

# Hive Mind THERAPY

INTENTIONAL THOUGHTS  
INTENTIONAL LIFE

## **Referral & Continuity of Care Resource Guide**

This referral list was personally curated to support you during my time away and to ensure you have continuity of care that aligns with our work together.

Each therapist listed has been personally recommended through a large network of trusted mental health professionals, and I have personally met with each clinician to learn about their therapeutic style, focus areas, and the types of clients they most enjoy working with.

These therapists share similar values and approaches—grounded in trauma-informed, attachment-based, and relational care.

While I trust each of these clinicians, I encourage you to schedule a brief consultation to determine who feels like the best fit for you.

You have my full support to choose what feels right—whether that's temporary support, short-term check-ins, or ongoing therapy.

With warmth and care,

**Sherree Turcott, LCSW, MPH**  
Hive Mind Therapy PLLC



# Hive Mind THERAPY

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## HONEY TREE THERAPY AUBRY DANIEL, LMFT

**Website:** [www.honeytreetherapy.net](http://www.honeytreetherapy.net)

### **About Aubry**

Aubry is a Licensed Marriage & Family Therapist who is relocating to Asheville, NC. Aubry identifies as Latina and is a parent of two young children (ages 3 and 1). She provides a direct, warm, and attachment-focused approach to therapy.

### **Sees clients virtually with clients in:**

North Carolina  
Nevada  
Texas

### **Clinical Focus & Specialties**

Aubry supports individuals and couples.

### **Areas of specialty include:**

Attachment and relational trauma  
Couples therapy  
Perinatal mental health  
Military families  
Domestic violence recovery  
Sex trafficking recovery  
Psychedelic-assisted therapy and ketamine integration

### **Her therapeutic style is:**

Direct  
Attachment-focused  
Trauma-informed

### **Practice Values & Support Style**

Aubry works from a trauma and attachment lens and uses a grounded, honest, and supportive style. Her work integrates relational patterns, identity, parenting transitions, and healing from trauma.  
Support for Parents and Families  
Honey Tree Therapy also includes a registered play therapist (a Black female clinician) who works with children and families. This may be a helpful option for clients seeking family or child support during this time.

### **Scheduling Availability**

Monday daytime availability  
Some weekday evening appointments  
Sunday availability

### **Insurance Accepted**

Aetna  
Cigna / Evernorth  
ChampVA  
First Health  
Optum / United Healthcare  
(Self-pay may also be available; please inquire directly.)

### **Why I Recommend Aubry**

I am including Aubry as a referral option because she practices through a trauma-informed, attachment-based lens, similar to my own therapeutic style. She is thoughtful, direct, and experienced in supporting parents, couples, and individuals exploring relationship patterns, identity, and healing.





## CLIMBING HILLS COUNSELING

DR. LAUREN CHASE, LMHC

**Website:** [www.climbinghillscounseling.com](http://www.climbinghillscounseling.com)

### About Lauren

Lauren is a Licensed Mental Health Counselor. She lives in Charlotte, NC and brings experience as both a therapist and a university instructor. Lauren teaches a social-change-focused course with Walden University and is passionate about empowerment, advocacy, and supporting women. Lauren does not have lived experience as a parent but previously worked extensively with children and families as a child therapist. She now primarily works with adults.

Sees clients virtually in:  
North Carolina  
South Carolina  
Florida

### Clinical Focus & Specialties

Lauren supports adults, particularly women navigating identity, expectations, and emotional wellness.

### Special areas of focus include:

Perinatal mental health  
Women's mental health  
High-achieving women working on boundaries and burnout  
Anxiety and self-esteem  
Emotional regulation and relationship patterns  
Parenting support based on prior child therapy experience

### Therapeutic Style

Lauren's therapeutic approach combines:  
Cognitive Behavioral Therapy (CBT)  
Motivational Interviewing  
Person-centered, collaborative work  
While she allows clients to guide sessions, she is also direct and will offer honest feedback and accountability when helpful.  
Her style is conversational, supportive, and straightforward.

### Scheduling Availability

Lauren is **virtual only** and offers appointments:  
Monday through Thursday  
8:00 AM – 5:00 PM

### Insurance Accepted

Blue Cross Blue Shield  
Aetna  
(Self-pay options may also be available; please inquire directly.)

### Why I Recommend Lauren

Lauren is warm, grounded, and direct in her approach. She has strong skills in supporting women, including those navigating motherhood, perinatal transitions, and high-pressure roles. Her style will feel familiar to clients who appreciate a balance of compassion, collaboration, and honest reflection. Her daytime availability and virtual-only format may also be a good fit for clients who prefer weekday morning or afternoon sessions.





## MIND KOKORO COUNSELING SHOKO SPAGNOLL, LMHC

**Website:** [www.mindkokorocounseling.com](http://www.mindkokorocounseling.com)

### **About Shoko**

Shoko is a Licensed Mental Health Counselor. She has a background as a play therapist trained in Japan and previously worked in substance use and nonprofit settings. Shoko is a parent to a three-year-old and works part-time while her daughter is in daycare. Shoko brings lived experience in motherhood, infertility, and IVF, which informs her attunement to women navigating family-building, stress, loss, and identity transitions. She identifies as Japanese and incorporates a culturally grounded, mindful, relational approach to care.

### **Sees clients virtually in:**

North Carolina  
Florida

### **Availability:**

Monday morning  
Tuesday morning  
Thursday morning

### **Clinical Focus & Specialties**

Shoko supports adults, families, and parents.

### **Her specialties include:**

EMDR (certified)  
Sports and performance psychology  
Athletes and former athletes navigating identity transition  
Parenting support  
Family and relational work  
Women's mental health  
Infertility and IVF support  
Stress, identity shifts, and life transitions  
Shoko has a unique specialty in helping athletes and high-performers transition into life outside competitive environments, learning balanced movement and self-identity beyond performance.

### **Therapeutic Style**

Shoko offers a calm, grounded, relational presence informed by:

EMDR and trauma-focused therapy  
Play therapy foundations  
Somatic and mind-body awareness  
Strengths-based, attuned, person-centered work  
She integrates lived experience with clinical training and offers a supportive, thoughtful style well-suited for clients seeking trauma-informed work, identity support, and nervous system regulation.

### **Insurance and Fees**

In the final stages of credentialing with Blue Cross Blue Shield

Sliding scale available

Superbill provided for out-of-network reimbursement

Shoko is currently not paneled with additional insurers in order to intentionally manage caseload and administrative demands; she can work with clients privately while offering flexible arrangements.

### **Why I Recommend Shoko**

I selected Shoko as a referral option because she offers a warm, culturally-attuned presence and a trauma-informed approach with strong specialization in EMDR and identity transitions. Her lived experience in motherhood and infertility will resonate with many clients, and her expertise supporting athletes and high-performers provides a valuable option for clients navigating high-pressure identities or major life shifts.





## STRONG ROOTS COUNSELING DR. ALLISON BECKER, LCSW, DMFT

**Website:** [www.strongrootscounselingandwellness.com](http://www.strongrootscounselingandwellness.com)

### About Dr. Becker

Dr. Becker is a Licensed Clinical Social Worker with a Doctorate in Marriage and Family Therapy. She practices from a systemic and attachment-focused lens, supporting clients in understanding relationship patterns, family systems, and how early experiences shape emotional responses and interpersonal dynamics.

### She provides therapy both virtually and in person in Fletcher, NC, and is licensed to work with clients in:

North Carolina  
Florida  
South Carolina

### Clinical Focus & Specialties

Transgender youth and adults  
She sees clients ages 12 and up and works primarily with women, families, and couples.  
LGBTQIA+ clients  
Parents and families  
Women seeking generational change  
Couples and family systems

### Therapeutic Style

Dr. Becker uses several clinical approaches that support deep insight and relational healing:  
Attachment-focused therapy: helps clients understand emotional needs and relational patterns, fostering healthier connection and self-awareness.  
Interpersonal neurobiology (Dan Siegel training): supports clients in regulating their nervous system, improving emotional resilience, and understanding brain-body relationships. This science-based lens helps clients understand why they feel and react the way they do and gives tools for emotional integration.  
Genograms and family triangles: visual tools to map family relationships, roles, and intergenerational themes. These techniques help clients recognize patterns, break cycles, and create new relational strategies.  
Her approach is warm, thoughtful, and grounded in both clinical expertise and systems theory.

### Scheduling Availability

Monday – Thursday  
10:00 AM – 5:00 PM  
(Some flexibility may be available)

### Insurance Accepted

United Healthcare  
Blue Cross Blue Shield  
Aetna

### Why I Recommend Dr. Becker

Dr. Becker is an excellent referral for clients seeking a relational, attachment-oriented therapist with specialized expertise in family systems and LGBTQIA+ care. She is knowledgeable, grounded, and particularly skilled at working with parents, families, couples, and transgender youth and adults. Her work incorporating interpersonal neurobiology and family mapping tools offers clients deep insight into emotional patterns and supports meaningful, long-term growth and generational healing.





## ROOTS TO RENEWAL COUNSELING LEIGH HOODENPYLE, MA, LMFT

**Website:** [www.roots2renewalcounseling.com](http://www.roots2renewalcounseling.com)

### **About Leigh**

Leigh is a Licensed Marriage & Family Therapist located in Hendersonville, NC. She brings warmth, groundedness, and lived parenting experience as a mother of two pre-teen children. Leigh offers an authentic, down-to-earth presence with a balance of compassion, directness, and humor.

### **Currently works with clients in:**

North Carolina  
(South Carolina licensure pending)

### **Clinical Focus & Specialties**

Leigh sees both individuals and couples.

### **Areas of focus include:**

Attachment-based therapy  
Trauma-informed care  
Couples therapy (EFT-informed)  
Parenting support  
LGBTQIA+ affirming care  
Poly/kink & sex-positive spaces  
Identity and relational exploration  
Empowerment and resilience building

### **Her approach integrates:**

Narrative Therapy  
Solution-Focused Therapy  
Attachment theory  
Humanistic and relational approaches  
Collaborative, warm, and direct communication  
Creative, organic rapport building  
Dark humor (when welcome and supportive)  
She values helping clients build insight, agency, and a sense of authorship in their own lives and relationships.

### **Practice Values**

Leigh focuses on meeting clients where they are, honoring their story, and fostering a therapeutic space rooted in safety, validation, curiosity, and authenticity. Her work supports clients in navigating relationship dynamics, trauma, transitions, identity, and emotional growth.

### **Additional Family Support**

Roots to Renewal Counseling includes:  
Two child-focused therapists (who also see adults)  
One therapist specializing in trauma and eating disorders for adults  
This may be helpful for families seeking a practice that can support multiple members or relational systems.

### **Scheduling Availability**

Monday: 9am – 3pm  
Tuesday & Thursday: 9am – 8pm  
Friday: 9am – 2pm (virtual only)  
Wednesday is reserved for administrative work  
Options include in-person and telehealth sessions.

### **Insurance Accepted**

Aetna  
Blue Cross Blue Shield  
United Healthcare  
(Self-pay also available – please inquire directly.)

### **Why I Recommend Leigh**

Leigh provides a compassionate, relational, and trauma-informed therapeutic space grounded in authenticity and connection. She skillfully blends directness, warmth, creativity, and humor while deeply honoring the client's voice and lived experience. Leigh is a strong fit for individuals and couples seeking meaningful, affirming, and attachment-oriented support.





## INNERSPRING COUNSELING KRISTEN OLBERZ, LCMHCA, RN, CHT

**Website:** [www.innerspringcounseling.com](http://www.innerspringcounseling.com)

### About Kristen

Kristen is a Licensed Clinical Mental Health Counselor Associate, Registered Nurse, and Certified Hypnotherapist. With over 20 years of experience as a perinatal nurse and birth support specialist, Kristen brings extensive understanding of emotional, physical, and identity transitions related to fertility, pregnancy, birth, and postpartum — even though she does not have lived experience as a parent. Her background includes serving as a birth nurse, doula, HypnoBirthing instructor, and trauma-informed emotional support provider for birthing individuals and families. Kristen has a warm, soft-spoken, nurturing presence and offers a grounded, calm, and attuned space for reflection and healing. She brings a spiritual and nature-centered lens to therapy and values curiosity, gentleness, and soul-level self-understanding.

### She offers virtual therapy to clients anywhere in:

North Carolina and in-person sessions in Brevard

### Clinical Focus & Specialties

Kristen supports adults navigating:  
Life transitions & identity development  
Perinatal mental health and postpartum adjustment  
Perimenopause & menopause  
ADHD understanding & integration  
Spiritual and expressive healing  
Nervous-system awareness and trauma-informed care  
Young adults navigating “adulting” and independence  
Her therapeutic approach integrates:  
Somatic, body-centered practices  
Narrative therapy (highlighting evolving self-stories)  
Expressive and creative elements  
Nervous-system education and regulation work  
Collaborative hypnotherapy (targeted, stand-alone sessions)  
She enjoys working with self-motivated adults who are ready for growth, introspection, and change.

### Practice Values & Support Style

Kristen creates a calm, grounded, and deeply compassionate environment where:  
Nervous-system responses are understood, not pathologized  
Curiosity and inner wisdom are nurtured  
Identity and self-story can evolve  
Clients feel safe, empowered, and gently supported  
Her style is gentle, reflective, intuitive, and attuned.

### Hypnotherapy Services

*Typically in-person, focused, and goal-specific*  
Common areas of focus include:  
Phobias and fears  
Test anxiety  
Surgical or medical procedure preparation  
Stress and performance confidence  
Often structured as **stand-alone** interventions separate from ongoing therapy.

### Scheduling Availability

Kristen sees clients **Tuesday, Wednesday, and Thursday**  
Provides both virtual and in-person sessions in Asheville  
*Please contact Kristen directly for current hours and openings.*  
She prefers **TEXTING:** 423-248-2221

### Insurance:

Aetna  
Blue Cross Blue Shield  
Self-pay available.

### Why I Recommend Kristen

Kristen brings a soft-spoken, nurturing, and grounded presence that supports deep emotional exploration and nervous-system regulation. With her unique blend of clinical counseling, nursing experience, expressive arts, and hypnotherapy, she offers a calming, safe, and soulful therapeutic space. Kristen is an excellent fit for adults navigating life transitions, inner-wisdom work, emotional healing, and embodiment practices.





## PRIVATE PRACTICE CHRISTY LEWIS JACOBY, MSW, LCSWA

**Website:** [www.psychologytoday.com/us/therapists/christy-lynne-jacoby-formerly-lewis-brevard-nc/460411](http://www.psychologytoday.com/us/therapists/christy-lynne-jacoby-formerly-lewis-brevard-nc/460411)

### About Christy

Christy is a Licensed Clinical Social Worker Associate who works exclusively with women (ages 16+) and focuses on helping clients reconnect with themselves, navigate identity, and build emotional clarity. She brings a direct, grounded, and insight-oriented approach, and values honesty, clarity, and humor in the therapeutic alliance – noting that many of her clients are mothers, and “we laugh at all the wrong things.”

Christy has extensive experience supporting women through emotional and relational challenges, transitions, shame, trauma, and stress. She is skilled in identifying patterns and helping clients develop greater awareness and capacity for change.

### Clinical Focus & Specialties

\*Women only\*

Anxiety, depression, and mood concern

Relationship stress, dating, divorce, or “stay or go” questions

Family-of-origin patterns and attachment wounds

Identity, self-worth, and self-trust

Trauma and shame

Overwhelm, emotional intensity, and life transitions

Parenting stress and supporting neurodivergent children (including lived experience parenting a child with ADHD)

Christy works with adults who are ready to explore their emotional patterns, build coping skills, and create meaningful inner change.

Client population: women & teen girls 16+

Christy works with individuals only (no couples).

### Approaches include:

DBT (intensively trained)

ACT

Trauma-informed internal family systems elements

Mindfulness-based practice (20+ years experience)

CBT tools and behavioral interventions

### Practice Values & Support Style

#### Christy's style blends:

Warmth & compassion

Direct feedback when helpful

Humor & real-talk

Emotion skills coaching

Practical tools for change

She values honesty, alignment, and collaboration in therapy – offering both space to feel and concrete strategies for moving forward.

Clients who are ready to reflect, take emotional responsibility, and actively work toward transformation tend to thrive in her practice.

### Scheduling Availability

Monday-Friday: 9am-5pm

Occasional accommodations for clients with childcare or work constraints

Please contact Christy directly to discuss current availability.

### Insurance Accepted

Aetna

Blue Cross Blue Shield

Cigna / Evernorth

United Healthcare / UHC | UBH

Self-pay options available.

### Why I Recommend Christy

Christy offers a grounded and insightful therapeutic style rooted in mindfulness, DBT, and relational integrity. She is skilled at recognizing emotional and relational patterns, helping women build clarity, emotional regulation, and deeper self-connection. Her combination of warmth, honesty, and real-world perspective – including lived experience parenting a neurodivergent child – makes her an excellent fit for women seeking thoughtful, practical, and emotionally attuned support.





## MATONE COUNSELING & TESTING CENTER

### KIRI SKILES, LCMHC, LMHC, NCC

**Website:** [www.matonecounseling.com/team\\_member/kiri-skiles-lcmhc/](http://www.matonecounseling.com/team_member/kiri-skiles-lcmhc/)

#### About Kiri

Kiri is a Licensed Clinical Mental Health Counselor (North Carolina) and Licensed Mental Health Counselor (Florida), as well as a Nationally Certified Counselor. She earned her M.S.Ed. in Clinical Mental Health Counseling from Western Illinois University and has been practicing since 2018. Her background includes experience supporting children, teens, adults, and families. She currently works with clients ages 14 and older. Kiri's approach is Adlerian, relational, and collaborative, emphasizing belonging, empathy, and the unique lifestyle patterns that shape each person's worldview.

#### Kiri works virtually with clients in:

North Carolina  
Florida

#### Clinical Focus & Specialties

Anxiety and stress management  
Grief and loss (companionship through grief)  
Parenting support and education  
Life transitions and identity development  
Boundaries, self-esteem, and self-understanding

#### Therapeutic Style

Collaborative and insight-driven  
Rooted in Adlerian principles of connection and purpose  
Encourages curiosity, courage, and self-compassion  
Warm, direct, and authentically human

#### Practice Values & Support Style

Kiri's philosophy centers on helping clients make sense of their emotional patterns and connect these to early experiences and beliefs. She creates a grounded, honest space for exploration while maintaining a focus on autonomy, emotional awareness, and belonging. Kiri's sessions often balance reflective discussion and tangible coping strategies, providing both understanding and forward movement. She is particularly skilled in supporting caregivers, parents, and individuals experiencing life transitions or grief.

#### Practice Details & Additional Support

##### Kiri practices with Matone Counseling and Testing Center, a trauma-informed group practice offering:

Individual therapy for children, teens, and adults  
Couples and family therapy  
Comprehensive psychological testing and assessment services  
If needed, Kiri can collaborate or refer clients to other providers within the practice for specialized care or testing support.

#### Scheduling Availability

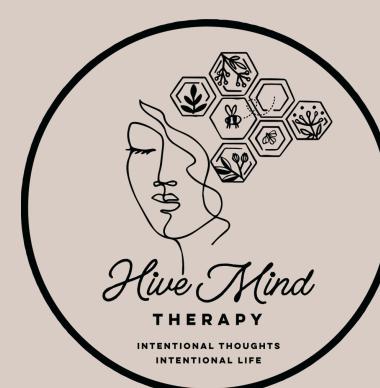
Tuesday – Friday, 8:00 a.m. – 5:00 p.m. \*\*Central time zone\*\* Lives in Pensacola, FL  
Flexible for temporary or short-term coverage needs  
Occasional after-hours or Saturday sessions available by arrangement

#### Insurance Accepted

Blue Cross Blue Shield  
UnitedHealthcare / Optum  
Aetna  
Cigna / Evernorth  
Humana  
Ambetter  
(Tricare and Care Credit also accepted for some clients)  
(Self-pay options are available; please inquire directly.)

#### Why I Recommend Kiri

I am including Kiri as a referral option because her therapeutic style and professional background closely mirror my own. Like me, Kiri began her career in an elementary school setting, which deeply informs her understanding of family systems, child development, and the parent-child dynamic. Kiri shares my passion for working with parents to break intergenerational cycles, strengthen attachment, and build more connected, emotionally attuned relationships within the family. Her approach is warm, thoughtful, and insight-oriented, blending relational awareness with practical support for real-world change. Kiri is a strong fit for clients who value authenticity, curiosity, and compassion in therapy—particularly parents, caregivers, and adults seeking to understand themselves and their patterns through an attachment and trauma-informed lens.





## CRAFT PSYCHIATRY DR. CHARMI BALSARA, MD

**Website:** <https://www.craftpsychiatry.com/>

### About Charmi

Dr. Charmi Balsara is a Board-Certified Psychiatrist (American Board of Psychiatry and Neurology) licensed in Florida and Texas. She provides virtual psychiatric care, focusing on an integrative and holistic approach that combines medication management with therapy, nutritional guidance, mindfulness, and lifestyle interventions. Dr. Balsara's path into psychiatry is shaped by diverse cultural and educational experiences. As an immigrant, she personally understands the complexity of adaptation, identity, and resilience. She earned her Bachelor of Arts in Integrative Biology and a minor in Southeast Asian Studies from the University of California, Berkeley. After volunteering in India with the Gram Seva Trust educating expecting mothers on prenatal care and exploring community-based addiction factors, she went on to earn her Doctor of Medicine from the University of South Florida, completing a Scholarly Concentration in Nutrition. During her psychiatry residency at HCA Florida Aventura Hospital, Dr. Balsara developed and taught a wellness curriculum addressing nutrition, sleep, exercise, and burnout prevention. Her work reflects a lifelong commitment to the intersection of physical and mental health and to compassionate, culturally informed care.

### Charmi works virtually with clients in:

Texas  
Florida

### Clinical Focus & Specialties

Dr. Balsara provides comprehensive psychiatric evaluation and medication management for:

- ADD/ADHD, Anxiety, Depression, OCD
- Bipolar Disorder, Mood Disorders, Psychosis, PTSD, Trauma Recovery
- Pregnancy, Prenatal, and Postpartum Mental Health
- Stress, Burnout, Sleep and Insomnia Concerns
- Eating Disorders, Self-Esteem, and Emotional Disturbance
- Relationship Challenges, Infidelity, Divorce, and Marital Concerns
- Family and Peer Relationships, Life Transitions, and Coping Skills
- Dual Diagnosis, Behavioral Issues, and Grief

Her practice also includes support for women's mental health, life coaching, and holistic medication planning.

### Therapeutic Style

Dr. Balsara's care is integrative, collaborative, and empowering.

Together with clients, she designs personalized treatment plans that may include:

- Evidence-based medication management (including safe tapering or discontinuation when appropriate)
- Therapy and skills-based interventions
- Nutritional and supplement support
- Mindfulness and stress-reduction practices
- Lifestyle and behavioral strategies for sleep, exercise, and self-care

Each session emphasizes education and shared decision-making so clients feel informed, supported, and in control of their care.

### Practice Values & Support Style

Dr. Balsara believes that healing involves the whole person – mind, body, and environment. Her work is guided by compassion, curiosity, and respect for the individual's lived experience. She integrates scientific knowledge with empathy and cultural sensitivity to help clients uncover the root causes of distress and build sustainable wellness. Her goal is not only to reduce symptoms but to help each person feel confident, resilient, purposeful, and deeply fulfilled in their daily life.

### Scheduling Availability

Virtual appointments, contact for scheduling

### Insurance Accepted

Aetna | AvMed | Cigna / Evernorth | Optum | Oscar | Oxford | United Healthcare | United Medical Resources | Carelon Behavioral Health

- Out-of-network clients welcome
- Self-pay accepted (HSA eligible)
- Superbills provided
- Insurance verification and copay estimate offered during free introductory call

### Why I Recommend Charmi

I am including Dr. Balsara as a referral option because her integrative, trauma-informed, and collaborative approach aligns closely with my own therapeutic philosophy. She thoughtfully combines medication management with lifestyle, nutritional, and mindfulness strategies, ensuring that clients receive care that addresses both symptom relief and underlying wellbeing.

Her warmth, cultural awareness, and clear communication make her an excellent choice for clients seeking psychiatric care that feels grounded, personal, and empowering – particularly for those navigating anxiety, ADHD, postpartum transitions, or stress-related burnout.





## PRIVATE PRACTICE LISA RYAN, MSN, APRN, PMHNP

**Website:** <https://www.psychologytoday.com/us/psychiatrists/lisa-j-ryan-asheville-nc/1020815>

### About Lisa

Lisa Ryan is a Psychiatric Nurse Practitioner (PMHNP) licensed in North Carolina offering virtual psychiatric care. She brings warmth, presence, and curiosity to her work, creating an atmosphere of compassion and collaboration.

After graduating from Cornell University, Lisa earned her Master's in Nursing from Massachusetts General Hospital, followed by a post-master's certification as a Psychiatric Nurse Practitioner from the University of California, San Francisco.

Her approach is deeply humanistic and grounded in teamwork—she views the therapeutic relationship as a partnership where the client's voice, experiences, and values guide the course of treatment. Lisa integrates state-of-the-art psychopharmacology with a strong emphasis on mindfulness, psychotherapy, and lifestyle adjustments to support the whole person.

### Lisa works virtually with clients in:

Texas  
Florida

### Clinical Focus & Specialties

- Mood Disorders (Depression, Bipolar Disorder)
- Trauma and PTSD
- Anxiety Disorders
- ADHD and other attentional disorders
- Sleep Disorders and Insomnia
- Women's Mental Health and Emotional Wellness
- Postpartum mood and anxiety disorders
- Menopausal mood changes
- PMS and hormonal influences on mood
- Infertility and reproductive challenges
- The impact of societal and gender roles on well-being

Lisa is especially knowledgeable about how ADHD uniquely impacts women, helping clients understand and manage the intersection of hormonal, cognitive, and emotional health.

### Therapeutic Style

Lisa's practice philosophy centers on listening deeply and forming an authentic therapeutic alliance.

She combines evidence-based medication management with holistic strategies, which may include:

- Psychotherapy or mindfulness-based interventions
- Lifestyle changes supporting sleep, nutrition, and balance
- Meditation or complementary practices
- Collaborative planning with therapists and other providers

Lisa believes treatment works best when it honors both science and story—the biological and the emotional. Each session is an opportunity to explore what feels aligned and sustainable for the client's long-term mental health.

### Practice Values & Support Style

Lisa's care is characterized by acceptance, compassion, and collaboration.

She strives to ensure that every client feels seen, understood, and empowered in their care decisions.

Her style is warm, inquisitive, and partnership-driven, making space for both vulnerability and agency in the healing process.

### Scheduling Availability

For scheduling inquiries, please contact Lisa directly through her [Psychology Today profile](#).

### Insurance Accepted

- Virtual appointments only (North Carolina residents)
- Private Pay Practice
  - Initial Intake (60 minutes): \$300
  - Follow-up (30 minutes): \$150
  - Extended Follow-up (60 minutes): \$300
- Superbills provided upon request for out-of-network reimbursement
- Payment: Self-pay (HSA/FSA accepted)

### Why I Recommend Lisa

I am including Lisa as a referral option because she offers a warm, collaborative, and deeply thoughtful approach to psychiatric care that aligns closely with my own therapeutic philosophy. Her extensive background in women's mental health and reproductive psychiatry, paired with her curiosity and genuine presence, makes her an exceptional choice for clients seeking a provider who truly listens and partners in care.

Lisa's understanding of how ADHD presents in women, her compassion for complex emotional landscapes, and her commitment to integrative, evidence-based practice make her a trusted and grounding option for ongoing or consultative medication management.





## PRIVATE PRACTICE SUSAN CACERES ARAYA, MSN, PMHNP

**Website:** <https://care.headway.co/providers/susan-caceres-araya>

### About Susan

Susan Caceres Araya is a Psychiatric Mental Health Nurse Practitioner (PMHNP) licensed in North Carolina, providing virtual psychiatric care in both English and Spanish. She brings over 14 years of nursing experience across community health, maternal health, and university settings.

Susan is known for her compassionate, non-judgmental, and culturally responsive approach to care. She has worked with clients from diverse backgrounds experiencing challenges such as anxiety disorders, depression, trauma, bipolar disorder, interpersonal issues, and family stressors.

She earned both her undergraduate and graduate Nursing degrees from the University of North Carolina at Chapel Hill and is fluent in Spanish, offering bilingual care to better meet the needs of her clients.

### Susan works virtually with clients in:

North Carolina

### Clinical Focus & Specialties

- Anxiety Disorders (Primary Specialty)
- Depression and Mood Disorders
- Bipolar Disorder
- Trauma and PTSD
- Obsessive-Compulsive Disorder (OCD)
- Sleep Disorders and Insomnia
- Grief and Loss
- Stress and Panic Disorders
- LGBTQIA+ Mental Health and Identity Support
- Men's and Women's Issues
- Family and Relationship Issues
- She especially enjoys working with university and graduate students, understanding the pressures of academic life, transition, and identity development.

### Therapeutic Style

Susan's care is warm, empowering, and holistic.

She uses a collaborative approach to help clients find the most appropriate interventions to meet their individual needs. She strongly believes in providing up-to-date information so clients can make well-informed decisions about their mental health.

Her treatment plans consider the whole person, recognizing that the most effective care is multifaceted and may include:

- Medication Management (non-controlled substances only)
- Cognitive Behavioral Therapy (CBT)
- Positive Psychology
- Mindfulness-Based Cognitive Therapy (MBCT)
- Motivational Interviewing and Strength-Based Interventions

### Practice Values & Support Style

Susan strives to make clients feel heard, valued, and understood. She views treatment as a partnership, where trust, respect, and collaboration are central to achieving positive outcomes.

Her practice is grounded in empathy, evidence-based care, and cultural awareness, ensuring that each client receives support that is both scientifically informed and personally meaningful.

Clients can expect a safe, supportive, and empowering space where their unique experiences and perspectives are honored.

### Scheduling Availability

- Appointments: Virtual only (not authorized to prescribe controlled substances)
- Languages: English and Spanish

### Insurance Accepted

- Aetna
- Blue Cross Blue Shield
- Cigna
- Self-pay and documentation for out-of-network reimbursement available.
- Free consultations are offered to determine fit before beginning care.

### Why I Recommend Susan

I am including Susan as a referral option because of her collaborative, inclusive, and holistic approach to psychiatric care. Her background in community health, maternal health, and university counseling allows her to connect deeply with clients navigating life transitions, identity development, and emotional stressors.

Susan's warmth, professionalism, and bilingual care make her a particularly strong option for students, adults, and individuals seeking an approachable provider who integrates mindfulness, CBT, and medication management with a trauma-informed lens.

She provides thoughtful, empowering care that aligns closely with my own therapeutic philosophy and values.

