

Referrals (Updated July 25, 2021)

Julie Kirchner

phone number: 971-253-7585

email address: julie@hopeconnectioncounseling.com

areas of specialty: Play therapy

Insurance: OHP/Out of pocket

Telehealth and in-person

Brief bio/other info: Life can be overwhelming sometimes, and it can be hard to ask for help. We all want to feel connected to others in our lives. Relationships can be a source of great happiness and also be a cause of unlimited hurt. Julie provides a safe, nonjudgmental space where clients can work through issues in their lives. She will walk alongside you while you are navigating life's challenges while working towards your goals. As a wife and a mother of four children, she has gained an understanding of the complexity of family relationships. Julie works with adults, teenagers, children, families, and couples, and is especially interested in working with individuals who need support with family life and other life transitions.

Shae Ferguson, MA, LPC Registered Intern - Hungry Soul Counseling, LLC

phone number: (971) 409-3940

email: hungrysoulcounseling@gmail.com

website: hungrysoulcounseling.com

areas of specialty: couples, relationships, attachment, trauma, anxiety, depression

insurance: none, OOP only \$115 for individuals, \$125 for couples

Telehealth or in-person: both

other info: I have specialty intensive training in psychodynamic and EFT counseling, am supervised by an EFT supervisor, and am pursuing EFT certification.

Elizabeth Nelson (She/Her) ATR-BC, LCAT, LPC Intern

Board Certified & Licensed Art Therapist and Licensed Professional Counseling Intern

Address: P.O. Box 17584 Portland, OR 97217

Phone: 971.998.5584

Email: elizabethjo@hushmail.com

Website: elizabethjonelson.wordpress.com

Supervisor: Annette Shore MA, ATR-BC, ATCS, NCC, LPC 503.222.3039

Brief bio: I run virtual art therapy groups to ages 11-21 to mitigate anxiety and depression. I am a queer therapist and practice from a liberatory/decolonial/anti-oppression lens. I do not accept insurance and my initial intake is \$100, but subsequent group sessions are \$35 (but soon to raise my rates to \$40). Please see my website below for more information.

Demi Keitel LPC, CADC, Connection Through Introspection LLC

phone number: 503-602-1007

email: Demikeitelmh@gmail.com

website:

<https://www.therapyden.com/therapist/demi-keitel-tigard-or>

areas of specialty: trauma, LGBTQ+, healthcare professionals/ service workers

Brief bio: I specialize working with those that have complex trauma histories and are attempting to navigate a myriad of life circumstances, as well as those who struggle with impulsivity, behavioral patterns and addiction. Clients I see often are struggling with manifestations of anxiety, depression, suicidality, mood disorders, codependency, strained relationships, and are seeking coping skills.

Insurance: PacificSource (most commercial plans); OOP

Aaron Kelsay (Progress Counseling)

971-200-5789

akelsay.lpc@gmail.com

progresscounselingpdx.com

Areas of specialty: CBT, SFBT, DBT modalities. Working with adults (18+) who are dealing with depression, anxiety, substance use, relationship (attachment, emotional connection work), and trauma.

Out of pocket / super bill

In person (North Portland area) and telehealth both

Megan Miller, LMFT

(503) 730-9282

megan.wisecounsel@gmail.com

www.meganelizabethmiller.com

Areas of specialty: adult individuals only at this time, anxiety, depression, codependency, highly sensitive people, relationship challenges, compassion fatigue/burnout, trauma of everyday life, major life transitions (I am not taking clients who are in crisis, suicidal, self-harming or active addictions at this time)

Private pay or Out of Network only (if clients are able to do their own billing), Full fee \$110 with sliding scale available

Telehealth only at this time, primarily daytime availability with limited weekend options

I offer both therapy and coaching and take a proactive approach in working with clients. I use both CBT and mindfulness skills in my work with clients and enjoy working with motivated clients who benefit from goal-setting and assignments to complete between sessions. I support clients in working on themes related to anxiety management, boundaries, communication, self-care, mindfulness and relationship dynamics. I work with a lot of highly sensitive individuals, people-pleasers, helpers, healers, activists and stewards of the environment.