

COMMUNITY THERAPIST RESOURCE GUIDE



Updated 2018

Name	Organization	Town	Phone	Email	Specialty	Insurances Accepted	Notes
The Center for Anxiety and Traumatic Stress Disorders	Mass General Hospital	Boston	1-866-44-WORRY or 617-726-2000	N/A	18+		Panic Disorder, Post-Traumatic Stress Disorder, Social Anxiety Disorder, Complicated Grief, and Generalized Anxiety Disorder
Kathleen Trainor, PsyD	Boston: Massachusetts General Hospital	Boston	617-724-5600	N/A	Pediatric and Adult	Blue Cross Blue Shield - Indemnity Humana/Choice Care PPO, MassHealth, Medicare, Medicare - ACD	Pediatric Obsessive Compulsive Disorder Pediatric Trichotillomania Selective Mutism Pediatric Anxiety Disorders Tourette syndrome
Jeff Brody, LMHC, ATR-BC	Private Practice	Braintree	781-848-8898	brody.jeff@gmail.com	Adults, Teens, Children & Families (25+ years experience)	BCBS, out of network - sliding scale.	Gender Identity, Neurodiversity, Autism, Aspergers. Talk, Play, Art Therapy, Supervision, Consultation & Training. jeffbrodycounseling.com
Janet Daley	Bay State Community Services, Assistant Program Director	Braintree	781-817-6386	jdaly@baystatecs.org	Children and Families	Mass Health: MBHP, BMC, NHP, Network Health & Fallon. Commonhealth Care	CBHI

Imani Seunarine, LMHC	Bay State Community Services, Senior Director	Braintree/ Plymouth	781-817-6386 x476	iseunarine@baystatecs.org	Care Coordination & Referrals, Family Partners	Mass Health: MBHP, BMC, NHP, Network Health & Fallon. Commonwealth Care	In-Home Therapy, Therapeutic Mentoring & Family Partners.
Health Imperatives	A New Day	Brockton, Quincy, Plymouth	508-588-2045	plymouthsouthshore@healthimperatives.org	Sexual or relationship violence - individual and group counseling, advocacy, 24/7 hotline, community Also have LGBTQ groups in Brockton	Unsure, however is a non-profit and meant to work with low-income families	
Susan O'Brien, LICSW	Private Practice	Duxbury	617-645-0973		Family therapy 4+	BCBS, Tufts, Medicare B, NHP, UBH, Private Pay	
Roger LaMora, Ed.D.	LaMora Counseling Associates	Duxbury	781-934-6460	lamorar@gmail.com	Child, Teen, Adult & Family	Tufts, BCBS, UBH & HP	Anxiety and Depression. Works with children on 504/IEP. CBT, Play Therapy, Anxiety, LD & SA.
Adam Betters, LMHC	Betters Therapy	East Bridgewater	617-780-2049	betters.adam@gmail.com	Children/adolescents	BCBS, Tufts, Harvard Pilgrim, United Health & Cigna	anxiety and trauma of all ages
Dr. Kristen Mulcahey	Cape & Islands Cognitive Behavior Institute	Falmouth	508-457-0440	N/A	Children		Obsessive Compulsive Disorder
Jill Marcielle LICSW	Private Practice	Hanover	781-588-7758	N/A		Medicare Approved	No weekend availability

Nikki Lemont	Hanover Psychological Associates	Hanover	781-826-8228 x5	Nikki.Lemont@gmail.com		Tufts, Harvard Pilgrim/UBH, BCBS, Beacon (NHP, BMC, Fallon.)	
Jill Sylvester, M.Ed	Integrative Counseling Services	Hanover	781-883-7919	jillsylvester.com	Generalized anxiety, OCD, Anger management, hyperactivity, divorce/separation, grounding/deep breathing..	N/A	
Carey Hoey, LICSW	Hanover Psychological Associates	Hanover	781-816-8228 x8		10 week Anger Management Group ages 14-18 coed	N/A	
Aspire Center DBT Groups	Aspire Center	Hanover	781-826-3601	http://www.theaspirecenter.com/	DBT Groups		DBT with adolescent and adults; family; couples; veterans
Mia Gardner, LCSW	Life Enhancement Psychotherapy, 427 columbia road suite 106	Hanover,	617-552-5124	www.life-enhance-therapy.com	adolescents	Aetna, BMC Health Net, Beacon	
Linda Price, LICSW	Center for Integrative Counseling and Wellness	Hingham	603-943-2124	lindaroseprice@comcast.net	Individual and Group Counseling for Children & Adolescents. *Middle School Boys*	Out of Pocket	Social Skills Groups, ADHD, Autism Spectrum Dx & Anxiety
Charisma Henderson, LMHC, ATR & Registered Art Therapist	More Than Words Counseling	Hingham	617-804-5546	charisma@MTWcounseling.com	Maternal & Paternal Mental Health, Parenting Support & Children	BCBS, Harvard Pilgrim, NBH & UHC.	* Has availability in January *
Eric Gibson LICSW	175 Derby St	Hingham	781-875-3263				

The Rested Mind, LLC	The Rested Mind	Hingham	781-374-4100	TheRestedMind@yahoo.com	we do NOT require you to leave your therapist for one of ours	Blue Cross/Blue Shield, Compsych, Cigna, Harvard Pilgrim, UnitedBehavioralHealth, Magellan, United Healthcare, TriCare, Neighbourhood Health, HP, BMC Healthnet, GIC, and Self Pay	Nights and weekend appointments
Lance McEaleny, LICSW	Brookside Counseling Associates, LLC	Hingham and Pembroke	781-749-4600 x8	www.brooksidecounselingassociates.com	CBT, Individual and Marriage Counseling	Most major health insurances	ADHD, Addiction & Recovery
Nancy Salerno	The Door is Open	Hull	781-925-3500	nancy@doorisopen.net	Family, Individual and Couples	All Major: MBHP & Beacon	For guardianship: 617-448-8063, For CBHI: 781-925-3500
Julie P. Hill, LICSW	Coastal Counseling Services	Kingston	781-585-8119		Children, adolescents and adults	BCBS, NHP, Cigna, Harvard Pilgrim and Medicare	DBT, CBT, Narrative & Family Systems
Joyce Keohan & Jill Marciello	Kingston Therapy Associates	Kingston	781-585-9300		Adults, children and adolescents, couples and families	BCBS, BMC, NHP, UBH, Cigna, Fallon	
Sheri Damon, LMHC	FLIHH	Marshfield	781-834-5750	info@CenterforIntegrativeCounselingandWellness.com	Teens, Individual, Group and Family	BC, HP, UBH, UBC, Tufts and Cigna	Anti-anxiety, Eating Disorders and Addiction
Cynthia Garrett, LMHC	Private Practice	Marshfield	781-733-6044	cynthiagarrettcounseling.com	Adolescents	N/A	depression, self harm, anxiety, mood disorder and ADHD

Karen R. Stone, PhD	Private Practice	Marshfield	781-837-2971		Adults 17+ years, couples	BCBS, Medicare & Self Pay	- marriage and divorce, anxiety, depression, aging, codependency, gay and lesbian and mindfulness training
Lawrence Khan	South Shore Mental Health	Marshfield and Quincy	781-834-7433 or 617-847-1914 (for intake)	N/A	Adolescents (ages 13-18)		Mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance (DBT program)
McLean Hospital OCD Institute	McLean Hospital	Middleboro	617-855-2776 (adults) 774-419-1182 (children)	N/A	OCD; 16+		Residential & Parital Programs
Beth Tierney, LMHC	Minot Counseling	North Scituate	339-526-9779	beth@minotcounseling.com	Teens, Couples and Families	Tufts, Harvard Pilgrim and BCBS	Anxiety, Depression, ADHD, Parent Support, Group - Monday's at 10 AM
Cindy Pearson, LICSW	Mindwell Therapy	Norwell	781-733-8122	Pearson99@gmail.com	Anxiety, Depression, Women's Issues, Couples and Family	BCBS, Tufts, Harvard Pilgrim, United Behavioral Health, Multiplan & Tricare	Works with young adolescents and adults. Therapeutic Style: CBT and mindfulness.
Dr. Janet Barr	South Shore Counseling	Norwell	781-871-1256	N/A	children, adolescents and adults.		Neurofeedback and/or Counseling
Diane Littlefield, LICSW	80 Washington Sq.	Norwell	781-878-0800x1		Couples and individuals:	Medicare, BCBS, Indemnity	EMDR, hypnosis, Relational Cultural Therapy

Susan Kazolias, LICSW	Private Practice	Norwell	781-871-8777 x2		Children and Adolescents 12+ - geriatric population	Aetna, BCBS, Cigna, Medicare B, Tricare, Tufts, UBH	
Jeffrey M. Bossio, LICSW	Private Practice	Norwell	781-347-4717 x6	jmbossio@verizon.net	Children, Teens & Families:	Most major insurances	
Brenda McAllister, LICSW	Private Practice	Norwell	508-857-2681		Adolescents and Adults	BCBS, UBH, United Healthcare, Tufts, PacifiCare, Cigna, Aetna, Tricare, Magellan, Medicare and All one	
Heather Petitpas, LMHC	The Coastal Center	Norwell/Plymouth	781-878-3870	info@thecoastalcenter.com	Child and Family Therapist (Teens and Adults)	BCBS, Harvard Pilgrim, Cigna, Tufts, Optum and UBH	Also: Groups & Individual Therapy
Bob Louzan, LMHC	Family Counseling of Pembroke	Pembroke	781-826-7940	rmlouzan@gmail.com	Child, Family and Couples.	BCBS, Tufts, Harvard Pilgrim, Cigna, Neighborhood Health & Optum.	CBT
Jen Andreas	Private Practice	Pembroke	781-801-5236	jenandreaslmhc@gmail.com	Adolescents	BCBS & Cigna	Trauma, Anxiety ADHD & Depression. *Limited in hours*
Jennifer Andreas, LMHC	Private Practice	Pembroke	781-733-1908	jenandreaslmhc@gmail.com	Children, adolescents and adults	BCBS and private payment	depression, anxiety relationship issues, trauma, grief/loss and more.
Leslie Proulx, LMHC	Cutler Counseling	Pembroke	781-826-9700	cutlercounseling.net	N/A	N/A	
John Sheff, PsyD	Brookside Counseling Associates, LLC	Pembroke	781-749-4600 x4		Mood d/o, anxiety, marital therapy, ADHD	Most major health insurances	Flexible availability
Northeast Health Services Staff	Northeast Health Services	Pembroke	781-312-1393		Children, adolescents and adults	Cigna, Fallon, PHCF, Celticare, Tricare	

Deb Osgood-Hynes	Center for Behavioral Health, LLC	Pembroke	781-829-0902		OCD		Anxiety related disorders
Charlette Tarsi, M.Ed	South Bay Community Services, CBHI Coordinator	Plymouth	508-830-0000	Ctarsi@southbaycommunityservices.com	Child Behavioral Health Initiative, In-Home Therapy & Therapeutic Mentoring	Mass Health (Standard for TM), MBHP, NHP, BMC, Fallon, Network Health & BHN.	South Bay also offers outreach and in-office Individual Therapy Services
International OCD Foundation: Barbara Lashley, LMHCNCC	OCD Support Group of South Shore	Plymouth	(508) 747-7008	N/A	Open To: Adults with OCD and family members	Free	Obsessive Compulsive Disorder
Doug Griswold, PhD	Cove Counseling	Plymouth	508-746-8004	covecounseling.com	Children, adolescents and adults - ADHD, anxiety, mood and behavior disorders.	Most Major Insurances	
Bryna Rogers	Quincy Family Resource Center	Quincy	617-481-7227	brogers@baystatecs.org	LGBTQ Teen Group	No insurance needed to access QFRC	LGBTQ Teen Group
Kara DeBlois LICSW	The Door is Open	Quincy/Hull	781-925-3500	http://www.doorisopen.net/			
Michelle Clark, LICSW	Private Practice	Scituate	617-545-4849	mclarke1973@gmail.com	Child, Individual and Family Therapy (10+ years)	BCBS or Private Pay	Therapeutic Style: Play Therapy, CBT and Relational Therapy. * Limited availability after-school hours *
Jerry DiMatteo, LICSW	Atlantic Counseling, Clinical Director	South Weymouth	781-335-6000 x301	Jerry@atlantic-counseling.com	Family, Individual and Couples (30 years experience)	All except for Mass Health	Also a life executive coach

Mary Kriger, LMHC	South Bay Community Services, CBHI Coordinator	Weymouth	781-331-7866	Mkriger@southbaycommunityservices.com	Child Behavioral Health Initiative, In-Home Therapy & Therapeutic Mentoring	Mass Health (Standard for TM), MBHP, NHP, BMC, Fallon, Network Health & BHN.	South Bay also offers outreach and in-office Individual Therapy Services
Adam Ricciv, LMHC	In the Creative Process	Weymouth	781-724-9003	adam@inthecreativeprocess.com	Child, Adolescent and Family	BCBS, Optum Network Plans, Tufts & Tricare	Expressive Arts Therapy & Play Therapy
Irene McCarthy	Joanna's Place	Weymouth	781-267-4450	irene@joannasplace.org	Families	Free	Grief Support
Melissa Farmer, LMHC	Atlantic Counseling	Weymouth	781-335-6000 x323	melissa.farmer930@gmail.com	Adolescents/Young Adult (ages 12+)	Most -- Not Mass Health	Saturdays/Nights. ADD Coach: Jerry. Self-Harm
Melissa Farmer, LMHC	Atlantic Counseling	Weymouth	781-335-6000 x323	melissa.farmer930@gmail.com	Adolescents/Young Adult (ages 12+)	Most Major Insurances aside from Mass Health	DBT, CBT and Mindfulness
Stacey Rice Dobrinsky, PhD				srice@mclean.harvard.edu	OCD		