

**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
Kathryn Dunn, LCSW	Trauma therapy for adults, EMDR, Somatic Work, Attachment, Core Energetics, EFT, Gestalt, Mindfulness-Based, energy psychotherapy			434.975.2000
Erinn Falls, MSW, LCSW, SEP, CTT	Coaching, Counseling, EMDR Trauma Therapy, Somatic Experiencing, AEDP, Grief Educator, Emotionally Focused Therapy (EFT), Individuals and Couples	On and Off	Out of Network	434.414.7203
Riley Koren, LPC, LMT	Individual Psychotherapy for adults, Mindfulness, Vagus Work, AEDP, IFS, DBT, Attachment	Yes	Optima, Aetna, Anthem and United	773.308.5304 or 434.215.0243
James McKinley-Oakes, LCSW	Trauma Therapy with Adults, Couples Therapy, Family Work with Transgender Kids, Body Centered Approaches, EMDR	On and Off	Medicare, Medicaid, Anthem Healthkeepers Plus, Optima,Tricare,Humana, VA Premier, Aetna out of network	434.760.1057
Kristin Morgan, LPC, PMH-C	Maternal Mental health (Labor and Delivery trauma, Infertility, Miscarriage, Peri/postpartum Depression and Anxiety), Couples Therapy, Attachment Wounds, Anxiety, Depression, Grief, Adult Children of Emotionally Immature Parents, Family Transitions, Divorce support, Recovery from Narcissistic Abuse, EMDR		Anthem, Sentara (formerly Optima)	434.218.0330

Cathie Platt, LPC	Counseling and Energy Work	Yes	Anthem, Aetna, Optima, Medicare, United Health Care	434.979.4606
Kate Pozo, LPC	Trauma Therapy, EMDR, Parts work, Body Work, Teens and Adults			434.218.2175
Tonya Ridings, LCSW	Counseling, Vagus, Craniosacral and Energy Work, Attachment based, Cognitive Behavioral, EMDR, Hypnotherapy, Internal Family Systems, Mindfulness, Neuro-Linguistic, Somatic	Not Now	Medicare	434.465.1561
Beth Ripley, LPC	Cognitive Behavioral, Gestalt, Humanistic, Jungian, Mindfulness, Motivational Interviewing, Solution Focused, Transpersonal		Aetna, Anthem, Blue Cross, Blue Shield, Blue Cross and Blue Shield, Carelon Behavioral Health, Cigna and Evernorth, Quest Behavioral Health	434.278.6377
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

Janet Evergreen, MA

RiverBluff Sanctuary: 115 RiverBluff Circle, Charlottesville, VA 22902