issues
- Couples Therapy
- EMDR
- Family Therapy
- Addiction

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
- Outpatient Individual Psychotherapy (Virtual)
- Intensive Outpatient Trauma Treatment (Virtual)
- EMDR
- Group Therapy (Virtual)
- Intensive Outpatient Trauma Treatment

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.thomasmorelcsw.com/>

80 8th Ave, Suite 709

New York, NY 10011

P: 917-821-1169

E: thomasmorelcsw@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

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

<https://hattabtherapy.com/>

116 W 23rd St

New York, NY 10011

P: 917-985-9727

E: Whattablcswhattablcswhush.com

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Couples Therapy
- Grief & Bereavement
- Cross-Cultural/Multicultural
- Gender Identities, Alternative Sexualities, and Relationship Orientations
- 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

<https://awakenwellnessnyc.com/>

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.