

Santa Rosa-Area (And Points North) Transgender-Affirming Psychotherapists and Psychiatrists

Last updated 11/01/2023.

This list was created and is updated as a service to the gender expansive community. Feel free to print, email or otherwise reproduce and disseminate this list. Acronyms are spelled out at the end of the list.

These therapists' experience with trans people/gender concerns varies widely so please note their level of experience and choose according to your need. Ask the therapist questions before you meet with them! Let Kris Spangler (listed below) know if you have feedback or recommendations regarding therapists with whom you interact. Kris doesn't endorse these therapists.

Patrick Armstrong, LMFT (he/him) (LMFT52956) Sonoma Family Therapy, Inc.
2230 Professional Dr., Ste A, Santa Rosa 707-483-9061 ext. 5 or 707-303-0638
www.sonomafamilyinc.com, Patrick@SonomaFamilyInc.com

Offering in-person and video teletherapy appointments. Extensive personal and professional experience on LGBTQ+ and Transgender issues. Has worked with the LGBTQ+ community providing a variety of peer and social services since 1983 and has worked as a therapist since 2007. Assists with navigating gender transitioning including preparing for hormone replacement therapy (HRT) and surgery. Helps clients work with life expression, nonconformity. Strengths-based feminist and sex positive view and utilizes cognitive and behavioral therapies as needed. Works with adolescents, teens, adults, and elders (65+). Works with individuals and couples. Accepts private pay and Caredon Health Strategies (MediCal).

Cathy Beardsley, MFT (MFC82422) 850 Third Street, Santa Rosa 707-326-6476
cathy@cathybeardsleycounseling.com, <http://www.cathybeardsleycounseling.com>

Experienced working with transgender individuals and couples. Other specializations: working with LGBT community; PTSD and trauma resolution, especially sexual assault; chemical dependency. Works collaboratively, feminist approach. Accessible office. Accepts Beacon insurance and Mutual of Omaha EAP. Sliding scale.

Melle Browning, LMFT (he/him/his) (LMFT 115804), 222 Weller Street, Suite 208, Petaluma 94952 and 2 Padre Parkway, Suite 100, Rohnert Park (707) 200-4968
www.mellebrowningtherapy.com

Offering in person and telehealth appointments. Experience and focus working with LGBTQI and gender diverse individuals and their families. Provides training to mental health and other professionals in working with LGBTQI and gender diverse populations. Attachment and trauma focused, sex positive, feminist and anti-oppression/social justice lens, utilizing multiple orientations and modalities such as TF-CBT, CBT, DBT, relational, somatic, mindfulness, EFT and EMDR. Providing individual and couples therapy for ages children/preteens (7-12), teens and adults for issues such as trauma, anxiety, life transitions, depression and relationships. Accepts Cigna insurance, California Victims Compensation funds, private pay and has limited spots offering sliding scale. Will provide superbills/receipts for clients to utilize out of network benefits (check with insurance regarding reimbursement possibilities). Offices are accessible and gender neutral restrooms available.

Shanna Butler, Ph.D., Licensed Clinical Psychologist (she/her) (PSY30819)

7765 Healdsburg Ave, #14 Sebastopol CA 95472 707-634-

7793 sbutlerphd@gmail.com www.shannabutler.com

Offers depth and somatic oriented psychotherapy for adults, couples, and youth.

Extensive immersion in the rich traditions of feminism, multiculturalism and social justice. Identifies as queer and has 15 years of professional experience working within the LGBTQ community. Specific expertise includes supporting trans* and non-binary adults and youth, significant others, and family members in the exploration and integration of gender and sexual identities. Additional areas of emphasis include trauma recovery and integration, addictions, relational issues, sexuality, and spiritual/creative development, Ketamine Assisted Psychotherapy, and psychedelic integration. Body positive, kink and poly affirming. Maintains an active research program exploring gender embodiment and gender expressions. Office accessible.

Lesley Cantor, MFT (she/her) (MFC49867) 7765 Healdsburg Avenue, Suite 17, Sebastopol

(707) 681-1991 lesleycantor@comcast.net

Works with individuals, couples and families with children/adolescents. Longtime personal and professional commitment to the health and happiness of the LGBTQ community. “When you need support around gender, transition, accessing resources and navigating a new identity, together -- I can help.” Extensive training in anxiety and panic disorders; trauma and PTSD. Trained in EMDR, EFT, CBT. Accepts Aetna, Beacon, Magellen and Partnership; willing to provide “superbill” for out of network insurances. Some evening appointments available. Member of RECAMFT and CAMFT. Office accessible. Free 30 minute phone or in-person consultation.

Caitlin Casey, ASW (she/her) (#100155), supervised by Jill Rees, PhD (PSY23030)

Quest Family Therapy (707) 243-3914

Santa Rosa office and telehealth.

info@questfamilies.com, www.questfamilytherapy.com

Registered Associate Social Worker, working towards licensure. Approach is rooted in social justice and equity and supporting the LGBTQ+ community. Gender and neurodivergence affirming, strengths-based and systems focused. Personal experiences with adoption, developmental trauma, parenting, neurodiversity, and challenging behavior in young children brings her a deeper understanding of her clients’ experiences and needs. Works with children and teens. Believes that individuals are not only the experts of their own experience, but that they can be trusted to know what they need to feel safe and comfortable. Advocates passionately with autistic and other neurodivergent folks in both her professional and personal life, and is experienced in navigating the special education system, both as a parent and as a professional. Caitlin is willing to do single case agreements with insurance companies, accepts Kaiser through preauthorized SCAs, and private pay with superbills.

Sara Champie, LCSW (she/her) (87702) 435 Petaluma Ave, Ste. 140, Sebastopol (707) 861-0577

www.sarachampielcsw.com

Offers individual therapy for older teens (15+) and adults. Currently a Therapist in Training in the Neuro Affective Relational Model (NARM). NARM is a cutting-edge model for addressing **attachment, relational and developmental trauma** by working with patterns that cause life-long psychobiological symptoms and interpersonal difficulties. Excited to bring this information to the LGBTQ+ community. Theoretical orientation as a therapist is trauma informed and somatically focused, based in Feminist, Relational, and Humanistic approaches. Offers a compassionate and non-judgemental space for clients to explore what is true for them. Experienced in providing support for those who are questioning an identity that no longer fits, working through pieces of internalized oppression, working on coming out to their community, experiencing relationship challenges that do not fit cis-gendered, heteronormative standards, considering or actively transitioning, etc. Queer identified. Accepts both Medi-Cal and Medicare.

Erin Clinton, LMFT (she/her) (LMFT 119118) (707) 889-0257

ErinClintonLMFT@gmail.com

www.psychologytoday.com

R. B/T Craig, LPCC (they/them) (4505) 213 W. Perkins St. Ukiah, CA 707-244-1938

<https://www.norcalruraltherapy.com/>, rbtcraig@norcalruraltherapy.com

B/T provides psychotherapy to adults and older teens for anxiety, depression, and trauma recovery. Support people through life and gender transitions, coping with invisible disability, exploring gender or sexuality (including kink & polyamory). Available for coaching or consultation regarding gender transition. B/T is queer, transgender, and gender non-conforming with over 15 years of experience as a sex positive sexuality educator. Familiar with the challenges of being LGBTQ in a rural area, having grown up in Sonoma County and working as a counselor in Ukiah since 2013. Eclectic style that includes somatic, cognitive, narrative, and behavioral approaches informed by feminist and queer perspectives. Use processes from Narrative Therapy, Eye-Movement Desensitization and Reprocessing (EMDR) Therapy, Dialectical Behavioral Therapy (DBT), Mindfulness-Based Cognitive Therapy (MBCT), and Expressive Arts Therapy. B/T can provide you with a receipt for insurance reimbursement and will be accepting Medi-Cal by April 2020. Office up one flight of stairs. Also sees clients at Redwood Community Services Stepping Stones (accessible office) and provides online appointments.

Molly DeBrock, LMFT (she/her/they/them) (LMFT #139268, LPCC #14296)

621 Cherry Street, #2, Santa Rosa, CA

mollydebrock.therapy@gmail.com www.mollydebrock.com

Specializes in depth, psychodynamic, somatic, and mindfulness approaches that include feminist and multicultural framing to understand systems of oppression. Focus on attachment styles, trauma healing, building self-esteem and healthy relationships. Offers therapy to individuals, from young adults on up. Compassionate, collaborative, non-judgmental space to explore identity and what steps feel right for the individual. Understands components of social and medical transition, coming out to different groups, and processing lifestyle changes. Works

with understanding intersectionality, and how to form a more integrated, authentic sense of self. Background in gender and sexuality issues. Body positive, kink and poly affirming. Long history of being an ally and member of queer community. No insurance taken, some sliding scale spots available. Office not wheelchair accessible and on a bus line. In-person and telehealth options available.

Joey Downey, LMFT (he/him) (MFC41874) 558 B Street, Santa Rosa (707) 329-3226
joey@joeydowneylmft.com www.JoeyDowneyLMFT.com

Provides psychotherapy with older teens and adults. LGBTQIA and gender expansive affirming therapy. Experience includes work in SF with gay/trans methamphetamine abusing adults in harm reduction program – The Stonewall Project and the UCSF Center for AIDS Prevention Studies. Areas of interest include working with Complex PTSD - survivors of sexual abuse and trauma; Depression and Anxiety Disorders. Utilizing Person-Centered, Narrative and collaborative process that pulls from many orientations and mindfulness practices. In addition to private practice, currently works for Sonoma County Crisis Stabilization Unit. Participates in monthly trans therapy consultation group. Full fee: \$130. Accepts Partnership Health Plan (Medi-Cal) and Value Options insurance. Superbill available for Out of Network provider therapy.

Rachel Gardner, Psy.D. (she/her) (PSY33068) Clinical Psychologist, Santa Rosa
707-806-8731. drachelmg@gmail.com

Rachel has extensive experience working with the LGBTQ+ community, including gender exploration and transition, sexuality, and PLWHA. She provides psychotherapy to adults coping with depression, anxiety, trauma, grief, internalized oppression, chronic illness, aging. Psychodynamic, Somatic, Depth, spiritual, and mindfulness-based approaches. Accepts Medi-Cal (Partnership HealthPlan) and Medicare. In-person and telehealth sessions. Queer-identified.

Shawn V. Giammattei, PhD (he/him) (PSY22570)

Offices in Santa Rosa and San Francisco

(707) 243-3914 info@questfamilies.com, www.questfamilytherapy.com

A WPATH Certified Gender Specialist and Mentor with over 20 years of experience working with transgender and gender expansive individuals, couples and families across the lifespan using an integrative, collaborative and attachment-centered approach. Specializing in family therapy (esp. with trans youth), couples counseling, parent training as well as individual counseling. Extensive training in Narrative, Mindfulness, EMDR, Emotion-Focused, Gottman Method (Level II), CBT and DBT models of treatment. Has also worked extensively with addictions, eating disorders, anxiety disorders, trauma, sexual identity issues, mixed-orientation marriages, polyamory/kink, and transition to parenthood. Educator and researcher in the field of LGBT mental health and teaches graduate students and community agencies to deliver culturally competent care to the LGBTQ community. Santa Rosa office is accessible. Willing to do single case agreements with insurance companies, accepts private pay with superbills and accepts Kaiser through preauthorized SCAs.

Constance Gibson, LMFT 131974 (they/them) Telehealth only. Phone/text: 707.583.9287
www.ConstanceGMFT.com, [Email: ConstanceGMFT@gmail.com](mailto:ConstanceGMFT@gmail.com)

Offers trans* and LGBTQIA and gender expansive affirming therapy for kids & teens (3-18) and adults in various stages of gender exploration and transition. Supports clients in gender exploration, transition care and empowerment, and family of origin communication and/or repair. Works with parents of young gender non-conforming children/teens to develop increased knowledge, compassion, and empowerment for supporting their child through development. Additionally works with LGBTQIA+, non-traditional, polyamorous, and kinky couples. Constance is somatic (body) oriented, trauma informed, body positive, sex-positive, and strengths based. They work from intersectional, community, and client centered lenses. AASECT sex therapy certified, SF Sex Information (SFSI)-trained, experienced with addiction and recovery. Offering EMDR June 2020. Insurance: Beacon/Medi-Cal insurance *in progress*; provides super bills for reimbursement; Member of RECAMFT; the World Professional Association for Transgender Health (WPATH); CAMFT and Gaylesta. Office wheelchair accessible with elevator.

Diane Gleim, LMFT, CST, CST-S (she/her) (MFT44429) 320 10th Street, Suite 302, Santa Rosa 707-535-9650

inquiries@dianegleim.com, www.dianegleim.com

An experienced and sex-positive Licensed Marriage and Family Therapist and the first AASECT Certified Sex Therapist in Sonoma County. Helps clients with sexual identity, sexual expression, and sexual relationship issues. Works with individuals and couples ages 18-80 and beyond and has extensive training and experience working with the LGBTQ+ community. Has supported people through their transition (HRT, gender confirmation surgeries) as well as navigating life, love, and sexual relationships afterwards. Style is warm, accepting, depth-oriented, and strengths-based. Also trains other therapists regarding human sexuality issues in psychotherapy. Supervisor-in-Training for AASECT certification as a Certified Sex Therapist Supervisor and writes a blog on Psychology Today's website, *Underneath the Sheets*. For three years has been voted Best Sex Therapist in Sonoma County by the readers of the North Bay Bohemian. Office is ADA accessible. Please see website for insurance and fee questions.

Claudia Haskel, LMFT (she/her/hers) (#83224) 930 Mendocino Avenue, Suite 205, Santa Rosa CA 95401; 707-595-0049

Claudiahaskel@gmail.com, www.claudiahaskel.com.

Queer identified Gender Specialist works with clients age 12 and up. Provides Emotionally Focused Couples Therapy with one or both partners identifying as trans or gender diverse. Sex positive, LGBT affirmative, kink and poly aware seasoned psychotherapist. If you need letters for gender confirming surgery or hormones, will provide you with a reasonably affordable clinical assessment and letter or identify areas of treatment to help you get your letter in a timely manner. Clinical Member of CAMFT, RECAMFT and WPATH. Certifications include LGBT Affirmative Therapist with the American Association of Marriage and Family Therapists. Committed to helping individuals questioning their gender identity, and when they are ready, provides professional support for coming out and transitioning in one's family, life and career.

Doesn't take insurance but will give a superbill for reimbursement as an "out of network" provider.

Bria Howard-Roth, LCSW (she/her) (#65669), Santa Rosa and virtual. 707-536-1045
brialcsw@gmail.com; <https://secure.helloalma.com/providers/bria-howard-roth/>

Child and family therapist working with children ages 0-12 and their families, with in-person appointments in Santa Rosa, as well as virtual appointments in the state of California. Also provides parent/caregiver coaching and support. Has attended trainings through Gender Spectrum and Gender Health Training Institute. Experienced working with LGBTQI+ young people as well as parents and caregivers. A cis white person and a strong LGBTQI+ ally. Provides a warm and supportive space for all types of families. **Fluent in Spanish** and experienced providing child and family therapy in Spanish. Accepts Cigna, Optum, and Aetna insurance. Office is accessible.

Joy Jaco, AMFT (she/hers/they/them) (LMFT 13599)

Sebastopol and Nevada City (707) 666-5170

Telehealth services or Outdoor therapy services provided depending on client needs and location. Identifies as gender fluid/non-conforming. Bilingual **Spanish** speaking. Provides culturally competent therapy and support. Works with individuals, couples/polycules, youth, and families. Works with folx with neurodivergence or identifying to be "on the spectrum" or autistic. Specializes in Expressive Art Therapy including poetry, drama, visual arts, dance/movement, and narrative therapies. Provides play therapy to children 2 and older. Holds an eco-feminist and liberation psychology lens. Works with LGBT+ youth, adults and couples in addressing relationship difficulties and social challenges. Treats complex PTSD, dissociative disorders, suicidality, depression, anxiety, ADHD, borderline personality disorder, and mood disorders. Working on becoming a Medi-Cal provider and offers sliding scale. Some evening and weekend availability.

Tina Kelly, MS, MFT (LMFT 85659) 1144 Sonoma Avenue, Suite 104, Santa Rosa, CA 95405
707 529.5399

www.tinakellymft.com

Has worked with transgender clients in various stages of transitioning, from contemplation through final transitioning and integration, in both private practice and at Lomi Psychotherapy Clinic. Works with individuals age 16 and up, couples and families. Office shared with a trained therapy dog, who often brings great comfort to clients. Accepts Medi-Cal (Partnership Health Plan) and offers a sliding scale. Office has city bus access and ample parking.

Lani Lee, MFT (she/her) (MFC51375) 651 Cherry St. Santa Rosa 707-331-5246

www.LaniLeeMFT.com

Has worked with trans clients ranging from questioning to active transition. Trained in gender and sexuality issues. Lifelong ally to the LBGTQQI community, celebrates diversity in all forms. Non-judgmental, collaborative, deep exploration of self/identity. Sensitive to trans issues such as: moving from a negative/confused to positive self-image, including body image; the effects of oppression (internal and external); effects on development and self-worth of

growing up within a gender binary culture; coming out (family sessions when appropriate); creating a self and self-acceptance based on felt sense experience rather than on image-based expectations. Office accessible.

Sil Machado, Ph.D. & Associates (he/him) (PSY 25053) Santa Rosa 707-529-3021
S.Machado.PhD@gmail.com, www.SilMachadoTherapy.com. Extensive experience working with the queer community since 2000. Sil offers psychotherapy to adults for various issues related to sexuality and gender. Coming from a depth psychotherapy perspective, Sil works with clients to help alleviate suffering through inner transformation. His training includes the following approaches: psychodynamic, Jungian, AEDP, Existential-Humanistic, EMDR, expressive arts, sandplay, mindfulness-based therapies and CBT/DBT. In addition to individual psychotherapy for adults, Sil also offers neurofeedback training to children, adolescents, and adults. Neurofeedback brainwave based biofeedback used to both "turn down the volume" on difficult symptoms (e.g., of PTSD, depression, anxiety, OCD, addiction), as well as address in a more direct manner symptoms of central nervous system dysregulation (e.g., concussive injury/TBI, headaches, chronic pain, fibromyalgia, AD/HD). He tailors his approach to suit each client's unique needs. Sliding scale offered with Sil Machado's experienced associate therapists.

Jessica Malmberg, LMFT (she/her) (LMFT128946) 818 Cherry St., Santa Rosa 707-758-2365
jessica@jessicamalmberg.com. <https://www.psychologytoday.com/us/therapists/jessica-peters-malmberg-santa-rosa-ca/429671>
Specializes in grief and trauma, anxiety and depression. Has experience and joy working with LGBTQI+ individuals, including teens and pre-teens. Has most experience working with trans folks and being a support while navigating identity, helping with family communication, supporting with doctor's visits and communicating with doctors about medications, creating boundaries and working to feel safe and empowered in the world. Works somatically, focusing on breath and body, works with art, with sandtray, with mindfulness, in a client-centered way, finding what works best for each client. Offers Brainspotting for trauma healing. Accepts Partnership Health Plan/Medi-Cal and offers some sliding scale rates for private pay.

Jan Ögren, MFT (pronouns: tey, tem, teir) (MFC 29186) 707-544-7756
JanOWrites@gmail.com, www.JanOgren.net
Specializes in gender exploration, Psychological Shamanism and helping people be their authentic selves. Works through lens of systems: cultural/social/family systems and their effects on individuals including gender and sexual orientation; has trained clinicians on LGBTIQ concerns and polyamory. Offers workshops in Psychological Shamanism, which is the blending of psychological and shamanistic teachings specifically designed for Western Culture. EMDR, Sandtray and art therapy. Individual, couples and family therapy. Is bi-cultural, pansexual and gender queer. Virtual therapy only. Offers sliding scale.

Orren Perlman, MD (Psychiatrist – prescribes medication)
101 H Street, Petaluma 707-523-9423

Judith Peletz, MFT (she/her) (MFC39578) 1144 Sonoma Ave., Suite 117, Santa Rosa

707-526-7720 x315

Experienced working with LGBTQQI individuals of all ages. All are welcome. Specializes in grief and loss, depression, anxiety, self-esteem and personal growth. Accepts most insurance, including Anthem Blue Cross, Blue Shield, CA Victims Assistance, United Behavioral Health and Medi-Cal (Partnership). Offers a sliding scale as needed. Office is accessible. On a city bus line.

Alexis Petrakis, PsyD, Clinical Psychologist (she/her) (PSY27024) (707) 216-1845

Bridge to Bridge Psychotherapy Group, offices in Corte Madera and Petaluma

alexispetrakis@b2bpsychotherapy.com; www.b2bpsychotherapy.com

Experience as a school-based therapist in elementary and high schools, an evaluator for psychodiagnostic assessment, a therapist supervisor and individual and family therapist. Offers individual, family, parent coaching and group-based therapy services. Approach to therapy begins with an attachment, psychodynamic, and relational framework and incorporates behavioral interventions to achieve specific goals. Particular passion for supporting the LGBTQIA community and am a current WPATH member (wpath.org) with training on providing competent therapy for youth and their families as well as young adults as they navigate their gender and identity. Has expertise as a generalist psychologist, working with issues such as anxiety, depression, gender and sexuality, parenting, family relationships, feminist psychology, self-harm, trauma, health psychology and adjustment to life stressors. Feels privileged to share community with all of you. No insurance accepted; offers superbill for reimbursement. Offices on a second story with stairs. In-person and virtual therapy.

Lucas Plumb, PhD (they/them) (PSY24405) 1008 Fifth Street, Santa Rosa; 13 Salem Cove, San Rafael 707-529-3030

drlucasplumb@gmail.com, www.drlucasplumb.com

Experienced in working with transgender clients. Collaborative coaching orientation. Like to work with families to facilitate transitioning. Support identity development, work/career issues, nutrition/health/mindfulness practices and those undergoing hormone therapy. Kink-friendly, celebrating diversity in all forms; also very open to exploring spiritual issues. Santa Rosa office accessible. Many insurances accepted including Medicare....check website for specifics.

Jill Rees, PhD (all pronouns) (PSY23030)

Quest Family Therapy, Sebastopol office and telehealth.

(707) 243-3914 info@questfamilies.com, www.questfamilytherapy.com

Licensed psychologist who has worked with Sonoma County teens, adults, partners, and families for over 20 years. With her collaborative and playful approach, Jill supports people to live more authentic lives. Jill's work is strongly rooted in attachment theory, depth psychology, mindfulness, and somatic practices. Trained in AEDP, EMDR, DBT, and CBT. Very experienced with trans people and their families, partners. Specializes in working with teens and families, especially adoptive and queer families, and young people 10+ and adults who are gender expansive and actively engaged in their gender evolution. This includes provision of assessments and letters of support for medical interventions. Youth and family therapist and Clinical Director at TLC Child & Family Services residential treatment program for over 13 years, and co-founded the Gender Expansive Services Clinic at West County Health Centers.

Nicole “Cole” Rennix, LMFT (they/them) (CA #114057, OR #T1939) 1095 Hilltop Dr. #608, Redding 707-656-3736 www.transpersonalmagic.com colerennix.mft@gmail.com

Non-binary therapist who works with clients across the spectrum (and intersection) of gender diversity, sexual diversity, and neurodiversity. Sex- and sex-worker positive, and kink- and poly-friendly. Provides therapy from a client-centered, strengths-based, social justice framework. Guiding principle is that clients are the experts in their own lives, and therapy should be a safe place for self-exploration and personal growth. Works with clients from tweens to elders, offering individual and partner therapy. Member of: the Psychotherapist Association for Gender and Sexual Diversity (GAYLESTA); the California Association of Marriage and Family Therapists (CAMFT); Open Minds: Psychotherapists Affirming Sexual and Gender Diversity. Private pay; will provide receipts for potential insurance reimbursement upon request. Offers online therapy to residents of California and Oregon.

Rima Roberts, MFT (48165) 7765 Healdsburg Ave Suite 13, Sebastopol 707-634-4778 www.RimaRobertsMFT.com

As a gender specialist, Rima is passionate about bringing competent, effective and accessible care to trans, genderqueer and queer clients. For over fifteen years Rima has been involved both personally and professionally within the LGBTQ community and understands the particular vulnerabilities faced. Expertise working with trans youth and young adults, as well as couples and families. Style is non-judgmental and collaborative, meeting clients where they are at on their healing journey. Also specializes in complex and relational trauma, anxiety and depression, self-esteem, spiritual growth, parenthood, sexuality and intimacy. Accepts Medi-Cal (Partnership), will bill insurance as “out of network” and has a sliding scale. Office accessible.

Sean Rosas, Associate Clinical Social Worker (he/him/his) (#ASW100257)

Supervised by Garet Waterhouse, LCSW, Sonoma Therapy Network
3438B Mendocino Ave, Santa Rosa (707) 387-4525

A gay practitioner with experience working in the LGBTQ+ community, including with gender diverse individuals and people living with HIV-AIDS. Offers therapy on issues around sexuality, depression, anxiety, trauma, grief, and aging. Each person is unique and a person-centered approach is used to work with individual adults and teens for optimal results. Kink-friendly and sex positive. Specializations include harm reduction, substance use, nature-based therapy, and conflict resolution. Currently only accepting self-pay clients. Offering a sliding scale from \$75-\$150. Partnership Health Plan (Medi-Cal) is pending. Offers in-person and telehealth appointments.

Miles Avery Ellis Ruttinger, MFT (they/them) (MFT 133402) (707) 278-6658

705 N State Street #557, Ukiah, CA 95482
maveryellisroot@milesruttinger.com

Transgender nonbinary clinician. Work with a variety of clients but have a focus in working with couples, trans, polyamorous and kinky clients. Also see teenagers (not younger children). Work through a trauma-informed lens using EMDR, Mindfulness and Somatic approaches to support clients in doing deep work to heal attachment wounds and live their best lives. In private

practice via telehealth with clients who are in Mendocino and Sonoma Counties and in the Bay Area, and at Redwood Community Services (RCS) in Mendocino County. Experienced with clients who need a higher level of support due to serious mental health concerns who are also impacted by socio-economic and racial equity barriers. Advocates for clients. Culturally aware and sensitive to inherent dynamics of client/therapist and works to equalize the relationship. Clients know they have a voice and lead in this process. RCS office accessible. No insurance in private practice yet. RCS accepts Medi-Cal and clients from Mendocino, Lake and Humboldt Counties.

Mahrs Schoppman, MFT (he/him/his/they/them/theirs) (MFT#102625) 100 Petaluma Blvd N, Petaluma (510) 270-

0951 mahrs.schoppman@therapywithmahrs.com. www.therapywithmahrs.com

Transgender therapist specializing in somatic and relational psychotherapy. Has worked extensively with queer, transgender, and GNC populations of all ages. Trauma-informed, sex positive, body positive, open to topics around spirituality, and poly/kink affirming. In working with trauma, he strives to utilize an anti-oppression lens and framework to understand what is going on and what is needed with each unique person. Offers EMDR. Is not on any insurance panels. Is able to provide itemized receipts for reimbursement purposes. Office is accessible.

Lynea Seiberlich-Wheeler, LCSW (she/her) (#74702)

West County Health Centers' Russian River Health Center, Guerneville (707) 824-3376 x1132 lseiberlichwheeler@wchealth.org (not for confidential information)

Therapist with West County Health Center's Behavioral Health department. Works with adults and teens. Several years working with LGBT+ people and their community. Co-organizes the annual Translife Community Building conferences since its start in 2008. Provides diagnoses, helps establish readiness for hormone therapy and gender confirming surgery and provides supportive therapy. Specializes in work with community members dealing with homelessness, trauma, depression and/or anxiety, with additional training in Dialectic Behavior Therapy (DBT) and resilience. Can only work with patients of West County Health Centers including the Gender Expansive Services Clinic (in Sebastopol). WCHC accepts most major insurance plans. Office accessible.

Rhonda Shea, MFT (she/her) (MFT 25159) 707-462-0200, rsheamft@sonic.net
<http://recamft.camp9.org/Sys/PublicProfile/4572789/1027250>

Specialty in serving LGBTQI+ clients locally and elsewhere since 1989. Provide support for self-identified high-functioning adults of all expressions - and low-conflict relationships of all varieties - to explore challenges, enhance strengths and increase resilience: to flourish. Particular interest in working at the intersection of aging and diversity. Offer collaborative, interactive style grounded in social justice principles and a spectrum of approaches in response to your uniqueness. Not a gender specialist, but not uneducated or inexperienced either; you won't have to explain the fundamentals. Accept Medi-Cal/Carelon. Will provide invoice for potential reimbursement from other insurances in certain circumstances. Telehealth only.

Kris Spangler, MFT (they/them) (MFT 40841) 536 S. Main St., Sebastopol 707-829-8293

spanglerkris@gmail.com, www.KrisSpanglerMFT.com

Extensive personal and professional experience with gender exploration and transition. Specializing in helping (only) adults with gender identity and expression, as well as sexual orientation/identity, consensual non-monogamy, self-esteem, depression, anxiety, anger, effective communication, relationship difficulties, alternative families and more. Kink-friendly, sex positive. Talk therapy, body-centered therapy, mindfulness instruction. EMDR for processing traumatic experiences. Member, World Profess. Assoc. for Transg. Health (WPATH). Has been a supervisor, trainer/presenter on therapy with LGBTQ+ people, was a long-time Translife Conference/Community committee member. Regularly attends trainings, conferences and consultation group re: gender. Sliding scale, Medi-Cal (Partnership Health Plan/Carelon) and will provide receipts as “out of network” provider for clients to submit to their PPO insurance. Office accessible. In-person and telehealth.

Robin Sweeney, MFT (he/him) (MFC83967) 7765 Healdsburg Avenue, Suite 17, Sebastopol (707) 726-2960 robinsweeney@gmail.com robinsweeneytherapy.com

Goal in therapy is to help clients create awesome lives. As a gender specialist, that can mean everything from working with clients to explore their authentic selves and how to live that in the world, to helping to navigate the challenges of identity transition (including through the insurance maze, with experience providing letters for gender affirming surgeries.) As a queer identified trans man, works from a strengths-based and identity-affirming stance, with a social justice lens. Sex-positive, kink- and polyamory-friendly. Other specialties include helping clients live with chronic pain and illness, manage depression, and figure out how to thrive in a neurotypical world when one isn't. Accepts Beacon, Medi-Cal, Magellan, Kaiser, Victim's Assistance, and will provide receipts as an out of network provider. Sliding scale appointments available, based on financial need. Office is accessible and minimal scent. If appropriate, can also provide video sessions. Free twenty-minute phone, video or in-person consultation.

Mojo Tchudi, APCC (he/him) (APCC14216) Supervisor: Lani Lee LMFT 51375

651 Cherry Street, Santa Rosa; 530-588-0324

mojo@mojohito.com

www.mojohito.com

Sex-positive and gender-affirming. Experienced and enjoy working with queer & trans adolescents and adults and their families. Familiar with WPATH Standards of Care and trained in writing support letters to medical providers. Stengths-based approach focuses on affirming and building on what's working to support mental health and personal growth. Incorporate spirituality and life's purpose into counseling to better understand depression and anxiety. Background in Buddhism and Yoga philosophy. Also offers ketamine-assisted psychotherapy and psychedelic integration. Sessions are \$180 with sliding scale available upon request; no insurance accepted. Meeting in-person in Santa Rosa in accessible clinic and telehealth throughout California.

Willow M. Thorsen, LCSW (she/her) (#27440)

KAISER Rohnert Park, but currently only virtual.

Direct line at **Kaiser** (707) 206-3068

willow.m.thorsen@kp.org (not for confidential information)

Gender Therapist at Kaiser's Behavioral Medicine Services in Santa Rosa, providing gender-affirming care for adults in Sonoma and Marin. Member of the LGBTQ+ Task Force which includes a patient advisory council. Also works at Kaiser's Multi-Specialty Transitions clinic in Oakland. Over a decade working with trans people and their partners and families. Supports people with identity development, issues of transitioning, and supportive therapy. Also provides diagnosis, helps establish readiness for hormone therapy and surgery, facilitates a range of referrals for gender affirming services and care-coordination within Kaiser. In addition, specializes in work with sexual identity and sexual health issues including BDSM/kink and polyamory. On Kaiser Northern California's regional Sexual Health Committee. SF Sex Information (SFSI)-trained. Speaks Spanish. Can ONLY work with Kaiser members who have mental health coverage; cost depends on each individual's Kaiser plan. Office accessible.

Willow's private therapy and coaching practice:

Willowthorsen.lcsw@gmail.org (415) 342-7298 (website in development)

Serving individual adults, including the LGBTQA+, BDSM/kink and polyamory communities, with a range of healing and growth-oriented support to navigate this complex/messy world and live their most authentic and empowered lives. Provides specialties listed above as well as extensive experience with life-transitions, relational issues, mind/body awareness and spirituality/self-development. Overall approach is dialectic, deeply strengths-based/loving trauma-informed, and rooted in Positive Psychology, Liberation Psychology, Feminist Psychology, social justice and mindfulness. Not taking any insurance. Virtual only.

Katharine "Kate" Threlfall, PhD (she/her) (PSB94027575)

Quest Family Therapy, offices in San Francisco & Sonoma County, and in-home.

(707) 243-3914 info@questfamilies.com, www.questfamilytherapy.com

Collaborative and integrative approach, blending evidence-based treatments (such as CBT, DBT, ACT, and EMDR). Supported by international clinical experience working with diverse populations, Kate holds a deep respect for all cultural backgrounds and intersectional identities. Clinical specializations: family systems and couples experiencing conflict and divorce, children and adolescents, working systemically within medical and educational settings, and supporting children and adults healing from trauma. Systems theory lens and social justice orientation. President of the Association of Family Therapists of Northern California (AFTNC) and is an active member of the American Family Therapy Academy (AFTA). Willing to do single case agreements with insurance companies, accepts Kaiser through preauthorized SCAs, and private pay with superbills.

Kaitlin Venema, PhD (she/her), (Lic #31252), Bridge to Bridge Psychotherapy Group, Petaluma and Corte Madera 707-216-1846

kaitlinvenema@b2bpsychotherapy.com b2bpsychotherapy.com

Pediatric Gender Therapist at Bridge to Bridge Psychotherapy Group (private practice) and Kaiser Permanente in Petaluma and San Rafael. Specializes in working with gender diverse children, adolescents, young adults, and their families in exploring gender identity and navigating social and medical transition. Experience with outpatient and inpatient therapy. Greatly enjoys working with the LGBTQ community. Is former lead clinician for Kaiser

Petaluma's Adolescent Intensive Outpatient Program working with adolescents experiencing suicidality and self-harming behaviors. Strives to create a therapeutic space that feels collaborative, nonjudgmental and safe. Therapeutic approach centered in Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy, and trauma-informed practices while being flexible to meet the needs of clients. Aims to help people understand and reflect on their patterns and behaviors while building skillful and effective ways to communicate and to cope with strong emotions. Experience with Autism Spectrum Disorders. Offers in-person and virtual appointments. Corte Madera and Kaiser offices are accessible. Private pay at Bridge to Bridge Psychotherapy Group and Kaiser insurance for members who have mental health coverage.

Annie Vincelette, PsyD (she/her/hers) (PSY28354) 405 Enfrente Road, Suite 220, Novato (707) 385-1681 DrVincelette.com

Background and therapeutic approach centered in relational psychoanalysis. Works with individual adults, couples, teens, and groups. Practice includes working with the LGBTQ+ community and particularly those who are transgender or gender expansive/nonconforming. A primary focus is establishing a safe space to deeply explore and affirm core gender and/or sexual identity and expression, which for some can feel like a continually evolving process. Currently works with those who are in various stages of transitioning and offers consultation to clinicians serving TGNC clients. In 2017, Dr. Vincelette was elected to the executive board of the Redwood Psychological Association, with a personal commitment to bringing TGNC-focused continuing education to North Bay clinicians. Office wheelchair accessible. Accepts Medicare. Sliding scale available.

Garet Waterhouse, LCSW (he/him) (#24560) Sonoma Therapy Network
3438B Mendocino Ave, Santa Rosa, CA 95403 (707) 387-4525
garet@garetwaterhouse.com <https://www.garetwaterhouse.com/>

Individual, couples and family therapy. Has worked with trans clients for 15+ years. Has advocated for trans equality in health clinics. Has written several letters to insurance companies advocating for reassignment surgery. Some awareness of trans concerns and an openness to continue to grow and learn. Working on certifications as an LGBTQIA affirmative therapist, and as a sex therapist. Strengths-based and solution-focused therapy. Cognitive Behavioral Therapy and EMDR, among other modalities. Practice is usually full, but there are occasional openings. Takes most insurance panels, including Partnership Health Plan, Medicare, Beacon Value Options, Magellan, Anthem Blue Cross, Optum, MHN, and Cigna. Some evening and weekend appointments. Extensive experience with Native American and Veteran populations. Office accessible.

APCC= Associate Professional Clinical Counselor, supervised by a licensed therapist
AMFT = Associate Marriage and Family Therapist, supervised by a licensed therapist
EMDR = Eye Movement Desensitization and Reprocessing; technique for resolving trauma (and more)
LCSW = Licensed Clinical Social Worker (a California masters degree level social work/counseling license)

LMFT = Marriage and Family Therapist (a California masters degree level counseling license)

PSY = Psychologist

REAT = Registered Expressive Arts Therapist

WPATH = World Professional Association for Transgender Health

“Office Accessible” = Accessible to people in wheelchairs or with difficulty walking