



Mood and Anxiety Therapy Community Resources

Greater Seattle Area Clinics

ABCD (Associates in Behavior & Child Development)

<http://abcdseattle.com/>

206-361-6884

Behavior Therapy Center of Tacoma

www.behaviortherapytacoma.com

253-212-0750

Cadence

<http://cadencechat.com>

425-658-3200

Center for Sexual Assault and Traumatic Stress

<https://depts.washington.edu/hcsats>

206-744-1600

University of Washington/Harborview Medical Center program for treatment of Post Traumatic Stress Disorder (PTSD) with locations in Seattle, Bellevue, Redmond and Shoreline.

Eastside Psychological Associates

www.eastsidepsychologicalassociates.com

425-458-5048

EBTCS (Evidence Based Treatment Centers of Seattle)

<http://ebtseattle.com>

206-374-0109

Seattle Psychology

www.seattlepsychology.com

206-420-4701

The Seattle Clinic

www.theseattleclinic.com

Info@theseattleclinic.com

Psychiatric Medical Provider List

Individual Therapists

(who may practice within or separate from the clinics on pg. 1)

Anxiety and Depression

Provider Name	Location	Phone number
Mariam Araujo, PhD	Shoreline	206- 226-9689
Steven Behling, PhD	Seattle	206-849-6737
Jacque Berkeihiser, MA, LHMC	Woodinville	425-458-6961
Amy Breiger, PhD	Kirkland	425-947-3636
Hilda Campbell, PhD	Burien	253-245-9071
Cathie Cox, PhD	Kirkland	425-947-3636 , ext. 2
Jenna Elgin, PhD	Woodinville	206-486-4569
Andrew Fleming, PhD	Seattle Area	206- 651-4123
Jennifer Gross, MA, LMHC	Lynnwood	206-437-2590
Russ Hanford, PhD	Seattle	206-409-9313
Ruth Hilsman, PhD	Woodinville	206-295-0393
Julia Hitch, PhD	Seattle	206- 601-4243
Nat Jungbluth, PhD	Seattle and Woodinville	425- 954-6038
Kristi Kwon, PhD	Bellevue	425-454-2911
Kristy Ludwig, PhD	Eastside	425-243-4791
Jordan Lyon, PhD	Seattle	206-291-4173
Bonnie McIntosh, PhD	Seattle and Kirkland	425-830-0761
Jim McKeever, PhD	Bainbridge Island	206-842-9949
Jenna Melman, LICSW	Seattle	206-355-4714
Heather Murphy, PhD	Seattle	206-535-1541
Andrea Pascarelli, PsyD	Seattle	206-289-0513
Karen Pavlidis, PhD	Seattle	206-709-3820
Jennifer Pelton, PhD	Seattle	206-283-0923
Lynette Pullman, PhD	Seattle	206-569-5368
Emily Rastall, PhD	Eastside	206-420-7907
Molly Reid, PhD	Seattle	425-481-5700, ext. 3
Susan Sidman, MEd, LMHC	Seattle	206-516-9414
Jennie Snell, PhD	West Seattle	206-932-2590
Alexia Spanos, PhD	Seattle	206-374-0109
Jessica Tarantino, PhD	Seattle	206- 361-6884
Joanna Thome, PhD	Woodinville	425-502-5625
Jennifer Tininenko, PhD	Seattle	206-374-0109
Stacy Shaw Welch, PhD	Seattle	206-374-0109
Geoffrey Wiegand, PhD	Seattle	206-624-3800

Psychiatric Medical Provider List

Obsessive Compulsive Disorder

Provider Name	Location	Phone number
Evidence Based Treatment Center of Seattle (IOP)	Seattle	206-374-0109
Geoffrey Wiegand, PhD	Seattle	206-624-3800
Julia Hitch PhD	Seattle	206-940-7244
Nat Jungbluth, PhD	Seattle and Woodinville	425-954-6038
OCD Intensive Outpatient Program (IOP), Seattle Children's	Seattle	206-987-2164
OCD International Foundation, website referrals		https://iocdf.org/

Post-Traumatic Stress Disorder (PTSD)

Provider Name	Location	Phone number
Nat Jungbluth, PhD	Seattle and Woodinville	425-954-6038

Bipolar Disorder

Provider Name	Location	Phone number
Stefanie Hlastala, PhD	Seattle	206-992-9811

Insurance Coverage

If you are interested in seeing one of these providers, you will need to make sure they are covered by your insurance plan. Call your insurance to understand your plan's mental health coverage.

For more information and resources, visit

www.seattlechildrens.org/clinics-programs/psychiatry-and-behavioral-medicine/patient-family-resources/

Inclusion on this list does not imply endorsement by Seattle Children's Hospital.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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