

Santa Rosa-Area Transgender-Affirming Psychotherapists

Last updated 9/2/2015

This list is created and updated by Kris Spangler, MFT as a service to the trans community.

Please let Kris know if you would like to recommend any other therapists for this list.

Disclaimer: Kris Spangler does not personally endorse or recommend any therapist on this list. Experience with trans people/concerns varies widely so please note the level of experience and choose according to your needs. You are encouraged to ask questions of potential therapists before you meet with them.

Feel free to print, email or otherwise pass along this list.

Acronyms are spelled out at the end of the list.

Patrick Armstrong, LMFT (MFC52956) Social Advocates for Youth, serving primarily Santa Rosa and surrounding area
parmstrong@saysc.org www.saysc.org 707-303-0638 (confidential cell) 707-544-3299x193 (main ext)
Have worked as a therapist with the LGBT community since 2007. Have worked with LGBT community providing a variety of peer and social services since 1983. Extensive personal and/or professional experience in LGB and Transgender issues. Specialize in the whole web of gender exploration, sexual identity, sexual (polyamory, kink, etc) and life expression, diversity, non-conformity, and HIV/AIDS. Assists with navigating gender transitioning including preparing for Hormone Replacement Therapy (HRT) and surgery. Can consult on cases. Have worked with adults of all ages, including older adults. Have worked with couples transitioning together. Work from a strengths-based feminist view. Help clients build coping strategies and build self-esteem. Member of WPATH. SAY accepts clients ages 5 to 24 on county Medi-Cal and Seneca Wrap Around. I can be reached directly for consultation purposes on your own cases independent of SAY.

Cathy Beardsley, MFT (MFC82422) 850 Third Street, Santa Rosa 707-383-4568
cathy@cathybeardsleycounseling.com 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. No insurance accepted, does take Victim Witness Assistance Program and CPS payment. Sliding scale.

Shanna Butler, MSW, Doctoral Candidate, Psychological Assistant (PSB94021084) 707-634.7793
Supervised by Trudy Vandell, Psy.D PSY22153
sbutlerpsychotherapy@gmail.com www.sonomacountytherapy.com
Offering Jungian-inspired psychotherapy for adults, couples, and youth. Extensive experience working within the LGBTQ community. Specific expertise in supporting transgender, and genderqueer adults, youth, significant others, and family members. Additional areas of emphasis include addictions, trauma, spiritual and creative struggles, and relational issues.

Nicholas DeMara, PhD (PSY11155) 722 Spring St., Santa Rosa 707-568-6542
ndemara@aol.com, www.redwoodpsych.org
More than 20 years working extensively with trans people. Provides diagnosis, helps establish readiness for hormone therapy; works with identity development, issues of transitioning; provides supportive therapy. Specializes in work with LGBT people. Previously on Surgical Board for Sexual Reassignment for Kaiser. Speaks Spanish, Italian. Takes Medicare and Medi-Cal, will bill as "out of network" provider. Offers sliding scale. Office accessible.

Frances Fuchs, PhD (REAT #R018, CCHT #C574) Santa Rosa, downtown 707-578-4322
fsfuchs@sonic.net, www.francesfuchsphd.com
Gender issues, grief/loss, recovery, relationships, anxiety, life transitions.
Client-centered therapy, Expressive Arts therapy, Clinical Hypnosis, works with individuals and couples.
Queer rights advocate, working extensively with GLBTQI clients since 1982. Does not take insurance.
Accessibility: gravel driveway, 3 steps, paver walkway.

Shawn V. Giammattei, PhD (PSY22570) 1549 Pacific Avenue, Santa Rosa 415-722-7134
999 Sutter Street, San Francisco

drshawn@questfamilies.com, <http://www.questfamilytherapy.com>

Over 13 years working with transgender and gender creative 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, 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. Is willing to do single case agreements with insurance companies or provide invoices to be reimbursed as an "out of network" provider. Some sliding scale spots available for those in need.

Judith Goleman, MFT (MFC12516) 171 N. High Street, Sebastopol 707-829-1670

golemanjudith@aol.com, www.judithgolemanmft.com

Specializes in couples counseling. Transgender clients very welcome. "Be who you were born to be." Accessible office. Insurance: Magellan, ComPsych, Interplan, MHN, Pacificare.

Leslie Hansen, MFT (MFC20087) 7 Fourth St, Suite 31, Petaluma 707-483-5153
806 Shady Oak Dr., Santa Rosa

lesliehansenmft@comcast.net

Couples, young adults, individuals, parents of gender non-conforming youth. History of deep involvement with and support of trans community in professional and personal capacities. Questioning folks welcome. Co-organized 1st trans conference in Sonoma County. For more info check out my profile on www.PsychologyToday.com. Insurance: MHN, Magellan, Blue Shield, will bill any PPO insurance. Sliding scale available. Both offices near bus lines. Petaluma office is not accessible; however I will consider home visits for clients in Petaluma, Cotati, Rohnert Park and Santa Rosa.

Claudia Haskel, MFT (MFC83224) 7765 Healdsburg Avenue, Suite 18, Sebastopol 95472 707-595-0049

Claudiahaskel@gmail.com, www.claudiahaskel.com

As a gender specialist, Claudia provides caring and collaborative psychotherapy for adolescents, adults and couples who are transitioned, in the process of transitioning or questioning their gender identity or sexual orientation. Certified LGBT Affirmative Psychotherapist by the American Assoc. of Marriage and Family Therapists. Private practice in Sebastopol. Emotionally Focused Couples Therapy with trans and queer couples and Existential and Mindfulness Based Cognitive Therapy for trauma addiction, anxiety and depression. Help with coming out and transitioning in one's family life and career. Member of RECAMFT; the World Professional Association for Transgender Health (WPATH); CAMFT; and Gaylesta, a LGBTQ Psychotherapy Association. Evening and weekend appointments, reduced fees available. Offices accessible.

Debra J. Kelly, MFT (MFC19530) 114 Sotoyome Street, Santa Rosa 95405 707-569-0459

www.kellycounselingsantarosa.com

Works with view of the whole person – strengths, moving toward wholeness, not "pathology." Supervises interns with low fees. Active in queer community for many years, promoting health of sexual minorities. Works with clients of diverse gender identification. No insurance but will give a bill as an "out of network" provider. Has a sliding scale. Office fully accessible.

Jo Lauer, MFT (MFC25637) 576 B Street, Ste. 1-A, Santa Rosa 707-525-8710

josrca@sonic.net

Over 23 years of experience blending psychodynamic, transpersonal and holistic approaches for individuals and couples in the LGBTQ community. Focus is on quality of life. EMDR certified. Experience with individuals who are transgender (questioning through post-op), their partners, families and children. Sliding scale available, some "out of network provider" insurance accepted, takes Victim Assistance.

Lani Lee, MFT (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-judgemental, 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.

Lisa Lund, CRC, MFT (MFC 33393) Santa Rosa: 707-547-0401 Novato: 415-460-9500

Lisa@LisaLundMFT.com, www.ACouplesWorkshop.com

Certified Gottman Therapist (couples therapy), Certified Rehabilitation Counselor. Specializes in couples counseling, private couples intensives, couples workshops. Inclusive of clients of any sexual or gender identity. No insurance. Both offices accessible (please discuss in advance).

Sil Machado, Ph.D. & Associates (PSY 25053) Santa Rosa, downtown. 707-529-3021

S.Machado.PhD@gmail.com www.SilMachadoTherapy.com. Extensive experience working with the queer community since

2000. Sil works with adults and couples around 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 and couples psychotherapy, Sil also offers High Performance Neurofeedback, a brainwave based biofeedback 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. Most insurances accepted - please see website for specifics. Sliding scale offered with Sil Machado's experienced associate therapists.

Jan Ogren, MFT (MFC29186) 621 Cherry Street, Santa Rosa 707-544-7756

JanOWrites@gmail.com

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. Sandtray and art therapy. Individual, couples and family therapy. Takes most insurance, offers sliding scale. Office accessible with arrangement.

Joanna Pashdag, PhD (PSY20988) OUT OF THE COUNTRY AT THIS TIME

PsychStrategies, 1160 N. Dutton Ave., Suite 220, Santa Rosa 95401 Direct line: 707-303-3239

jpashdagphd@yahoo.com

Many years specializing in working with trans clients and involved at national and international levels in improvement in health services for trans people. Teaches Human Sexuality and more as a university psychology professor. Uses a variety of therapeutic approaches tailored to the client's needs. Kink-friendly; affirmative of all forms of gender nonconformity, including that which does not fall within the traditional gender binary model. Also works with spouses, partners and families of transgender persons. WPATH member. Insurance: Aetna, Anthem Blue Cross, Blue Shield, MHN, Magellan, UBH, Medicare. Office is accessible.

Judith Peletz, MFT (MFC39578) 1144 Sonoma Ave., Suite 117, Santa Rosa 707-526-7720 ext. 315

Experienced working with LGBTQI 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 MediCal (Partnership). Offers a sliding scale as needed. Office is accessible. On a city bus line.

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

drlucasplumb@gmail.com www.drlucasplumb.com

Welcome to my practice. 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. Thankyou.

Jill Rees, PhD (PSY23030) Private Practice: 659 Cherry Street, Santa Rosa 707-861-0405

jillreesphd@gmail.com

Very experienced with trans people and their families, partners. Specializes in working with teens and families, especially adoptive and queer families, LGBT people, couples, and anyone requiring a gender specialist. Now also at West County Health Centers in the Sebastopol and Guerneville Office, where they take MediCal, MediCare and other insurances for those who have established primary health care with West County Health in Sebastopol, Guerneville or Occidental. Call them at 707-824-9999.

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 MediCal (Partnership), will bill insurance as "out of network" and has a sliding scale. Office accessible.

Kris Spangler, MFT (MFC40841) 536 S. Main St., Sebastopol 707-829-8293

krislinkk@earthlink.net, www.KrisSpanglerMFT.com

Extensive personal and professional experience with gender exploration and transition. Celebrating each person's uniqueness. Specializing in helping with gender identity and expression, as well as sexual orientation/identity, polyamory, self-esteem, depression, anxiety, anger, effective communication, alternative families and more. Kink-friendly. Talk therapy, body-centered therapy, mindfulness. EMDR for processing traumatic experiences. Individual adults and couples. Member, WPATH. President of Redwood Empire chapter of Ca. Marriage and Family Therapists Association. Sliding scale, MediCal (Partnership), Victim Compensation and will bill other insurance as "out of network" provider. Office accessible.

Willow M. Thorsen, LCSW (27440) 3554 Roundbarn Blvd., Santa Rosa 707-571-3710

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

Therapist at Kaiser Santa Rosa's Psychiatry Department. Several years working with trans people and their partners and families. Provides diagnosis, helps establish readiness for hormone therapy; works with identity development, issues of transitioning, provides supportive therapy. Specializes in work with Sexual Health Issues. On Kaiser Northern California's regional Sexual Health Committee. Speaks Spanish. Can ONLY work with Kaiser members who have mental health coverage; cost depends on each individual's Kaiser plan. Office accessible.

Kitty Wells, MFT (MFC28169) 411 East St., Healdsburg 707-433-3351

kittywellsmft@gmail.com

Couples work and parenting issues, trauma recovery, dissociative disorders, anxiety, phobias, self-esteem and self-empowerment issues, EMDR, EFT, hypnosis, spiritual exploration including introduction to ho'oponopono. Sliding scale, will bill insurance companies as out of plan provider, accepts MediCal, Victim Assistance, Sutter EAP and CPS referrals. Office not accessible.

CCHT = Certified Clinical Hypnotherapist

EMDR = Eye Movement Desensitization and Reprocessing, a neurologically-based technique for resolving trauma (and more) quickly.

LCSW = Licensed Clinical Social Worker (a California masters degree level social work/counseling license)

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

MFTI = Marriage and Family Therapist Intern, supervised by a licensed MFT

PSY = Psychologist

REAT = Registered Expressive Arts Therapist

WPATH = World Professional Association for Transgender Health