

Therapy Resources

As you begin to search for a therapist, here are a few resources to help. I will be happy to look at any names you find that seem promising. To work with a social worker, YOU must be physically in the state where the social worker is licensed. Some providers are licensed in multiple states. There may be a different rule for psychologists and other licensures.

Unfortunately, I don't know of many therapists to whom I can refer due to varying availability, insurances, location, etc. Word of mouth is still the best way to go, so remember to ask people you know (PCP, psychiatrist/prescriber, couples' therapist, friends, family, groups, etc.)

PLEASE use caution if accessing a solely online psychotherapy service company (versus a provider that offers telehealth). Some companies have had lawsuits brought against them for sharing information inappropriately. I found one using my name to advertise their services. Do your research if you feel drawn to go that route.

Psychotherapy Search Tools

1. PsychologyToday.com - This may be how you found me. There are many listings nationally and internationally with bios and contact information. You can search by town and other filters (such as gender, specialty or issue, type of therapy, cost, insurances accepted, telehealth, etc.)
2. Alcoholics Anonymous - <https://www.aa.org/find-aa>.
3. SAMHSA's National Helpline, [1-800-662-HELP \(4357\)](https://www.samhsa.gov/find-help/helplines/national-helpline) (also known as the Treatment Referral Routing Service), or TTY: [1-800-487-4889](https://www.samhsa.gov/find-help/helplines/national-helpline) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. <https://www.samhsa.gov/find-help/helplines/national-helpline>.
4. TherapyMatcher.org - (800-242-9794 or 617-720-2828) info@therapymatcher.org . A Massachusetts National Association of Social Workers (NASW) service. You can speak to a person or email them using the contact form on their website and tell them your desired qualities. These therapists tend to have more current/immediate openings.
5. GoodTherapy.org – Various search options and offer a free Ultimate Guide to Finding a therapist. They also have a blog about different forms of therapy and issues.
6. WilliamJames.edu - Interface.williamjames.edu or 888-244-6843 or 617-332-3666 x1. William James College trains psychologists and also offers a therapy referral service called Interface Referral Service (which is free to participating Metro Boston communities). The helpline is available 9-5 M,W,F and 8-6 Tues & Thursdays.
7. Care Solace - Caresolace.com/Chelmsford-ma 978-250-5241 or 888-515-7881. Care Solace helps school districts to provide support for every student, staff member, and family member in need. Only available in select towns.
8. Headway - <https://www.headway.co> Headway is a search tool to help you find a therapist.
9. Medicare.gov - Medicare has a listing of providers and services (use keyword “clinical” to find a therapist). This site can be used to search even if you don't have Medicare. You can cross reference this to Psychology Today.
10. Black Therapists Rock - BlackTherapistsRock.com. Offers a search tool to find a therapist and is also a non-profit organization that mobilizes over 30,000 mental health professionals of various ethnicities and training who are committed to reducing the psychological impact of systemic oppression and intergenerational trauma.
11. FindATherapist.com - Find A Therapist offers a zip code and mileage search.

12. TherapyDen.com - Therapy Den has a search engine that allows you to search zip code, issue and insurance.
13. Suicide and crisis lifeline - Dial 988. 988 is free and available 24/7, 365 days a year via phone call, text, or chat (988lifeline.org/chat) You do not need to be suicidal to call. 988 is for anyone in emotional distress or suicidal crisis. It is also for an individual who is worried about a loved one and not sure how to support that person or where to get them help. Lifeline specialists are available to provide free, confidential emotional support to all callers.

Psychotherapy Modalities

There are MANY forms of psychotherapy (and many more specialties addressing specific needs). Only a very few are listed here. You can Google “different types of psychotherapy” and/or use the search tools to find what you need.

1. Internal Family Systems (IFS) - <https://ifs-institute.com/practitioners>. Select “Find a Professional”. You can search by city and state to then view profiles, which should indicate what insurances they take. The IFS model allows our feelings to be noticed inside us as ‘parts’. Essentially, ‘parts’ are our feelings (ex. anxiety), thoughts, bodily sensations, and more. Think of the movie ‘Inside Out’ where Riley’s parts are like little people inside of her, each with their own feelings and desires.
2. Eye Movement Desensitization and Reprocessing (EMDR). EMDRIA.org - This site provides an international list of EMDR therapists. You can search by geographic location or therapist name. EMDR therapy doesn’t require talking in detail about a distressing issue. Instead, it focuses on changing the emotions, thoughts or behaviors that result from a distressing experience.
3. Cognitive Behavioral Therapy (CBT). Many of the search tools will help you find a CBT therapist. Through exercises in the session as well as “homework” exercises outside of sessions, clients develop coping skills whereby they can learn to change their own thinking, problematic emotions, and behavior.
4. Sensorimotor Psychotherapy (SP) - SensoriMotorPsychotherapy.org. Sensorimotor Psychotherapy is a therapeutic modality for trauma and attachment issues. SP utilizes the body as a source of information which can guide accessing and processing of challenging, traumatic experiences. SP is a holistic approach that includes somatic, emotional, and cognitive processing and integration.
5. BrainSpotting <https://brainspotting.com/>. You can search for a Brain Spotting therapist. Brainspotting works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and addresses a variety of other challenging symptoms.
6. Dialectical Behavior Therapy (DBT). DBT is especially effective for people who have difficulty managing and regulating their emotions.
7. Acceptance and Commitment Therapy (ACT). Your ACT therapist will work with you to become aware of and accept your feelings in order to commit to making a change. This therapy aims to increase your ability to cope and adjust to challenging situations.