

Community Resources

Therapists in Charlottesville who have training in Touch Skills for Trauma including Somatic Experiencing or Craniosacral Therapy

Name	Services	Taking New Clients	Insurance	Phone #
Jessica Blurton, LCSW	Counseling, Somatic Experiencing, Trauma repair through the Vagus System, Mindfulness	On and Off	Aetna, Anthem, Optima, Out of Network	434.224.0229
James McKinley-Oakes, LCSW	Trauma Therapy with Adults, Couples Therapy, Family Work with Transgender Kids, Body Centered Approaches	On and Off	Medicare, Medicaid, Anthem, BCBS, Optima, Tricare, Aetna out of network	434.760.1057
Jody Sweeny, LCSW	Individual Psychotherapy, Touch Skills	On and Off	Anthem, BCBS, Optima	434.981.5930
Kathryn Dunn, LCSW	Trauma therapy for adults, EMDR, Somatic Work, Core Energetics, EFT, energy psychotherapy			434.975.2000
Tonya Ridings, LCSW	Counseling, Vagus, Craniosacral and Energy Work	Not now	Medicare	434.465.1561
Erinn Falls, MSW, LCSW, SEP, CTT	Counseling, EMDR Trauma Therapy	Off and On	Out of Network	434.414.7203
Cathie Platt, LPC	Counseling and Energy Work	Yes	Some Insurance, Not Medicare or Medicaid.	434.979.4606
Beverly Joyce, PhD	Body Oriented Psychotherapy	On and Off	Most	434.980.8442
Christine A. Walker, LCSW	Individual, Couples, Family & Child Psychotherapy, Attachment, Trauma, Adoption, Somatic Psychotherapy	Yes	No	434.923.8253 www.attachmenteducation.com
Anna Blum, PMHCNS-BC	Individual, Couples Family & Child Psychotherapy, EMDR, TAT, EFT, Vagus Nerve Support, Energetic Body Work	Off and On	Out of Network	434.987.1818

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