

Counseling Centers (Porter/Lake Co)

ASPIRE COUNSELING

219-286-7043
2803 Boilermaker Court #1C
Valparaiso, IN 46383
Individual, couple, family therapy
EMDR, DBT, EFT, brainspotting, hypnosis,
addiction, trauma-informed care, LGBTQ+
Accepts most private insurance and Medicaid
Telehealth available

BEHAVIOR SPECIALISTS OF INDIANA

219-462-6705
2101 Comeford Road
Valparaiso, IN 46383
Individual/family therapy (specializing in ASD,
developmental disabilities, anxiety, attention
deficits, and conduct disorders)
ABA, music therapy, First Steps (toddlers)

CENTER FOR CHRISTIAN COUNSELING

219-465-1991
204 E Lincolnway
Valparaiso, IN 46383
Crisis counseling, individual/couple/family
therapy
Sliding fee scale

CENTER FOR LIFESTYLE CHANGE

219-202-4673
684 Valley Drive
Valparaiso, IN 46383
Individual/couple/family therapy
Play therapy, hypnosis
Accepts most private insurance

CHILDTHRIVE

(219) 779-7339
7863 Broadway, Suite 239
Merrillville, IN 46410
Individual therapy (children only)
Psychological evaluations, PCIT, parent
management training
Specialize in selective mutism, social anxiety,
OCD, disruptive behavior disorders

CHOICES COUNSELING SERVICES

219-548-8727
607 E Lincolnway
Valparaiso, IN 46383
Individual/couple/family
EMDR, grief, co-parenting counseling +
therapeutically supervised visitation, forensic
interviewing, addiction services
Telehealth available

DUNELAND COUNSELING

219-921-0705
215 W. Indiana Avenue
Chesterton, IN 46304
Individual/family/couple therapy
Accepts private insurance only
Telehealth available

FAMILY CONCERN COUNSELING**

219-477-5646
2004 Valparaiso Street
Valparaiso, IN 46383
Individual/marriage therapy
EMDR, religious-based
Telehealth available
**long waiting list

FAMILY WELLNESS CENTER

219-531-0111
1551 Sturdy Rd Ste. 3
Valparaiso, IN 46383
Individual/family/relationship counseling
Accepts most private insurance

GERALD LEWIS AND ASSOCIATES

219-286-3907
3000 Murvihill Rd
Valparaiso, IN 46383
Individual therapy and psychiatry/medication
management
Psychotherapy, CBT, neurofeedback
Accepts private insurance only

INNER AWARENESS COUNSELING

219-488-1824
2051 W US HWY 30
Valparaiso, IN 46385
Individual/couple/family therapy
EMDR, DBT
Accepts private insurance/sliding fee scale

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INTREATMENT

219-390-3344
5 Lincolnway, Ste 5
Valparaiso, IN 46383
Individual/couples therapy
CBT, play therapy, addiction treatment
Accepts most private insurance and Medicaid

INNOVATIVE COUNSELING SOLUTIONS

219-898-4582
8 Morgan Blvd
Valparaiso, IN 46383
EMDR, CBT
Cannot serve clients involved with DCS
Accepts most private insurance
Telehealth available

L & L COUNSELING AND WELLNESS

219-336-8492
1150 W Lincolnway, Ste G3
Valparaiso, IN 46383
Individual therapy
DBT, trauma-focused
Accepts most private insurance/sliding fee scale

LAWRENCE PINCUS AND ASSOCIATES (LPA)

219-252-5464
2005 Valparaiso, IN, STE 209
Valparaiso, IN 46383 (office in Michigan City also)
Individual/family/couple therapy, divorce mediation, supervised visitation, addiction education
TF-CBT, DBT
Accepts most private insurance, Medicaid, and offers free services if seen by an intern
Telehealth available

LIFE STRATEGIES

219-359-3272
442 Sand Creek Dr N, #101
Chesterton, IN 46304 (office in Schererville also)
ABA individual therapy, family/marriage therapy
Accepts most private insurance and Medicaid

LIVE, BREATHE, AND PLAY THERAPY

219-224-3421
502 Wall Street
Valparaiso, IN 46383
Play therapy, DBT, TF-CBT for children

LOTUS WELLNESS COLLECTIVE

219-940-5725
150 W Lincolnway, Ste 3003
Valparaiso, IN 46383
Individual/couple/family therapy
Only accepts Anthem and BCBS
Telehealth available

MAUREEN QUINN-LEE COUNSELING

219-615-6025
8 Morgan Boulevard
Valparaiso, IN 46383
Individual therapy
DBT, Christian focus
Accepts most private insurance, Medicare/sliding fee scale

MIND STATES

219-228-7569
409 E Lincolnway, Ste 2
Valparaiso, IN 46383
Individual/family therapy
EMDR, biofeedback, neurofeedback
Accepts most private insurance

PARKS ASSOCIATES PSYCHOLOGICAL SERVICES

219-779-7944
6337 Central Ave.
Portage, IN 46368
Individual/couple/family therapy
Custody/visitation evaluations, supervised visitation
Accepts most private insurance and Medicaid

Counseling Centers (Porter/Lake Co)

PILLARS OF WELLNESS**

219-615-6026
2801 Bertholet Boulevard, Ste 301
Valparaiso, IN 46383
Individual (toddlers, adolescents only) and family therapy
Accepts most private insurance and Medicaid
Telehealth available
**very long waiting list right now

PLACEK COUNSELING

219-898-4285
1704 Calumet Avenue
Valparaiso, IN 46383
Individual, couple, family therapy
DBT, trauma-focused
Accepts most private insurance/sliding fee scale

POINT TO POINT COUNSELING

219-334-2854
105 N. Washington St.
Valparaiso, IN 46383
Individual/couple/family therapy (Christian)
Accepts most private insurance
Telehealth available

PROGRESSIONS COUNSELING

219-525-1164/219-488-2276 (Kristy- daytime appts)
219-810-6855/219-247-8503 (Rondi- evening appts)
8 N Morgan Blvd
Valparaiso, IN 46383 (office in Hobart also)
Individual therapy
EMDR
Only accepts private insurance

RESTORING HOPE TELEHEALTH

219-801-6453
Individual/couple/family therapy
DBT, CBT, trauma-informed care,
Accepts most private insurance
Telehealth Only

RUBY SLIPPERS COUNSELING

219-961-3973
601 Lincolnway, Ste 2W
Valparaiso, IN 46383
Individual/family therapy
Play therapy, trauma-focused
Only accepts Anthem, BCBS, Compsych

SILHAVY PLACE

219-464-1234
505 Silhavy Road, Ste 100
Valparaiso, IN 46383
Individual therapy
EMDR
Accepts most private insurance and Medicare/sliding fee scale
Telehealth available

VALPARAISO PSYCHOTHERAPY ASSOCIATES

219-641-3027
253 Indiana Avenue, 1st Floor Rear
Valparaiso, IN 46383
Individual/couple/family therapy
RRT, DBT
Accepts most private insurance

YC THERAPY SERVICES

219-286-3907 (Valparaiso)
1150 Eastporte Centre Dr
Valparaiso, IN 46383
*also has an office in Crown Point
Individual counseling (all ages)
Play therapy, parenting and co-parenting, child behavioral issues
Accepts insurance, Medicaid, EAPs
Sliding fee scale