**Our Providers**

**Rachael Sullivan, PsyD** (Broomfield and Telehealth)

I am a licensed psychologist in Colorado (#4949) and hold a doctoral and master’s degree from the University of La Verne in La Verne, CA. I have significant experience working with a variety of clinical concerns, specifically depression, anxiety, and trauma-related distress. My clinical work has provided me the opportunity to work in multiple states and settings with adults and youth of all ages.

My top priority is to foster a genuine therapeutic relationship in which positive change can occur. I am well versed in cognitive behavioral techniques that I balance with a client-centered foundation. It is my intention to assist you in navigating the best treatment approach unique to you, including utilizing interventions that take a creative approach to traditional techniques.

My fee for a standard 50-minute therapy session is $200. I require payment by credit card, cash or check at the time of service. I am in network with many of the major insurance companies and I am also happy to help with out-of-network billing. Please let us know if you have any questions.

**Lara Cohen, PsyD** (Broomfield and Telehealth)

As a licensed psychologist in Colorado (#5737), I hold a doctoral degree from the University of Denver (DU) in Colorado. I completed my internship year through the University of Colorado Anschutz’s (CU Anschutz) Department of Family Medicine at Salud Family Health Centers. Since entering the field in 2013, I have worked with clients from diverse walks of life.

My greatest passion involves providing services for grief, relational trauma, and adjustment to health conditions. I also have substantial experience working with anxiety, depression, attention-deficit/hyperactivity disorder, and major life events. A vital focus of my work has been helping clients find their voices and take action toward their goals. Healing and growth take courageous vulnerability around difficult subjects; I am committed to creating an open and caring working relationship.

My preferred treatment modalities include functional analytic psychotherapy, dialectical behavioral therapy, acceptance and commitment therapy, and intersubjective systems field theory, which focuses on your unique worldview.

My fee is $200; I require payment at the time of services by credit card, check, or cash and am happy to help you submit claims to insurance for reimbursement as an out-of-network provider.

**Alyssa Fredricks, Ph.D.** (Broomfield and Telehealth)

She earned her Ph.D. in Counseling Psychology from the University of Denver and is a Licensed Psychologist in the State of Colorado (PSY5180). She completed her Pre-Doctoral Internship in Health Services Psychology at the University of North Carolina at Chapel Hill and her Postdoctoral Fellowship in Psychological Assessment at the University of Colorado Boulder. Alyssa has clinical experience in a variety of different university, hospital, and outpatient settings.

She approaches treatment from a relational-cultural framework and believes that a strong therapeutic relationship built on mutuality and collaboration is essential to fostering positive growth and change. Her areas of interest and expertise include relational concerns, interpersonal problems, mood disorders, adjustment concerns, GLBTQIA+ issues, neuropsychology, eating disorders, and psychological assessment.

Her fee for a standard 50-minute therapy session is $200. She requires payment by credit card, cash or check at the time of service. She is in network with many of the major insurance companies and also happy to help with out-of-network billing. Please let us know if you have any questions

**Sunda Friedman TeBockhorst, PhD, ABPP** (Lafayette and Telehealth)

I hold a doctoral degree in counseling psychology as well as a master’s degree in clinical forensic psychology. I am a board-certified licensed psychologist (#4121). I have been a practicing therapist for 15 years.

My primary approach to therapy is informed by cognitive constructivist approaches. I use Coherence Therapy and other cognitive approaches, and always incorporate Interpersonal/Humanistic tenets in my work. I am well trained in Eye Movement Desensitization and Reprocessing therapy and use that when it is indicated. I am also trained in and regularly provide neurofeedback. Your input regarding what works well for you is very important in our work together

My fee for a standard 50-minute therapy session is $200. I require payment by credit card, cash, or check at the time of service. I am in network with many of the major insurance companies and I am also happy to help with out-of-network billing. Please let us know if you have any questions.

**Bonnie Brown, PsyD** (Lafayette and Telehealth)

I am a licensed clinical psychologist in the state of Colorado (PSY #4771). I completed my bachelor’s degree in psychology at the University of California Santa Barbara. I continued on to earn both my master’s and doctoral degrees in Clinical Psychology from California Lutheran University.

As a therapist, I believe the therapeutic relationship is collaborative, and built on a foundation of safety and trust. I utilize a combination of techniques rooted in Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), and humanistic/client-centered therapy. I find it important to work closely with you to understand your individual needs, which will determine the best approach to your treatment. My goal as your therapist is to guide, support, and aid you in achieving your goals.

My fee for a standard 50-minute therapy session is $200. I require payment by credit card, cash, or check at the time of service. I am in network with many of the major insurance companies and I am also happy to help with out-of-network billing. Please let us know if you have any questions.

**Emma Cohan, PsyD** (Broomfield and Telehealth)

I am a licensed psychologist in Colorado (#5346) and hold a doctoral and master's degree from Pacific University in Forest Grove, Oregon. I have expertise working with a variety of clinical concerns, specifically depression, anxiety, relational concerns, and trauma-related distress. My clinical work has provided me the opportunity to work in multiple states, most recently at Boston College in Massachusetts before beginning this position at the Metis Center for Psychological Services in Lafayette, Colorado.

I have experience working with children and adults; I have a special interest in working with adolescents and young adults. My top priority is to foster a genuine therapeutic relationship in which positive change can occur. I am well versed in cognitive behavioral techniques that I balance with a client-centered foundation. It is my intention to assist you in navigating the best treatment approach unique to you, including utilizing interventions that take a creative approach to traditional techniques.

My fee for a standard 50-minute therapy session is $200. I require payment by credit card, cash, or check at the time of service. I am happy to help with out-of-network billing. Please let us know if you have any questions.

**Emily Porter, PhD, LPC** (Lafayette and Telehealth)  
 I practice as a Licensed Professional Counselor (#5136). I completed my undergraduate work at Utah State University. I then went on to achieve my master’s in counseling degree through Idaho State University (CACREP accredited), and my doctoral degree through the University of Northern Colorado (APA accredited). I also completed my pre-doctoral internship at Warm Springs Counseling Center and Training Institute in Boise, Idaho. I completed my post-doctoral *training at Northwest Neurobehavioral Health.*  
 In the past, I have worked at an inpatient unit with clients experiencing severe mental illness, children and their families in outpatient settings, participated in several settings and situations in which the goal was to increase family cohesion, happiness, and positive parenting skills. Throughout my training and experience, I have found a passion for working with children, parenting, and family interactions. I focus on my training and work in early childhood and development, parent-child interactions, and family therapy to assist in developing and providing an understanding into the child’s needs and a healthy environment for the children. I also work with adult clients struggling with anxiety disorders, developmental delays and difficulties, trauma related struggles, and emotional dysregulation  
 My fee for a standard 50-minute therapy session is $180. I require payment by credit card, cash or check at the time of service. I am also happy to help with out-of-network billing. Please let us know if you have any questions.

**Jon Frederick, PhD, LPCC** (Lafayette and Telehealth)  
 I am a licensed professional counselor candidate in Colorado (#19247) and I hold a doctoral degree in psychology from the University of Tennessee-Knoxville (2001). My supervisor is Alyssa Fredricks, PhD, (CO PSY #5180). Since my PhD was research-focused, I later completed a master’s degree to do clinical mental health counseling from Lamar University (2020). I am board certified in neurofeedback. I have completed the requirements for the National Certified Counselor credential and hope my application will be approved by April 2021. My work is influenced by person-centered, cognitive-behavioral, mindfulness and compassion, positive psychology, and solution-focused approaches. Generally, I take a wellness approach to mental health. I believe you can greatly improve your mental health and well-being by identifying and better using your existing strengths, resources, and sources of positive emotion in your life. We can also work on coping skills, interpersonal skills, and ways to modify unhelpful thoughts and behaviors. My training and experience is primarily with adult clients, but I have also worked successfully with mature teens. My fee for a standard 50-minute therapy session is $140. I require payment by credit card, cash or check at the time of service. I am able to see Colorado Medicaid patients as in-network, and I am also happy to help with out-of-network billing for commercial insurances. Please let us know if you have any questions.

**Courtney Glueck, PhD** (Durango and Telehealth)

I am a licensed psychologist in the state of Colorado (#4644). I received my bachelor’s degree in psychology from Louisiana State University and went on to complete my master’s and doctoral degrees both in educational psychology from the University of Georgia. I have worked in both school and community counseling settings with children, adolescents, and young adults.

As a therapist, I use a combination of techniques, many of which are grounded in cognitive and cognitive-behavioral approaches, though I also have experience with behavioral, emotion-focused, person-centered approaches, and mindfulness techniques. My primary goal is to collaborate closely with you, the client, to determine and utilize therapeutic approaches that are best suited to your own individual experience and thus, most likely to lead to improved functioning and personal goal attainment.  
 My fee for a standard 50-minute therapy session is $200. I require payment by credit card, cash, or check at the time of service. I am in network with many of the major insurance companies and I am also happy to help with out-of-network billing. Please let us know if you have any questions.

**Ingrid Avison, LCSW, MSW** (Telehealth Only)

I am a licensed clinical social worker (CSW.09927715) and received my master of social work degree from the Smith College, School for Social Work. I ground my approach in contemporary psychodynamic theory, with an emphasis on attachment-based, relational, and body-centered techniques.

If you become my client, I can help you explore how significant relationships and experiences earlier in your life have impacted and shaped the ways that you now relate to yourself and others, helping not just to connect dots, but also transform your current patterns with yourself and others. I use the therapeutic relationship as a way to explore patterns and practice new ones. When appropriate, I also incorporate coping skills and interpersonal skills into our sessions to help you gain practical tools to help your life feel more manageable. I have training and experience in helping clients through depression, anxiety, attachment trauma, grief/loss, sexual trauma, emerging identity, gender transition, interpersonal and family conflict, and intimacy struggles. I am committed to working within an anti-oppressive frame, examining and acknowledging how systems of power and oppression influence your life experiences, my life experiences, and our work together.

My fee for a standard 50-minute therapy session is $160. I require payment by credit card, cash or check at the time of service. I am in network with many of the major insurance companies and I am also happy to help with out-of-network billing. Please let us know if you have any questions.