

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

Ever After Counseling & Wellness

Donna Davis, MS, LMHC

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

978-846-0640 or via Email: donnadavislmhc@gmail.com

Website: www.donnadaviseverafter.com

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.

Joan W. Wing, LICSW, BCD, CADACII

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

(978) 887-9793 (Please call only between 9am and 9pm—Monday thru Friday)

In practice over 45 years

Individual & Couple Therapy: Adults only

Specialties: Parenting skills training, Couples Counseling, Depression, Anxiety, Drug & Alcohol Issues

Accepts most major insurances, including: BCBS, Aetna, Cigna, UBH, HP, NHP, GIC, Medicare and others

Tri-Town Area Counselors (continued)

Harmony Counseling, LLC

Katherine M. Ryan, LMHC - Psychotherapist

27 Main Street, Topsfield, MA 01983

978-561-1927 or katherine@harmonycounseling.biz

Website: www.harmonycounseling.biz

Children, Adolescents, Families, Adults; Family Mediation; Divorce Mediation; Equine Assisted Therapy

Specialties: Trauma, Anxiety, Depression

Accepts Blue Cross Blue Shield, Tufts, Neighborhood Health Plan, Fallon, Boston Medical Center, Harvard Community Health Care & United Behavioral Health.

North Shore Therapy and Wellness

Leah Alexander, MA – Psychotherapist

58 Main Street, Topsfield, MA 01983

617-848-0540

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. Parenting Group every other week. \$35/session

Jane Cabour, Ed.D. Licensed Psychologist

462 Boston St. Suite 7

Topsfield, Ma 01983

781 322 0511

Individual and Couples Treatment, Teens and Adults

Specialities: Depression, Anxiety, Trauma, Grief, Adjustment/Life Span Issues, Relationship Issues

Accepts most insurances including BCBS, Tufts, United Behavioral Health, United Healthcare, GIC, Tufts, Neighborhood Health Plan, Harvard Pilgrim Health Care, Medicare.

Counseling Associates

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

Dr. Anne Dellefeuille, PhD – Neuropsychologist (specializes in neuropsychological and educational evaluation and testing)

Phoebe Adams, LICSW (Educational Consultant)

462 Boston Street, Topsfield, MA 01983

978-887-2448

Adolescents and Families

Accepts most major insurance plans

Renewed Hope Counseling Services

Bonnie Prizio, DMIN, LMHC

124 River Road, Topsfield, MA 01983

978-578-7401 or bprizio@gmail.com

www.bonnieprizio.com

Individuals, Teens, Couples

Specialties: Anxiety Disorders, Trauma, Faith-based Counseling.

Accepts most major insurance plans.

Counselors Outside the Tri-Town Area

North Shore Wellness and Therapy

Sarah Drew McKenzie, LMHC

80 Lindall Street

Danvers, Massachusetts 01923

[\(978\) 778-3543](tel:9787783543)

Specialties: I treat individuals, couples and families affected by substance abuse, grief and loss, anxiety, depression, trauma, self harm, and stress management. I have extensive experience working with young women and men on social and self esteem issues.

Insurance: Blue Cross and Blue Shield, Tufts, United Healthcare

Windi Bowditch, Licensed Mental Health Counselor (currently not taking new patients)

23 Middle Street, Suite 204

Newburyport, MA 01950

[617-962-5180](tel:6179625180)

Specialties: Working with adolescents in a variety of settings including residential programs, substance abuse treatment, community mental health and a therapeutic day school. Provides clinical consultation and supervision to clinical staff as well as clinical trainings to community groups and school groups on a variety of topics. Small private practice in Newburyport (12 years) primarily working with teenagers, but committed to working with clients of varying ages.

Insurance: Blue Cross Blue Shield, Harvard Pilgrim, Tufts, United Behavioral Health/Optum and Beacon Health Strategies

Cynthia McRae, MS, LMHC

North Shore Counseling Center

900 Cummings Center, Suite 324-S

Beverly, MA 01915

[978-922-2280](tel:9789222280) Website: www.nsc-inc.org

Specialties: Various mental health issues across the lifespan.

Accepts most major insurance plans.

BBN Counseling

Arthur Barnett, CAGS, LCSW

40 Poplar Street, Danvers, MA 01923

978-774-3365

Children and Adolescents in addition to General Concerns

Does not accept insurance.

Emily Kirsch, MS, LMHC

Beverly, MA (Cat on premises)

978-921-0537 or ekirsch7@verizon.net

Children aged 7 years+, Adults, and Families

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

Counselors Outside the 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)

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)

Giovanna Romero, PhD. – extension 5 (children and adolescents. Fluent in Spanish and English and French.

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

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

Individuals, Family, Couples, and Older Teens

Accepts most major insurance plans.

Susan F. Dumas LICSW

Susan F. Dumas, LICSW (Licensed Independent Social Worker)

10 Brookhead Ave Beverly, MA 01915

978-927-9216

Individuals, Adults, Couples, Children, Adolescents, College Students

Specialties: Anxiety, Panic Disorder, Depression, Divorce, Life Changes, Grief and Loss.

Accepts most insurance plans.

If no insurance, sliding scale available.

If you are a counselor who would like to be included on this list, please email lteichner@tritowncouncil.org.

Updated January 2019