

## Local Therapy Referral List:

updated March 2014

Please utilize this list of area providers of psychological, psychiatric, and counseling services to assist you in selecting someone to provide your care.

For all patients with mental health concerns please ensure they have information for the crisis hotline prior to the end of their visit:

**\*\*24-Hour CRISIS LINE (319) 351-0140\*\***

**\*\*24-Hour CRISIS LINE 1-800-273-TALK\*\***

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Low-Income Patient Services (sliding scale fees, no insurance required)

### **Community Mental Health Center for Mid-Eastern Iowa**

507 E College St

Iowa City, IA

(319) 338-7884

<http://www.communitymentalhealthcenter.org/>

Notes: quick access, offers psychiatry services and psychotherapy for individuals and groups, play therapy for children available

Handout on walk-in services and necessary documents:

[http://www.communitymentalhealthcenter.org/index\\_files/cmhc-register.pdf](http://www.communitymentalhealthcenter.org/index_files/cmhc-register.pdf)

### **Horizons – A Family Service Alliance**

819 5<sup>th</sup> St. SE

PO Box 667

Cedar Rapids, IA 52406

1-877-653-3123 toll free

(319) 358-6537

<http://www.horizonsfamily.org/Default.aspx>

Notes: counseling for individual adults, children, and adolescents, as well as couples and families; psychological assessments for ADHD and learning disabilities

### **Seashore Psychology Clinic**

Stuit Hall, The University of Iowa

375 Jefferson St.

Iowa City, IA 52242

(319) 335-2467

<http://www.psychology.uiowa.edu/resources/seashore-clinic>

Notes: psychological testing and therapy for individuals and couples; for therapy: sliding fee scale and no insurance required, for testing: standard fees based on nature of evaluation; Work is done by UI Clinical Psychology doctoral students under close supervision of licensed clinical psychologists

### **The Senior Center**

28 South Linn Street

Iowa City, IA

(319) 356-5220

Notes: free counseling for individuals 50 and older provided by UI Counseling Psychology doctoral students

**United Action for Youth**

410 Iowa Ave  
Iowa City, IA 52240  
(319) 338-7518

<http://www.unitedactionforyouth.org>

Notes: great resource, therapy and mediation for adolescents and parents; Hawk-I, Title IXX, and Medicaid accepted and sliding fee scale available

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Adult Individual Therapy

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Iowa City:

**Adams & Baumbach Associates**

320 Kirkwood Ave., Suite 1  
Iowa City, IA 52240  
(319) 351-6654

[www.adamsandbaumbach.com](http://www.adamsandbaumbach.com)

Notes: general and sports counseling, for individuals, couples, and families; Diane Baumbach, LISW, weekend appointments available

**Anderson, Arnold, and Partners, L.L.P.**

209 E Washington St Ste 202  
Iowa City, IA  
(319) 354-3232

<http://andersonarnold.com/>

Notes: established and well-recommended group PhD/LISW both; Holly Sanger PhD, David Martino PhD, Greg Gullickson PhD, Jim Estin MSW, Lauri Lehn PhD, Amy Stockman, PhD-chronic pain, Claire Dickey, LMHC—children, teenagers, adults; all providers currently have a short waitlist

**Community Mental Health Center for Mid-Eastern Iowa**

507 E College St  
Iowa City, IA  
(319) 338-7884

<http://www.communitymentalhealthcenter.org/>

Notes: sliding scale available for low income, quick access

Handout on walk-in services and necessary documents:

[http://www.communitymentalhealthcenter.org/index\\_files/cmhc-register.pdf](http://www.communitymentalhealthcenter.org/index_files/cmhc-register.pdf)

**Counseling Center of Iowa City**

***Striegel, Fisher, Young & Associates***

3030 Northgate Drive, Suite E  
Iowa City, IA

(319) 337-6483 <http://www.counselingcenteric.com/index.php>

Notes: former CHPS therapists, Susan Fisher, LMFT does child/play therapy and adults/couples, David Young does biofeedback, other PhD and Masters level clinicians available, family therapy

**Counseling & Health Center**

616 E Bloomington St

Iowa City, IA

(319) 337-6998

<http://www.iowacitycounselors.com/Home.php>

Notes: Linda Grohe PhD for older patients (>50), David Johnson PhD for couples/adults and psychological testing, Karen Quigley ARNP provides medication management for adults and adolescents

**East Iowa Psychology Group**

325 E Washington St Ste 301

Iowa City, IA

(319) 358-9397

Notes: Jason Lasner PhD for general or sexual therapy; Phil Lasner PhD generalist

**Eastwind Healing Center**

221 E. College St. Suite 211

Iowa City, IA 52240

(319) 337-3313

<http://www.eastwindhealing.com/>

Notes: mind-body focused, Betsy Rippentrop PhD and Candida Mauer PhD for complementary and alternative medicine technique; psychiatric services available

**Gersh, Hartson, & Payne Associates, P.C.**

373 Scott Court, Suite A

Iowa City, IA

(319) 338-9960

<http://www.ghapsych.com/>

Notes: provides individual, couples, and family therapy, psychological evaluations for ADHD, learning disabilities, and forensic (legal) consultations

**Gisolfi, Hayek, Ruyle, & Schut LLP**

123 N Linn St, Suite 2A

Iowa City, IA

(319) 337-3357

Notes: well-recommended group; Louise Gisolfi, LISW – adults, couples, teens, families; Patricia Hayek, LISW, LMFT—couples, families; Kathleen Ruyle, LISW - teens, families; Kay Colangelo, PhD—adults and couples; Darcie Yamada, LISW – children; Amanda Goodrich - adults, couples; Megan LaVelle - adults and teens

**Heatherington & Associates**

123 N Linn St Ste D2

Iowa City, IA

(319) 337-9461

Notes: Cheryl Heatherington does LGBT therapy

**Birgitta Lake, LISW**

332 S. Linn St., #25

Iowa City, IA 52240  
(319) 338-5181

**Wieland/Brighton Therapy Association**

511 Iowa Ave.  
Iowa City, IA 52240  
(319) 354-8906

Notes: Ronnye Wieland ARNP, formerly with CHIPS

**Psychiatric Associates of Iowa City**

673 Westbury Drive, Suite 201  
Iowa City, IA 52245  
(319) 356-6352

<http://www.psychassociates.net>

Notes: medication, testing, and therapy for children, teens, and adults, including couples.

**Seashore Psychology Clinic**

Stuit Hall, The University of Iowa  
375 Jefferson St.  
Iowa City, IA 52242  
(319) 335-2467

<http://www.psychology.uiowa.edu/resources/seashore-clinic>

Notes: psychological testing and therapy for individuals and couples; for therapy: sliding fee scale and no insurance required, for testing: standard fees based on nature of evaluation; Work is done by UI Clinical Psychology doctoral students under close supervision of licensed clinical psychologists.

**UIHC Women's Wellness and Counseling Center**

UI Women's Health Center at UIHC and UI River Landing  
319-353-1898

<http://www.uihealthcare.org/womenswellness/>

Notes: Specialize in women who are pregnant, postpartum, menopausal, or experiencing premenstrual mood symptoms. Psychiatric medication and psychotherapy offered. Some work is done by UI Clinical and Counseling Psychology doctoral students under supervision of psychiatrists and licensed clinical psychologists.

Surrounding Area:

**Meadowlark Psychiatric Services**

320 W Cherry St, North Liberty, IA 52317  
<http://meadowlarkpsych.com/>  
(319) 626-3300

Notes: broadly focused mental health service with psychiatrists, therapists, alternative health, chemical dependency counseling and psychologic testing.

**Okerberg and Associates**

1785 Curtis Bridge Rd.  
North Liberty, IA  
(319) 665-2008

<http://www.okerberg-assoc.com/>

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Couples Therapy

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Iowa City

**Adams & Baumbach Associates**

320 Kirkwood Ave., Suite 1

Iowa City, IA 52240

(319) 351-6654

[www.adamsandbaumbach.com](http://www.adamsandbaumbach.com)

Notes: general and sports counseling, for individuals, couples, and families; Diane Baumbach, LISW, weekend appointments available

**Anderson, Arnold, and Partners, L.L.P.**

209 E Washington St Ste 202

Iowa City, IA

(319) 354-3232

<http://andersonarnold.com/>

Notes: established and well-recommended group PhD/LISW both; Holly Sanger PhD, David Martino PhD, Greg Gullickson PhD, Jim Estin MSW, Lauri Lehn PhD, Amy Stockman, PhD-chronic pain, Claire Dickey, LMHC—children, teenagers, adults; all providers currently have a short waitlist

**Counseling Center of Iowa City**

***Striegel, Fisher, Young & Associates***

3030 Northgate Drive, Suite E

Iowa City, IA

(319) 337-6483 <http://www.counselingcenteric.com/index.php>

Notes: former CHPS therapists, Susan Fisher, LMFT does child/play therapy and adults/couples, David Young does biofeedback, other PhD and Masters level clinicians available, family therapy

**Counseling & Health Center**

616 E Bloomington St

Iowa City, IA

(319) 337-6998

<http://www.iowacitycounselors.com/Home.php>

Notes: Linda Grohe PhD for older patients (>50), David Johnson PhD for couples/adults and psychological testing, Karen Quigley ARNP provides medication management for adults and adolescents

**East Iowa Psychology Group**

325 E Washington St Ste 301

Iowa City, IA

(319) 358-9397

Notes: Jason Lasner PhD for general or sexual therapy; Phil Lasner PhD generalist

**Gersh, Hartson, & Payne Associates, P.C.**

373 Scott Court, Suite A

Iowa City, IA

(319) 338-9960

<http://www.ghapsych.com/>

Notes: provides individual, couples, and family therapy, psychological evaluations for ADHD, learning disabilities, and forensic (legal) consultations

**Gisolfi, Hayek, Ruyle, & Schut LLP**

123 N Linn St, Suite 2A

Iowa City, IA

(319) 337-3357

Notes: well-recommended group; Louise Gisolfi, LISW – adults, couples, teens, families; Patricia Hayek, LISW, LMFT—couples, families; Kathleen Ruyle, LISW - teens, families; Kay Colangelo, PhD—adults and couples; Darcie Yamada, LISW – children; Amanda Goodrich - adults, couples; Megan LaVelle - adults and teens

**Psychiatric Associates of Iowa City**

673 Westbury Drive, Suite 201

Iowa City, IA 52245

(319) 356-6352

<http://www.psychassociates.net>

Notes: medication, testing, and therapy for children, teens, and adults, including couples

Surrounding Area:

**Meadowlark Psychiatric Services**

320 W Cherry St, North Liberty, IA 52317

<Http://meadowlarkpsych.com/>

(319) 626-3300

Notes: broadly focused mental health service with psychiatrists, therapists, alternative health, chemical dependency counseling and psychologic testing.

**Okerberg and Associates**

1785 Curtis Bridge Rd.

North Liberty, IA

(319) 665-2008

<http://www.okerberg-assoc.com/>

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Sex Therapy

**East Iowa Psychology Group**

325 E Washington St Ste 301

Iowa City, IA

(319) 358-9397

Notes: Jason Lasner PhD for general or sexual therapy

**The Men's Center**

The Arcade Building  
128 1/2 E. Washington St. Suite 6  
Iowa City, IA 52240  
319-383-8871

<http://www.themenscenter.net>

Notes: Anthony Rodriguez, MSW, LISW provides services for sexual dysfunction for both men and women as well as the partner/spouse of those with sexual dysfunction

**Denise Stapley LMHC,**

1221 Park Place NE #G4  
Cedar Rapids, Iowa 52402  
(319) 202-4080

<Http://denisestapleytherapy.com/>

Notes: currently the only AASECT Certified Sex Therapist in Iowa

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Geriatric Patients

**Counseling & Health Center**

616 E Bloomington St  
Iowa City, IA  
(319) 337-6998

<http://www.iowacitycounselors.com/Home.php>

Notes: Linda Grohe PhD for older patients (>50)

**The Senior Center**

28 South Linn Street  
Iowa City, IA  
(319) 356-5220

Notes: free counseling for individuals 50 and older provided by UI Counseling Psychology doctoral students

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Child and Adolescent Patients

Iowa City:

**Cindy Anderson PhD**

(319) 358-6520

**Belin-Blank Center for Gifted Education**

600 Blank Honors Center  
University of Iowa  
Iowa City, IA 5224  
(319) 335-6148

<http://www.education.uiowa.edu/belinblank>

Notes: for gifted kids and autism spectrum issues, psychological assessments and therapy, takes a few months to get an appointment

**Counseling Center of Iowa City**

***Striegel, Fisher, Young & Associates***

3030 Northgate Drive, Suite E

Iowa City, IA

(319) 337-6483 <http://www.counselingcenteric.com/index.php>

Notes: former CHPS therapists, Susan Fisher, LMFT does child/play therapy and adults/couples, David Young does biofeedback, other PhD and Masters level clinicians available, family therapy

**Counseling & Health Center**

616 E Bloomington St

Iowa City, IA

(319) 337-6998

<http://www.iowacitycounselors.com/Home.php>

Notes: Diana Kaufman LMHC for child therapy, David Johnson PhD for couples/adults and psychological testing, Karen Quigley ARNP provides medication management for adults and adolescents,

**Trisha Hoffman PsyD**

(319) 338-9960

Notes: does family therapy too

**Iowa City Independent School District**

Coreen Frank, Mental Health Coordinator

(319) 688-1000 ext. 2683

Cell phone for physician calls: (319) 400-1797

Notes: school specific resource for school associated issues

**Anne Jensen, PhD**

52 Sturgis Corner Dr., Suite A

Iowa City, IA 52246

(319) 338-7579

**UIHC Child Psychiatry**

(319) 3561188

Karen Nelson PhD, Laura Fuller PhD, Peggy Sharr PhD, Joellen Crowe ARNP

Notes: established group for all issues including eating disorders

**United Action for Youth**

410 Iowa Ave,

Iowa City, IA 52240

(319) 338-7518

<http://www.education.uiowa.edu/belinblank>

Notes: great resource, therapy and mediation for adolescents and parents, Hawk-I, Title IXX, and Medicaid accepted and sliding fee scale available

**Wieland/Brighton Therapy Association**



511 Iowa Ave.  
Iowa City, IA 52240  
(319) 354-8906  
Notes: Ronnye Wieland ARNP, formerly with CHIPS; adolescents

Surrounding Area:

**Interplay Counseling Services/Family Counseling Center of Iowa**

1150 5<sup>th</sup> St., #261  
Coralville, IA 52241  
(319) 354-0786

Notes: Susan Schmitz, MSW, LISW, Certified play therapist and EMDR therapist; accepts BCBS, Aetna, Midlands choice insurances and sliding scale

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Substance Abuse

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**Mecca Services**

Community-based Substance Abuse, Gambling & Behavioral Health Services  
430 Southgate Ave  
Iowa City, IA 52240  
(319) 351-4357

<http://www.meccaservices.com/>

Notes: variety of services available in individual, group, residential, and outpatient formats

**UIHC Chemical Dependency Services**

(310) 384-8765

Dave Barloon's pager is 7276 for questions and will come to UIHC clinic to see patient

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Chronic Pain

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**Anderson, Arnold, and Partners, L.L.P.**

209 E Washington St Ste 202  
Iowa City, IA  
(319) 354-3232

<http://andersonarnold.com/>

Notes: Amy Stockman, PhD—chronic pain specialist

**St Luke's Hospital Medical Psychology**

1026 A Avenue N.E.  
Cedar Rapids, IA 52406  
319-369-7506

Notes: Jennifer Swaim, PhD and other health psychologists. Fax referral specifying chronic pain consultation with most recent clinic note to 319-369-8251.

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Psychological Testing

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**Belin-Blank Center for Gifted Education**

600 Blank Honors Center  
University of Iowa  
Iowa City, IA 5224  
(319) 335-6148

<http://www.education.uiowa.edu/belinblank>

Notes: for gifted kids and autism spectrum issues, psychological assessments, takes a few months to get an appointment

**UIHC Benton Neuropsychology Laboratory**

(319) 356-2671

**Cedar Rapids Counseling and Psychotherapy Group**

4403 1<sup>st</sup> Ave. S.E., Suite 309  
Cedar Rapids, IA 52402  
(319) 362-0632

<http://www.crcounseling.net/index.html>

Notes: Laurel Langholz, PhD does psychological assessments for ADHD, learning and intellectual disabilities

**Counseling & Health Center**

616 E Bloomington St  
Iowa City, IA  
(319) 337-6998

<http://www.iowacitycounselors.com/Home.php>

Notes: David Johnson PhD does psychological testing for children, adolescents, and adults

**Gersh, Hartson, & Payne Associates, P.C.**

373 Scott Court, Suite A  
Iowa City, IA  
(319) 338-9960

<http://www.ghapsych.com/>

Notes: psychological evaluations for ADHD, learning disabilities, and forensic (legal) consultations

**Horizons – A Family Service Alliance**

819 5<sup>th</sup> St. SE  
PO Box 667  
Cedar Rapids, IA 52406  
1-877-653-3123 toll free  
(319) 358-6537

<http://www.horizonsfamily.org/Default.aspx>

Notes: psychological assessments for ADHD and learning disabilities; low-cost

**Meadowlark Psychiatric Services**

320 W Cherry St, North Liberty, IA 52317  
[Http://meadowlarkpsych.com/](http://meadowlarkpsych.com/)  
(319) 626-3300

Notes: broadly focused mental health service with psychiatrists, therapists, alternative health, chemical dependency counseling and psychologic testing.

**Psychiatric Associates of Iowa City**

673 Westbury Drive, Suite 201  
Iowa City, IA 52245  
(319) 356-6352

<http://www.psychassociates.net>

Notes: medication, testing, and therapy for children, teens, and adults, including couples.

**Seashore Psychology Clinic**

Stuit Hall, The University of Iowa  
375 Jefferson St.  
Iowa City, IA 52242  
(319) 335-2467

<http://www.psychology.uiowa.edu/resources/seashore-clinic>

Notes: psychological testing (e.g., ADHD, learning and intellectual disabilities, psychopathology evaluations), fees based on nature of evaluation but are low-cost; Work is done by UI Clinical Psychology doctoral students under close supervision of licensed clinical psychologists.

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Psychiatric Medication Management

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**Community Mental Health Center for Mid-Eastern Iowa**

507 E College St  
Iowa City, IA  
(319) 338-7884

<http://www.communitymentalhealthcenter.org/>

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Handout on walk-in services and necessary documents:

[http://www.communitymentalhealthcenter.org/index\\_files/cmhc-register.pdf](http://www.communitymentalhealthcenter.org/index_files/cmhc-register.pdf)

**Counseling & Health Center**

616 E Bloomington St  
Iowa City, IA  
(319) 337-6998

<http://www.iowacitycounselors.com/Home.php>

Notes: Karen Quigley ARNP provides medication management for adults and adolescents

**Eastwind Healing Center**

221 E. College St. Suite 211  
Iowa City, IA 52240  
(319) 337-3313

<http://www.eastwindhealing.com/>

Notes: mind-body focused, psychiatric services available from Dr. Gilligan and Dr. Tansey

**Meadowlark Psychiatric Services**

320 W Cherry St, North Liberty, IA 52317

[Http://meadowlarkpsych.com/](http://meadowlarkpsych.com/)

(319) 626-3300

Notes: broadly focused mental health service with psychiatrists, therapists, alternative health, chemical dependency counseling and psychological testing.

### **Psychiatric Associates of Iowa City**

673 Westbury Drive, Suite 201

Iowa City, IA 52245

(319) 356-6352

<http://www.psychassociates.net>

Notes: medication, testing, and therapy for children, teens, and adults, including couples.

### **UIHC Women's Wellness and Counseling Center**

UI Women's Health Center

319-353-1898

<http://www.uihealthcare.org/womenswellness/>

Notes: Specialize in women who are pregnant, postpartum, menopausal, or experiencing premenstrual mood symptoms. Psychiatric medication and psychotherapy offered. Some work is done by UI Clinical and Counseling Psychology doctoral students under supervision of psychiatrists and licensed clinical psychologists.

### Local Non-Profit Organizations (good resources, some offering limited counseling)

#### **Crisis Center of Johnson County**

1121 Gilbert Ct

Iowa City, IA

(319) 351-0140

<http://jccrisiscenter.org/>

Note: offers support group for individuals who have lost a loved one to suicide

**\*\*24-Hour CRISIS LINE – (319) 351-0140\*\***

#### **DVIP Domestic Violence Intervention Program**

PO Box 3170

Iowa City, IA

(319) 351-1043

<http://www.dvpiowa.org/index.htm>

#### **Horizons – A Family Service Alliance**

819 5<sup>th</sup> St. SE

PO Box 667

Cedar Rapids, IA 52406

1-877-653-3123 toll free

(319) 358-6537

<http://www.horizonsfamily.org/Default.aspx>

Notes: counseling for individual adults, children, and adolescents, as well as couples and families; psychological assessments for ADHD and learning disabilities

**Iowa City Hospice**

(319) 351-5665

<http://www.iowacityhospice.org/index.html>

Notes: offers bereavement and caregiver support groups, grief education

**Mecca Services**

Community-based Substance Abuse, Gambling & Behavioral Health Services

430 Southgate Ave

Iowa City, IA 52240

(319) 351-4357

<http://www.meccaservices.com/>

Notes: variety of services available in individual, group, residential, and outpatient formats

**National Alliance on Mental Illness – Johnson County**

122 E Market St

Iowa City, IA

(319) 337-5400

[www.nami.org/](http://www.nami.org/)

**Women's Resource and Action Center**

130 N. Madison St.

Iowa City, IA 52245

(319) 335-1486

<http://www.wrac.uiowa.edu>

Notes: counseling available by UI Counseling Psychology doctoral students; support and discussion groups regarding various topics are available