

Psychotherapists in Charlottesville who have training in Touch Skills for Trauma including Somatic Experiencing and/or Craniosacral Therapy

Name	Services	Taking Clients	Insurance	Contact
Anna Blum, PMHCNS-BC	Individual, Couples Family & Child Psychotherapy, EMDR, TAT, EFT, Vagus Nerve Support, Energetic Body Work	On and Off	Out of Network	434.987.1818
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
Erinn Falls, MSW, LCSW, SEP, CTT	Counseling, EMDR Trauma Therapy	On and Off	Out of Network	434.414.7203
Riley Koren, LPC, LMT	Individual Psychotherapy for adults, Mindfulness, Vagus Work	Yes	Optima, Aetna, and United	773-308-5304
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
Cathie Platt, LPC	Counseling and Energy Work	Yes	Some Insurance, Not Medicare or Medicaid	434.979.4606
Jody Sweeney, LCSW	Individual psychotherapy, Trauma Informed Therapy, Somatic Experiencing, EMDR. Work with telehealth (WebEx) and in person	On and Off	Aetna, Anthem, Optima, Out of Network	434.981.5930 Psychology Today Listing
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
Christine A. Walker, LCSW	Individual, Couples, Family & Child Psychotherapy, Attachment, Trauma, Adoption, Somatic Psychotherapy	Yes	No	434.923.8253 Attachededucation.com

Janet Evergreen, MA
RiverBluff Sanctuary
115 RiverBluff Circle, Charlottesville, VA 22902