

Ouray County Community Mental Health Resources

(List compiled from attendees at Ouray Community Mental Health Fair 2024)

Angela Bean, MA, LPCC (Licensed Professional Counselor Candidate)

I am a psychotherapist trained in Ketamine Assisted Psychotherapy (KAP), EMDR, and Internal Family Systems (IFS). These treatments have been proven to be incredibly effective for those suffering from trauma, PTSD, depression, and anxiety. My specialization is in trauma counseling, and I believe understanding our past is crucial for moving forward. As a counselor, I help my clients identify the root causes of their problems and support them in their journey to healing and personal growth. I see adolescents and adults in Ouray, Ridgway and Montrose. I accept most insurances including Medicaid and sliding scale fee basis. Accepting new clients.

Phone: 970-318-8189

Email: counselingconnectcc@gmail.com / Website: counselingconnection.org

Baker Bent, MA, LPCC (Licensed Professional Counselor Candidate)

I am trained in Post Traumatic Growth Somatic Therapy which at its foundation focuses on nervous system regulation. I provide psychotherapy for adults/young adults and couples covering a wide range of psychological and emotional issues. I use existential and somatic mindfulness based approaches to help deepen our sense of authentic self. This tends to create a deeper experience and clarity of purpose, meaning, and connection in our lives promoting a stronger and more resilient self as we navigate the ever changing landscape of life. I help people develop healthy life, relational, and communication skills from the inside out which in turn makes for healthier and more satisfying relationships whether they be intimate, parent-child, business, or friendships. Accepting new clients.

Phone: 719-789-5145

Email: bakerbentcounseling@gmail.com

Audra Duke, MA, LPC, RYT Licensed Professional Counselor

I see individuals and couples. My graduate degree is in Contemplative Psychotherapy. I use mindfulness based and somatic therapies to support clients with grief, trauma, anxiety, depression, substance related copings, relational struggles, belonging and our very humanness, as well as how to live in a world where the systems and culture can feel like a let down. I accept Medicaid, RMHP, Tri-County Behavioral Health Fund, Triad, and VA. Accepting new clients starting November 2024.

Phone: 720-289-3475

Website: Psychology Today

Erin Farrell, MA (she/her). Licensed Professional Counselor Candidate, Certified Hakomi Therapist

Offering mindfulness-based and somatic psychotherapy to individual adults. Working with a broad range of issues including life transitions, identity, grief and loss, anxiety, depression, childhood/developmental trauma, substance use, relationship issues, sexuality, and personal growth. Welcoming clients of all cultural backgrounds, all genders and sexual identities. Not participating with insurance companies. Approved provider with the San Miguel Behavioral Health Fund for clients who live or work in San Miguel County. In person in Ridgway and Montrose and telehealth available. Accepting new clients.

Phone: (720) 600-4638

Email: erin@erinfarrellcounseling.com / Website: Psychology Today

Isabella Geyer, PsyD; Licensed Clinical Psychologist; Licensed Addiction Counselor; Licensed Professional Counselor

Providing individual counseling to adults older than 21 years. Specializing in psychosis, comorbidities, trauma, substance abuse, female empowerment, and mood disorders. Additional languages – Afrikaans and basic understanding of Flemish and Dutch. Accepting Medicaid, Medicare and all major insurances. Located in Ouray and providing **virtual sessions only** at this time (limited availability).

Phone: (970) 318-1599 cell / fax (970) 233-4565

Email: isabella@ouraycounseling.com / Website: www.ouraycounseling.com

Rick Isenberg MD LPC. (he/him/his) Licensed Professional Counselor

Working with adult individuals, couples, and polycules. Sex and relationship therapy with special focus on the LGBTQ+, Kink, and Poly communities. Specializing in trauma, compulsive behaviors, sexual and gender issues, queer issues, infidelity, and men's issues. Trained in EMDR, IFS (Internal Family Systems), and Developmental Couples Therapy. Retired physician (Ob/Gyn). Limited availability, by appointment. Office in Ridgway; also on Zoom. Not participating with insurance companies. Participating with the San Juan County Behavioral Health Plan. Sliding scale available. English speaking. Accepting new clients.

Phone: 520-276-4070

Website: <https://prideprofessionalcounseling.clientsecure.me>

Susannah Smith, PhD

Clinical and forensic psychology; families, children, adolescents and adults. Over 45 years of experience in individual and family therapy as well as parenting plans and mediation. Licensed in California, Colorado, Louisiana, Mississippi, Texas and Virginia. Specialties include trauma and PTSD, family violence, hypnotherapy, child sexual abuse, couples, marital and parenting issues and family systems. Medicare, Tricare, Triwest and Workers Comp in-network. (she, her), English speaking. I will work with people regarding their finances. Limited availability, by appointment through December 2024.

Phone: 970-708-0740

Email: shas14@gmail.com / Email: <https://www.creativeteamconsulting.com/>