



# Trauma Therapy Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

## **Psychology Today**

[www.psychologytoday.com](http://www.psychologytoday.com)

- Search for providers within network, in the area you live, and to accommodate treatment preferences.

## **Trauma Resources**

### **Behavioral Medicine at Porter Adventist Hospital**

303-778-1955

2465 S. Downing St., Denver

<https://www.adventhealth.com/hospital/adventhealth-porter/our-services/behavioral-medicine>

- Offers individual counseling, cognitive behavioral therapy (CBT), trauma therapy, and medication management.
- Electroconvulsive Therapy (ECT), Transcranial magnetic stimulation (TMS) Payment: They accept most managed healthcare insurance plans.
- Financial assistance is available for those clients who qualify and do not have health insurance coverage

### **Connections Counseling**

720-328-0569

3954 Youngfield St., Wheatridge, CO 80033

<https://www.connectionsounseling.net/>

- Holistic treatment center for trauma with therapists having experience in PTSD and use evidence-based treatments such as EMDR and somatic trauma work.
- Sliding scale fees available, please contact for further information.

### **The Denver Family Institute**

303-756-3340

3600 Yosemite St., Ste. 1050, Denver, CO 80237

<https://denverfamilyinstitute.org/>

- Provides trauma therapy
- \$25-\$75 per therapy session for households with income of \$75,000 or less
- Accepts Colorado Access Medicaid

### **Family Care Center – Behavioral Health Services**

720-790-3366

Multiple locations throughout Colorado

<https://www.fccwellbeing.com/>

- Offers therapy and medication management for all ages
- Individual counseling, couples and marriage counseling, family counseling, Eye Movement Desensitization and Reprocessing (EMDR), Play Therapy, Dialectical Behavioral Therapy (DBT), Low Energy Neurofeedback System (LENS), Transcranial Magnetic Stimulation (TMS) therapy

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**Foundations Family Counseling P.L.L.C.**

303-393-0085

789 Sherman St, Suite 440, Denver, CO 80203

<https://foundationsfamilycounseling.com/>

- Trauma and abuse therapy
- Ketamine Assisted Psychotherapy (KAP)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Insurance: Aetna, Anthem, BC/BS, Medicaid, and limited sliding scale availability

**Green Couch Counseling**

720-779-0351

1100 W. 38<sup>th</sup> Ave, Denver, 80211

2311 S Platte River Drive, Denver, 80223

[www.greencouchcounseling.com](http://www.greencouchcounseling.com)

- Sees individuals ages 16 and older for individual therapy.
- Offers EMDR services and DBT groups for adults.
- Insurance: Aetna, United Healthcare, Friday Health Plans, Cigna, BCBS/Anthem, Medicare
- Offers financial assistance to individuals without insurance, and who meet federal poverty income guidelines

**Grounded Resilience LLC**

720-523-3182

80 Garden Center, Broomfield, CO 80020

<https://www.groundedresiliencellc.com/>

- Offers individual counseling, family counseling, EMDR and trauma therapy
- Specializes in Trauma Systems Therapy and Positive Discipline.
- Therapy available in person and through telehealth services, please contact for sliding scale cost and availability.

**Maria Droste Counseling Center**

303-756-9052

1355 South Colorado Blvd. Suite C-100, Denver, CO 80222

<https://mariadroste.org/>

- Serves children, adults, groups, and families and provides treatment for issues such as: depression, substance abuse, grief and loss, trauma, relationship issues and parenting and family problems.
- Accepts Medicaid, limited private insurance and sliding scale. Full fee rate is \$125/session

**Westside Behavioral Care**

303-986-4197

Locations through the Metro area

<https://www.westsidebehavioralcare.com/>

- Click on link and select "EMDR" under "select a specialty" to see which Westside clinicians specialize in EMDR.
- Insurances accepted include Aetna, Anthem BCBS, Cigna, Humana, Kaiser, Medicare, Tricare, United Healthcare, and more.