

## Helpful Insight When Choosing Counseling Services

***When selecting a counselor, it is useful to ask questions such as***

- the counselor's specialty and experience (including years in practice),
- educational background,
- counseling style/method and what to expect at a typical appointment,
- type of counseling he/she recommends (individual, family, couples, or combination),
- length of services,
- available office hours (days, nights, weekends),
- whether emergency services are available,
- and cost (including if insurance is accepted, if applicable).

When determining if counseling services are ***appropriate for your child***, consult your primary care doctor and consider meeting with the counselor first, without your child, to discuss the issue and seek possible resolutions.

## Counselor Referral List

***Please note this list is for informational purposes only. The Tri-Town Council does not specifically endorse any of the counselors or practices on this list. Additional counselors may be found on the [Psychology Today website](#).***

### **Tri-Town Area Counselors**

#### ***Counseling Associates***

**Robert Broussard, PhD – Licensed Psychologist** (specializes in Drug/Alcohol)

**Jane Babour, PhD – Licensed Psychologist**

**Deborah Lewis, LICSW**

462 Boston Street, Topsfield, MA 01983

978-887-2448

Adolescents and Families

Accepts most major insurance plans.

#### ***Ever After Counseling & Wellness***

**Donna Davis, MS, LMHC**

93 Maple Street (Route 62), Middleton, MA 01949

978-846-3623 or [donnadavislmhc@gmail.com](mailto:donnadavislmhc@gmail.com)

Website: <http://sites.google.com/site/donnadaviseverafter/>

Tweens, Teens, Adults, Couples, Families

Specialties: Grief, Transitions, Low Self-Esteem, Academic Issues, and Improving Family Connections.

Does not accept insurance. Rate: \$50-\$65/hour; sliding scale available.

### **Tri-Town Area Counselors (continued)**

#### **Joan W. Wing, LICSW, BCD, CADACII**

56 Georgetown Road, Boxford, MA 01921 and 204 Lafayette Street, Salem, MA 01970

978-887-9793 (please call only between 9am-9pm)

Individuals, Teens, Couples, Families

Specialties: Parent Training, Drug and Alcohol, Depression, Anxiety.

Accepts most major insurance plans.

#### **Laura S. Meegan-McSorley, MA, MHC, NCC (Also trained as an Expressive Therapist)**

22 Hemlock Road, Boxford, MA 01921 (also does in-home visits)

508-246-5531

Children, Adolescents, Parolees, Probationers

Specialties: Asperger's, Developmental Delays, Juvenile Justice System, School Anxiety, Depression.

Does not accept insurance. Rate: \$45-\$70; sliding scale available.

### **North Shore Therapy and Wellness**

#### **Leah Alexander, MA – Psychotherapist**

58 Main Street, Topsfield, MA 01983

617-848-0540

<http://www.northshoretherapyandwellness.com/>

Individuals, Couples, Families

Specialties: Child/Adolescent, Family Conflict, Parenting.

Does not accept insurance. Rate: \$120-\$150; sliding scale available.

Free initial consultation available.

### **Counselors Outside Tri-Town Area**

#### **BBN Counseling**

##### **Arthur Barnett, CAGS, LCSW**

##### **Geoff Brown, MEd, CCMHC**

40 Poplar Street, Danvers, MA 01923

978-774-3365

Children and Adolescents in addition to General Concerns

Accepts most major insurance plans.

#### **Emily Kirsch, MS, CAS, LMHC**

Beverly, MA (Cat on premises)

978-921-0537 or [ekirsch7@verizon.net](mailto:ekirsch7@verizon.net)

Children aged 7 years+, Adults, and Families

Accepts most major insurance plans but not Mass Health; sliding scale available.

**Counselors Outside Tri-Town Area (continued)**

***Nichols Brook Family Counseling***

435 Newbury Street, Suite 220, Danvers, MA 01923

978-777-7188

Accepts most major insurance plans. Dr. Zabel also accepts Mass Health Standard with Mass Behavioral Health Partnership for mental health.

**Richard Aberman, LICSW** – extension 1 (Men’s issues, Anger Mgmt, Adults, Couples)

**David LaPensee, LICSW** – 978-407-3291 (Children, Adolescents, Adults, Couples)

**Joan Shepard, LCSW** – extension 3 (Women’s issues, Adolescents, Couples – *does not accept insurance*)

**Leslie Toner, LICSW** – extension 2 (Medical issues, Women’s issues, Adults, Couples)

**Mark Spivak, LICSW** – 978-948-5505 (Couples, Families, Teens aged 15 years+)

**Dean Tsapatsaris, LICSW** – extension 4 (Children, Adolescents, Adults, Couples)

**Danielle Zabel, PhD** – extension 6 (Children, Adolescents, Adults, Adoption issues)

**Ned Weisman, LICSW** (*Currently not accepting new clients but can make referrals.*)

70 Washington Street, Salem, MA 01970

978-745-3130 or [naweisman@comcast.net](mailto:naweisman@comcast.net)

Individuals, Family, Couples, and Older Teens

Accepts most major insurance plans.

**Northeast Behavioral Health** (formerly Health & Education Services & CAB Recovery)

25 (Rear) Market Street, Ipswich, MA 01938

978-356-1776

Accepts most major insurance plans.

***If you are a counselor who would like to be added to this list, please email:***

**[Iteichner@tritowncouncil.org](mailto:Iteichner@tritowncouncil.org)** .

***Updated January 2012***