Juneau Community Counselors and Therapists

• **Tamar Boyd, Ph.D., Counselor**

  **Address:** Wellspring Integrative Medical Center, 2231 Jordan Ave.
  **Phone:** (907) 789-1812
  **Fax:** (907) 789-7168
  **Email:** wellspring@alaska.net
  **Website:** [http://www.wellspringak.com/](http://www.wellspringak.com/)
  **Serves:** individuals, couples, and families.
  **Specialties:** Positive Psychology, Motivation, and Mindfulness.
  **Modalities & Training:** Self-Determination and Personal growth Initiative.
  **Insurance & Payment Details:** Aetna insurance and self-pay.
  **Comments:** As a Doctorate of Psychology, Tamar's area of expertise is Self-Determination and Personal Growth Initiative, with specialized knowledge in Motivation, Mindfulness, Women's Psychology, and Life-Span Transitions. Applying her expertise, she introduces clients to interventions and methodologies proven to elevate one's daily life experience and assist in maneuvering life's challenges and changes. (Updated 2/17)

• **Mary Fitzgerald, MS, LPC**

  **Address:** 174 South Franklin St. Ste 211, Juneau, Alaska 99801
  **Phone:** (907) 419-7048
  **Fax:** (855) 755-3458
  **Email:** deeperlightpsychotherapy@gmail.com
  **Serves:** Teens, adults, and couples.
  **Specialties:** PTSD, Anxiety, Depression, Sexual Abuse, Addiction, Couples Counseling, and Transitions.
  **Modalities and Training:** Shame resilience, Mindfulness, CBT and Vulnerability.
  **Insurance and Payment Details:** I accept Blue Cross/Blue Shield. I regret that I do not process other insurance. I am pleased to provide detailed receipts and claim forms that meet the requirements of insurance companies for the purpose of reimbursement. Timely submission of receipts and claims will generally provide reimbursement to the client. Currently, payment is received by cash, check, or credit card.
  **Comments:**
  (Updated 01/17)

• **Virginia B. Hayes LCSW, CDCII**

  **Address:** 301 East Third St., Juneau, AK 99801
  **Phone:** 907-586-2354 – this has a confidential voice mail
  **Serves:** Adults, couples, and families. I will consider an adolescent on a case by case basis.
Skills and training: Cognitive Behavioral Therapy, insight oriented psychotherapy, sex therapy, substance abuse and dependence, Integrated Behavioral Health Assessments, ASAM evaluations. I address depression, anxiety disorders, PTSD, trauma, divorce, co-parenting, personal growth, loss, and co-dependency.

Substance abuse services: Yes.

Accept or bill insurance: No. Payment is expected at the time of the session, although you will be given a receipt to get insurance reimbursement.

(Updated 01/16)

• Dixie A. Hood, LMFT

Address: 222 Seward St., Suite 210, Juneau, AK 99801
Phone: (907) 586-2200
Email: dixalaska@aol.com
Serves: Children (Ages 6 to 12); Adolescents (Ages 13 to 18); Adults (19 years and older); Family Therapy; Parenting Skills; Elderly; (Also, persons with disabilities, Alaska Natives, and members of the Filipino Community.)

Clinical Skills/Training: Play Therapy; ADHD; Behavior Therapy; Cognitive Therapy; Dream work; Depression/Mood Disorders; Anxiety/Phobias/OCD; Grief and Loss; Trauma and/or PTSD; Eating Disorders; Addiction Recovery; Co-dependency Issues; Motivational

Substance Abuse services? Yes.

Accept or bill insurance: Yes.

Other comments: I provide beyond standard counseling with individuals, families and couples. My clinical training and experience of over 30 years includes in-patient and out-patient alcohol treatment programs, work in a crisis service, transitional therapy for chronic schizophrenia, developing the substance abuse treatment program for inmates at the Lemon Creek Correctional Center, counseling victims of domestic violence, co-facilitating men’s anger management group, developing suicide action plans, and providing Critical Incident Stress Debriefing in Juneau and other communities in SE AK. I am a Certified Family Mediator for the Alaska Courts. I treat eating disorders, employ therapeutic hypnosis, counsel veterans and their families, counsel HIV and AIDS patients and perform adoption home studies. I am certified to perform therapeutic hypnosis. As a founding member of Parents, Families and Friends of Lesbians and Gays (PFLAG), Juneau Chapter, I have counseled gay and questioning youth. I am willing to negotiate a sliding fee scale to work with these clients.

(Updated 01/16)

• Kelley Huse, MSW, LCSW

Address: 419 Sixth Street Suite 334 Juneau
Phone: 907-523-7757
Fax: 907-523-7756
Email: kelleyhuse@gmail.com
Website: N/A
Serves: individual adults.
Specialties: mindfulness training, depression, anxiety, relationship issues, life transitions, grief and loss, personal growth and healing.

Modalities and Training: insight-oriented and cognitive-behavioral. Internal Family Systems, sex
addiction, neuro-psychology, communication, mindfulness applications for anxiety, depression, relationships, eating, addictive behaviors, personal growth and healing.

**Insurance and Payment Details:** I bill insurance plans and Employee Assistance Plans and am a preferred provider for most local plans.

**Comments:** weekday hours around noon and late afternoon/early evening.
(Updated 1/17)

- Brendan Kiernan, Psy. D.

**Address:** Office: 9000 Glacier Highway, Suite 205, Juneau, AK 99801.
Mail: P.O. Box 32957, Juneau, AK 99803)
**Phone:** (907) 586-4266
**Fax:** N/A
**Email:** bkiernan1974@gmail.com
**Website:** N/A

**Serves:** Adults, Couples, Families, Teens. In addition, I also work with Children that have a pre-existing diagnosis—i.e. ADHD, Depression, Autism.

**Specialties:** Clinical diagnosis and treatment of mental health disorders, including but not limited to: Depressive Disorders; Bi-Polar and Related Disorders; Anxiety/Phobias/Adjustment Disorders; Obsessive-Compulsive and Related Disorders; Substance-related and Addiction—particularly aftercare; Neuro-developmental Disorders including but not limited to Autism and ADHD; Disruptive, Impulse-control and Conduct Disorders; Elimination Disorders; Sexual Dysfunctions; Schizophrenia spectrum and other Psychotic Disorders; Grief and Loss; Trauma—including PTSD; Eating Disorders; Co-dependency Issues; Marriage and Couples Therapy; Parent-Teen and/or Child conflict.

**Modalities and Training:** Psychodynamic, Cognitive-Behavior and Behavior Therapy, Marriage and Couples Therapy, Experiential and Gestalt Therapy, Psychodrama, Family Systems Therapy, Recovery from childhood trauma, Dysfunctional family-of origin, Co-dependency issues, Rage reduction and anger management, 12 step-work and aftercare, Group Therapy; Marriage Therapy, Parenting Skills, Conflict-resolution.

**Insurance and Payment Details:** Currently clients pay at time of service. All diagnostic and mental health codes are provided by Dr. Kiernan to his clients at time of service in order for them to submit to their insurance company. Dr. Kiernan is currently in the application process to become in network with Premera BC/BS and Aetna.

**Comments:** I provide comprehensive clinical therapeutic services and encourage the communication and co-ordination of these services with other medical/health care providers to enhance the client’s progress in treatment (i.e. relevant psychiatrists, physicians, mental health clinicians, and/or mental health agencies). During my doctoral internship I had the wonderful opportunity to live and work at Onsite, and received direct clinical training from Sharon Wegscheider-Crusie, founder of Onsite and ACOA [http://www.sharonwcruse.com/].
(Updated 12/16)
• **Katie Kowalchuk, MS, LPC**

*Kowalchuk Counseling, LLC*

**Address:** 419 6th Street, Suite 323, Juneau, AK 99801  
**Phone:** (907) 419-7734  
**Email:** kowalchukcounseling@gmail.com  
**Serves:** Ages 16 and older, individuals, and couples.

**Specialties:** I believe we all have sources of resilience within us and believe it’s my role to help you recognize in yourself what may have become buried by the debris of life’s storms. I work with many issues, including anxiety, depression, eating disorders, GBLT issues, grief and loss, family and relationship issues, life transitions, personal growth, and trauma. Treatment approaches vary, but often include mindfulness, EMDR, Somatic Experiencing, DBT skills, and CBT techniques.

**Payment:** Sessions are typically 60 minutes and $115. I am an in-network provider for Blue Cross and Aetna, as well as several EAP programs. I accept cash, check, or credit card at the time of the service for co-pays. I can provide a receipt of service to submit for insurance reimbursement for individuals who have other insurance coverage.

**Additional Comments:** For more information about me, please visit my profile on Psychology Today.  
(Updated 01/16)

• **Tom McCabe, MA, LPC**

**Address:** Office: 319 Seward Street Suite 3, Juneau AK 99801  
Mail: PO Box 23284, Juneau, AK 99802  
**Phone:** 907-209-6336  
**Fax:** 888-972-1911  
**Email:** tom@alaskapsychotherapy.com  
**Website:** http://alaskapsychotherapy.com

**Serves:** adults, couples, and teens (age 16 and up).

**Specialties:** anxiety, depression, anger, relationship issues, codependency, career/school.

**Modalities and Training:** Mindfulness, Acceptance and Commitment Therapy (ACT), CBT, solution-focused brief therapy, attachment-oriented psychodynamics.

**Insurance and Payment Details:** Clients pay by cash, check or credit card at time of service. Reimbursable by insurance (clients file claims).

**Comments:** I focus on developing strengths and maintaining confidentiality. Weekday, weekend and evening hours are available.  
(Updated 01/17)

• **Ann Turner Olson, LCSW**

**Counselor/Therapist:** Ann Turner Olson, LCSW  
**Address:** 9000 Glacier Hwy, Suite 304, Juneau, AK 99801 (Mail: P.O. Box 240081, Douglas, AK 99824)  
**Phone:** (907) 790-1090 or (907) 723-5219 cell and text  
**Email:** ann_turnerolson@yahoo.com  
**Serves:** Individuals, Adults 18 years and older and some adolescents; Older adults; GLBT; Couples and relationship counseling; Elder and family care issues.

**Specialties:** Trauma (EMDR); Anxiety, depression, mood disorders; Stress and anger management; Communication/relationship skills; Grief/loss, personal growth and life transitions; Elder and family care
and family of origin issues; Adoption home-studies; Family Mediation.

**Clinical Skills/Training:** EMDR: treating trauma based problems; Couples therapy; Cognitive Behavioral Therapy; Psychodynamic approaches; Narrative Therapy; Personality disorders; Depression/Mood Disorders; Anxiety; Co-dependency issues, but not with substance abuse as primary problem; Motivational Interviewing

**Substance Abuse services?** I work with co-dependency issues, but not with substance abuse as the primary problem

**Accept or bill insurance:** I bill Aetna, Premera BC BS, Tri Care and most insurance companies. Co-insurance payment due at time of services.

**Other comments:** Hours: by appointment. I am a EAP (employee assistance program) provider for State, CBJ, Federal and other employers.

(Updated 4/15)

- **Larry Olson, LPC, CDCl, MAC**

  **Address:** 9000 Glacier Hwy, Suite 204 Juneau, AK 99801  
  **Phone:** (907) 321-5104  
  **Fax:** 790-9655  
  **Email:** larryo@ptialaska.net

- **Sherry Olson, LCSW**

  **Address:** 9000 Glacier Hwy, Suite 204 Juneau, AK 99801  
  **Phone:** (907) 790-9600  
  **Serves:** Children (5 years and younger); Children (Ages 6 to 12); Adolescents (Ages 13 to 18); Adults (19 years and older); Family Therapy; Parenting Skills; Elderly

- **Magil Prat, PhD LPC**

  **Address:** 9000 Glacier Hwy, Suite 306, Juneau, AK 99801  
  **Phone:** (907) 789-1988 (office), (907) 957-2123 (cell)
Email: magil_pratt@hotmail.com
Serves: Children (if trauma related), Adolescents (Ages 13 to 18), Adults (19 years and older)
Clinical Skills/Training: Somatic Experiencing, Energy work, Neuro Emotional Technique (NET), Emotional Freedom Technique (EFT), and Insight oriented therapy.
Substance abuse services: No.
Accept or bill insurance: Yes.
Other comments: I work with various issues, including trauma, grief, loss, depression, anxiety, stress, adjusting to changes in life, and personal growth. I am a preferred provider for many insurance companies and some EAP programs. Hours are by appointment, mostly evenings.
(Updated 01/16)

• Sondra Sexton-Jones MS, CDCI, LPC

Address: 2241 Jordan Ave., Juneau, AK 99801
Phone: (907) 586-3313
Email: texasgrl@gci.net
Serves: Children (Ages 6 to 12); Adolescents (Ages 13 to 18); Adults (19 years and older); Family Therapy; Parenting Skills
Clinical Skills/Training: Play Therapy; ADHD; Behavior Therapy; Cognitive Therapy; Depression/Mood Disorders; Anxiety/Phobias/OCD; Grief and Loss; Trauma and/or PTSD; Co-dependency Issues
Substance Abuse services? Yes
Accept or bill insurance: Accept most insurances. Does not accept Medicaid or Medicare.
Other comments: Extensive experience in trauma/grief therapy.
(Updated 01/16)

• Margie Thomson, MSW, LCSW

Koru Counseling
Mailing Address: P.O. Box 20694, Juneau, AK 99802
Phone: (907) 723-9574
Email: korucounseling@gmail.com
Serves: Adults, Couples therapy
Clinical Skills/Training: Behavioral Therapy, Cognitive Therapy, Depression/Mood Disorders, Anxiety/Phobias/OCD, Gender Identity and LGBTQ issues, Grief and Loss, Trauma, PTSD, Mindfulness-Based approaches, Parenting and Family of Origin issues.
Substance Abuse services: Yes
Accept or bill insurance: I am a preferred provider with ComPsych (EAP.) Otherwise, clients pay by cash, check or credit card at the time of service. I am happy to provide an invoice for clients to submit to their insurance company.
Other comments: Hours by appointment, some evenings and Saturday hours. Specializes in working with individuals, couples or families on depression, anxiety, grief and loss, trauma, PTSD, gender identity and LGBTQ issues, ADHD, Autism Spectrum, Traumatic Brain Injury and people who experience learning or cognitive disabilities.
(Updated 01/16)
• Colleen Torrence, LPC

Address: 2241 Jordan Ave. Juneau, AK 99801
Phone: (907) 789-9212
Email:ctorrence@gci.net, colleen.torrence@icloud.com
Serves: Children (Ages 5 to 12); Adolescents (Ages 13 to 18); Adults (19 years and older); Individual Therapy; Family Therapy; Parenting Skills; Elderly
Clinical Skills/Training: Play Therapy; ADHD; Behavior Therapy; CBT; Cognitive Therapy (including DBT); Psychoanalytic approach; Family Systems; Depression/Mood Disorders; Reactive Attachment; Anxiety/Phobias/OCD; Grief and Loss; Abuse; Trauma and/or PTSD; Eating Disorders; Co-dependency issues; Motivational Interviewing; Solution-Focused; Client-Centered; Life Coach; FASD; Reality Therapy; Somatic Experiencing Techniques.
Substance Abuse services? No
Accept or bill insurance: Yes
Other comments: Hours: Tuesday through Friday/Mornings, Afternoons, and Evenings; Most Saturdays; Sunday & Monday for Emergency only. Magellan, ComPsych, and other EAP’s, preferred provider with most major insurance networks, accepts and bills insurance. Provide individual & family therapy for mood disorders, grief and loss, sexual and other abuse, trauma, reactive attachment disorder, ADHD, divorce, blended families, parent-child relational issues, anxiety disorders, adjustment disorders, personality disorders, factitious disorders, autism spectrum disorders, Asperger’s, FASD, and eating disorders; treat substance-related disorders as secondary diagnosis; work with severely emotionally disturbed children and their families; provide visit supervision, case coordination, and court testimony services as determined; primary clients served are children, adolescents, and adults individuals, families, and couples, ages 5-75.
(Updated 01/16)

• Pam Baker-Williams, LCSW

Mailing Address: P.O. Box 23087, Juneau AK 99802
Physical Address: 2770 Sherwood Lane, Suite 2B, Juneau, AK 99801
Phone: 907-586-4600
Fax: 907-586-4604
Serves: Children (Ages 6 to 12); Adolescents (Ages 13 to 18); Adults (19 years and older); Family Therapy; Parenting Skills
Substance Abuse services? Yes
Accept or bill insurance: Yes, Preferred provider with Premera Blue Cross.
Other comments: Range of problems including but not limited to depression, anxiety, grief, trauma, domestic violence, sexual abuse, child-parent attachment, divorce, adjustment disorder, and drug and alcohol as a secondary issues. I provide Neuro Emotional Techniques (NET), DBT.
(Updated 01/16)

• Susan Wylie, LPC

Address: Jordan Creek Center, 8800 Suite 224 1/2
Phone: 907-209-3976
Serves: Adults (18 years and older); Elderly
Clinical Skills/Training: Advanced Trauma Treatment and EMDR; ADHD; Cognitive Behavior Therapy;
Family issues and parenting skills; Dream work; Depression/Mood Disorders; Anxiety/Phobias/OCD; Grief and Loss; Co-dependency/ACOA Issues; Life Transition issues.

**Substance Abuse services?** Yes (Post recovery and codependency)

**Other comments:** I accept payment at time of service and provide a bill for the client to submit to their insurance company. I fill out required pre-authorization forms needed for insurance to approve treatment. I am on some EAP provider lists.  
(Updated 01/16)