

St. Catherine's Mental Health Referrals: (last update: 9.28.21)

Counseling:

Group Name or Therapist	Contact &/or Website
Lauren Matthews, LICs <i>*Maple Leaf area</i>	Greenlake Therapy Website
Good Intentions Counseling <i>*Maple Leaf area</i>	Good Intentions Website 206-427-4679 info@goodintentionscounseling.com
Jonas Batt, M.A.,LMHC	Cascadia Mindfulness Website jonas@cascadiamindfulness.com
Jennifer Stoakes, M.A., LMHC	Childrens Psychotherapy NW
Calm Counseling Renee Calm, M.A., LFMT	Calm Counseling Website
Momentum Health Psychology Jenny Evans, PhD	Momentum Health Website
Child and Teen Solutions (CATS) Karen Pavlidis, PhD	CATS Website Phone: (206) 926-9901 Email: drpavlidis@childandteensolutions.com
Skills for Life Counseling Sarah Fiskness, LICSW, MSW	Skills for Life Website
Aspiring Youth Gordon Greeves. M.A., LMFTA	gordon.c.greaves@gmail.com 425-223-3286
Mindful Therapy Group	MTG Website
Seattle Family Support Jamie Asaka, MSW, LSWAIC	Seattlefamilysupport.org
Canopy Therapy Jim Dunn, M.A., LMHC	Canopy Therapy Website
Madrona Mental Health Therapy Sarah Burdell	Madrona Website
Arboretum Psychological Services Angela Hungelmann, Ph.D.	Arboretum Psych
Envision Counseling Alison Borgen – Practice Manager	Envision Website
Seattle Children's Hospital Odessa Brown Clinic	Odessa Brown Website Will need a referral from your child's PCP
Tamara Roberts	Tamara Robert's Website
Ryther	Ryther Website
Sound Health Services <i>*Maple Leaf area</i>	Sound Services Website
Beachview Counseling <i>*Maple Leaf Area</i>	https://www.beachviewcounseling.com/

Parent-Child and Family:

- Evidence based treatment center
 - Sound Discipline
 - Positive Discipline approaches through CC's
 - Love and Logic Parenting Classes: [Website](#)

Mental Health Professional Search Engines:

In case you would like to search on your own. Lots of good options all around the Sound!

- [The Shrink Space](#)
- [Psychology Today](#)
- [Find a Therapist](#)

Online/Apps:

Therapy apps can be very helpful, especially as we struggle to find enough providers to match the needs of our kids who need therapy. In-person is typically more fruitful, but these apps can act as a great bridge while you wait for an opening.

- BetterHelp: [Website](#)
- Talkspace: [Website](#)
- Teen Counseling: [Website](#)

Psych Evaluations:

- UW Psychology Department
 - [Website](#)
- Aliisa Breisch, Psy.D.
 - Licensed Clinical Psychologist with Mindful Therapy Group
 - 425-640-7009 x151 phone
 - 425-640-9600 fax
 - www.mindfultherapygroup.com
 - www.facebook.com/MindfulTherapy

- Seattle Children’s Neuropsych Evaluation:
 - [Website](#)
- Sound Psychological Services:
 - [Website](#)
- ABCD, Inc.:
 - [Website](#)
- Washignton Alliance and Advocacy: (for autism, mostly)
 - [Website](#)

Educational Psychologist:

- **Drs. Jennifer Blair & Nora Thomson**
 - 425-640-61340- Edmonds
 - Full learning assessment
- **Dr. Belle Chenault**
 - 206-425-8068- South Seattle
 - Full learning assessment
- **Drs. Brock & Fernette Eide**
 - Mislabledchild.com- Edmonds
 - Full learning assessment
- **Dr. Cindy Dupuy**
 - 425-378-7634- Mercer Island
 - Full learning assessment
- **Dr. Elizabeth Smith**
 - 425-301-1816- Bellevue
 - Full learning assessment
- **Dr. Gwen Lewis**
 - 425–672-1850 Edmonds
 - Full learning assessment
- **Dr. Amy Summers**
 - 206-522-4104- Seattle
 - Full learning assessment
- **Karen Toth**
 - www.karentoth.net- Seattle
- **Toby Diamond Ph. D**
 - 206-323-1988- in Seattle area.
 - Often booked out months in advance
- **Debra Vilhauer Ph.D**
 - 270-8805
 - In Seattle area
- **Gregory Greenberg**

- 425-637-7700
- Bellevue area
- Specializes in educational testing and ADHD/ADD.
- **Northwest Neuropsychology**
 - Learning and Behavioral Services
 - Dr. Gayle Faye
 - Bellevue
 - 425-452-8036