

Last Updated July 5, 2026

DIRECTORY of
BLACK
MENTAL HEALTH
PROVIDERS
in Fort Wayne, Indiana

A B O U T T H I S D I R E C T O R Y

Research shows that Black people continue to be underserved and misdiagnosed by mental health professionals. Research also shows that seeking and receiving services from a mental health professional who looks like you matters deeply to many Black people who do seek services, and furthermore, that rapport building and therapeutic interventions tend to be more effective in such relationships. That's why this directory exists.

Compiled from public information listed online (PsychologyToday.com, private practice listings, and organization websites) and/or from personal networking, this directory can be used by the community to seek services, by other mental health providers to network and refer clients, and by the community at large to connect with and engage with licensed professionals for educational purposes, including workshops, panels, community events, speaking engagements, and other professional collaborations.

This directory is a living document, meaning it will be edited and updated as needed. If you see any inaccurate and/or missing information and can help fill in the gaps, or if you or someone you know is a mental health provider in Fort Wayne, IN — licensed to practice in Indiana, offers virtual services, and is not currently on this list — please send your (or their) information to me at info@stephaniecburton.com.

C R E D E N T I A L S K E Y

Behavioral Coach — A non-licensed professional who works with individuals to build specific habits, routines, or behavior-change strategies (e.g., organization, motivation, accountability). Not a clinical license; cannot diagnose or treat mental health conditions.

Behavioral Consultant — A non-licensed professional, often with a background in behavioral or social science, who advises on behavior management strategies — commonly in home, school, or organizational settings. Not a clinical license; cannot diagnose or treat mental health conditions.

DSW (Doctor of Social Work) — A practice-focused doctoral degree in social work, emphasizing advanced clinical leadership and applied practice rather than research.

EdD (Doctor of Education) — A doctoral degree that can be earned in various specializations, including counseling or educational psychology. Some counselors — particularly those in school or educational settings — hold an EdD rather than a PhD or PsyD.

LCAC (Licensed Clinical Addictions Counselor) — A licensed clinician specialized in diagnosing and treating substance use and addiction disorders. Can provide individual/group counseling focused on addiction and co-occurring concerns.

LCSW (Licensed Clinical Social Worker) — A social worker with a master's degree who has completed supervised clinical hours and passed a licensing exam, qualifying them to diagnose and treat mental health conditions independently (without supervision). This is the highest independent-practice social work license.

Life Coach — A non-licensed professional who supports clients in setting and working toward personal or professional goals. Not a clinical license; not qualified to diagnose or treat mental health conditions.

LISW (Licensed Independent Social Worker) — Similar to LCSW in some states, this is an independent-practice social work license allowing diagnosis and treatment without supervision, though exact scope can vary depending on the state's licensing structure.

LMFT (Licensed Marriage and Family Therapist) — A licensed clinician trained specifically in relationship dynamics, family systems, and couples work, though many also treat individuals. Can diagnose and treat mental health conditions independently.

LMFTA (Licensed Marriage and Family Therapist Associate) — A marriage and family therapist who has completed their master's degree and is licensed at an entry level, but is still completing supervised clinical hours toward full (independent) LMFT licensure. Practices under supervision.

LMHC (Licensed Mental Health Counselor) — A licensed clinician who has completed a master's degree, supervised clinical hours, and a licensing exam, allowing them to independently diagnose and treat mental health conditions.

LMHCA (Licensed Mental Health Counselor Associate) — A counselor who has completed their master's degree and is licensed at an entry level, but is still completing supervised clinical hours toward full (independent) LMHC licensure. Practices under supervision.

LMSW (Licensed Master Social Worker) — A social worker with a master's degree who holds a license, but has not yet completed the additional supervised hours needed for independent practice. Works under supervision.

LPC (Licensed Professional Counselor) — Similar to LMHC; a licensed, independent clinical counselor qualified to diagnose and treat mental health conditions. Title varies by state (some states use LPC, others LMHC, for essentially the same scope of practice).

LSW (Licensed Social Worker) — A social worker who holds a master's degree and is licensed but has NOT yet completed the additional supervised hours required for independent practice. Typically must work under supervision and cannot diagnose or bill independently for clinical services.

Master's Level Intern — A graduate student completing required clinical training hours toward licensure. Works under the direct supervision of a licensed clinician and cannot practice independently; sessions are typically part of their supervised training.

MSW (Master of Social Work) — This refers to the degree itself, not a license.

PhD (Doctor of Philosophy) — A research-focused doctoral degree; in mental health fields, often paired with clinical training (e.g., PhD in Clinical or Counseling Psychology).

PsyD (Doctor of Psychology) — A doctoral degree focused on clinical practice rather than research, training providers primarily to assess, diagnose, and treat clients therapeutically.

Note: Credential terminology may vary because some professionals on this directory are/were licensed in other states before relocating to and practicing in Indiana. Coaching and consulting titles (Life Coach, Behavioral Coach, Behavioral Consultant) are not clinical licenses and are included for transparency about scope of practice.

THERAPEUTIC MODALITIES & FRAMEWORKS REFERENCED IN THE PROVIDER DIRECTORY

This glossary is provided for general educational purposes only, to help community members understand common language used by mental health providers. These are not a substitute for professional consultation. Please contact a provider directly to confirm their specific approach, training, and how a given modality would apply to your situation.

Acceptance and Commitment Therapy (ACT) — An action-oriented approach that helps clients accept difficult thoughts and feelings rather than fight them, while committing to behavior changes aligned with their personal values. It blends mindfulness skills with goal-setting to build psychological flexibility.

Attachment Theory — A framework, not a stand-alone technique, holding that early bonds with caregivers shape a person's patterns of trust, security, and connection in adult relationships. Clinicians use it to understand and repair relational and emotional difficulties rooted in those early attachment experiences.

Brainspotting — A brain-body therapy that uses fixed eye positions to locate and process points of unresolved trauma or emotional activation, working on the idea that where a person looks can affect how they feel. It's often used for trauma, anxiety, and performance issues.

Certified Addiction Peer Recovery (CAPR-C) — Not a therapy modality but a peer-support credential: a certified peer recovery coach who has lived experience with addiction and recovery, trained to support others going through similar struggles alongside their clinical care.

Cognitive Behavioral Therapy (CBT) — A structured, goal-oriented approach that helps clients identify and change unhelpful thought patterns and behaviors that contribute to emotional distress. It's widely used for anxiety, depression, and many other concerns and often includes between-session practice.

Dialectical Behavior Therapy (DBT) — A form of behavioral therapy originally developed for intense emotion dysregulation and self-harm, built around four skill areas: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. It balances acceptance of where a client is now with active work toward change.

Emotionally Focused Therapy (EFT) — An approach focused on identifying and reshaping emotional patterns that drive conflict or disconnection in relationships, often used in couples and family work. It draws on attachment theory to help people build more secure, responsive bonds.

"Essential 8 for Living" — Referenced by one provider in this directory as part of their approach; this appears to be a specific life-skills or social-emotional curriculum rather than a widely standardized clinical modality. The exact program and source weren't verifiable from available information — worth confirming directly with the provider if needed.

Expressive Art Therapies — Use creative processes — drawing, painting, music, movement, or other art forms — as a way to process emotions and experiences that may be difficult to put into words. Often used with clients who find traditional talk therapy limiting, including children and trauma survivors.

Eye Movement Desensitization and Reprocessing (EMDR) — A structured therapy for trauma and PTSD that uses guided bilateral stimulation (typically eye movements) while a client briefly focuses on a traumatic memory, helping the brain reprocess it so it feels less distressing. It's endorsed by the WHO and APA as an effective trauma treatment and often works faster than some other trauma therapies.

Humanistic & Transpersonal Approaches — Humanistic therapy centers on personal growth, self-acceptance, and the client's own capacity for positive change, emphasizing empathy and the therapeutic relationship. Transpersonal approaches extend this by incorporating spirituality, meaning, and a sense of connection beyond the individual self.

Liberation Psychology — A framework developed in Latin American psychology that views psychological well-being as inseparable from social and political conditions, particularly oppression and inequality. It centers the lived experience of marginalized communities and frames healing as connected to collective liberation, not just individual symptom relief.

Mindfulness — The practice of intentionally paying attention to the present moment — thoughts, feelings, and sensations — without judgment. Used across many modalities to reduce reactivity, build self-awareness, and lower stress and anxiety.

Mindfulness-Based Stress Reduction (MBSR) — A structured, typically 8-week program combining mindfulness meditation, gentle body awareness, and group instruction to help people manage stress, chronic pain, and anxiety. It's one of the most researched mindfulness-based clinical programs.

Motivational Interviewing (MI) — A collaborative, client-centered conversational style that helps people explore and strengthen their own motivation for change, rather than being told what to do. It's especially effective for ambivalence around addiction, health behaviors, and other changes a client has mixed feelings about.

Narrative Therapy — An approach that views people as separate from their problems, helping clients examine and 're-author' the stories they tell about their own lives. It emphasizes personal agency and often explores how culture and social context shape the narratives someone has absorbed.

Person-Centered Therapy — Developed by Carl Rogers, this approach holds that people have an innate capacity to grow and heal when given genuine empathy, unconditional positive regard, and a non-judgmental therapeutic relationship. The therapist acts as a supportive presence rather than directing the client toward specific solutions.

Psychotherapy / Traditional Talk Therapy — General terms for verbal, relationship-based therapy in which client and clinician talk through thoughts, feelings, and experiences to build insight and work toward change. It's the broad umbrella under which many specific modalities (like CBT or psychodynamic therapy) operate.

QPR Suicide Prevention (Question, Persuade, Refer) — Not a therapy modality but a brief gatekeeper training that teaches people to recognize warning signs of suicide risk, ask directly about suicidal thoughts, and connect the person to help. It's designed to be learned quickly by both professionals and laypeople, similar in spirit to CPR.

Rapid Resolution Therapy (RRT) — A brief, present-focused therapy that aims to resolve the emotional impact of past trauma or negative experiences quickly, often in a few sessions, using guided conversation, imagery, and reframing techniques rather than extended retelling of the traumatic event.

Relational Cultural Therapy — An approach holding that psychological well-being grows out of healthy connection with others, not just individual autonomy, and that disconnection (often shaped by power, culture, and marginalization) is a central source of distress. Therapy focuses on building mutual, growth-fostering relationships.

Sand Tray Therapy — An expressive technique in which clients arrange miniature figures and objects in a tray of sand to symbolically represent feelings, relationships, or experiences that may be hard to verbalize directly. Often used with children but also effective with adults processing trauma or complex emotions.

Solution-Focused Therapy — A brief, goal-oriented approach that centers on identifying a client's existing strengths and envisioning what life looks like once a problem is resolved, rather than dwelling extensively on the problem's history or causes. Sessions often use specific techniques like the "miracle question" to clarify goals.

Somatic Experiencing — A body-based approach to trauma that focuses on physical sensations, believing that trauma gets stored in the nervous system and body, not just the mind. Sessions help clients track and release that stored tension gradually and safely, rather than focusing primarily on the trauma narrative.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) — A structured CBT model specifically adapted for children, adolescents, and their caregivers who have experienced trauma. It combines trauma-sensitive interventions with core CBT skills like coping strategies and gradual, guided processing of the traumatic memory.

Trauma-Informed Talk Therapy — Not a single technique but an overall stance: therapy conducted with an active awareness of how trauma may be shaping a client's symptoms, relationships, and responses, and a commitment to safety, trust, and avoiding re-traumatization throughout care.

Wellness Recovery Action Plan (WRAP) — A structured, self-directed planning tool (not a talk therapy) that helps individuals identify their own wellness strategies, early warning signs of distress, and a crisis plan, put together in partnership with a provider or peer supporter. Originally developed within the mental health peer-support movement.

Womanist Theory — A framework rooted in Black women's lived experience and scholarship (distinct from, though related to, mainstream feminism) that centers race, gender, class, and spirituality together rather than treating them separately. In therapy, it's used to affirm cultural identity and understand distress within the fuller context of a Black woman's social and historical position.

P R O V I D E R D I R E C T O R Y

*Listed alphabetically by first name.
Website links are clickable.*

Aaron Lane, LSW

Available both in-person and online.

Courageous Healing, Inc., 2013 S. Anthony Blvd, Fort Wayne, IN 46806

(260) 255-3514

<https://www.courageoushealing.org/aaron-lane>

Specialty areas: Motivation, Anxiety, Depression, Existential Issues, Relationships, Stress Management/Burnout, PTSD/Trauma, Family of Origin, Values and Goals, Cultural Identity.

Insurance Accepted: Signature Care, PHP, and Anthem Blue Cross Blue Shield. Sliding Fee Scale available for those who qualify.

Adrienne Wright, LMHC

Available online only.

(260) 300-2548

[Adrienne's Website Link](#)

Specialty areas: Anxiety, Body Image, Depression, Trauma and PTSD.

Payment Methods: ACH Bank transfer, American Express, Discover, Mastercard, Visa, Zelle. *Insurance:* Aetna, Physicians Health Plan, UnitedHealthcare UHC | UBH.

Dr. Aisha Smiley, DSW, LSW

Clinical Associate Professor and MSW Program Director, Indiana University Fort Wayne.

Does not see clients presently.

Aleigha Edwards, Masters Intern

No additional information available.

Alicyn Ervin, FWCS School Counselor

Email: Alicyn.Ervin@fwcs.k12.in.us

Phone: (260) 467-4741

Alyseia Beasley, LSW

Iris Family Support Center, 500 W. Main St, Fort Wayne, IN

(260) 421-5000

Ayo Ajani, LCSW

Bowen Health, 2100 Goshen Rd, Fort Wayne, IN

(800) 342-5653

<https://www.bowenhealth.org/a-e/ayomikun-ajani>

Bernadine Payton, LMHC

Available both in-person and online

Beradine's Website Link

4656 West Jefferson Boulevard, Fort Wayne, IN 46804

(260) 305-1904

Breanna Johnson, Masters Intern

No additional information available.

Cameron Shackelford, LSW

Available both in-person and online

Courageous Healing, Inc., 2013 S. Anthony Blvd, Fort Wayne, IN 46806

(260) 255-3514

<https://www.courageoushealing.org/cameron-shackelford-msw>

Specialty areas: Crisis Intervention and Suicidal Ideation Specialist, Motivation, Anxiety, Depression, Family Dysfunction, Burnout, Cultural Identity, Family of Origin, Active Parenting for Fathers, Men's Mental Health.

Insurance Accepted: Signature Care, PHP, and Anthem Blue Cross Blue Shield. Sliding Fee Scale available for those who qualify.

Candace Underwood, LSW

FWCS School Counselor

(260) 467-4825

Chariee Reason, LCSW

Available online only

(260) 568-7467

Chariee's Website Link

Specialty areas: Grief, Anxiety, Life Transitions, ADHD, Burnout, Depression, Infertility, Life Coaching, Self Esteem, Spirituality, Stress, Trauma and PTSD, Women's Issues.

Insurance: Aetna, Anthem, Ascension SmartHealth, BlueCross and BlueShield, Carelton Behavioral Health, Cigna EAP

Crystal Kelly, LMHC

Available both in-person and online

Uniquely You Counseling & Wellness Center, LLC,

6710 Old Trail Road,

Fort Wayne, IN 46809

(260) 619-4696

<https://uniquelyyoucounselingandwellne.com/>

Specialty areas: Anxiety, Depression, Pregnancy/Prenatal/Postpartum, Bisexual, Grief, Lesbian, Life Transitions, Mood Disorders, Peer Relationships, Racial Identity, Self Esteem, Self-Harming, Suicidal Ideation, Trauma and PTSD. Fees: Individual Sessions \$140; sliding scale available for those who may be eligible. Payment Methods: American Express, Cash, Discover, Health Savings Account, Mastercard, Paypal, Visa. *Insurance:* Aetna, Ambetter, Anthem, BlueCross and BlueShield, CareSource, Centene, Centene IN Medicaid, Cigna and Evernorth, EAP: Cigna, EAP: United Health/Optum, Hoosier Healthwise, Medicaid, Meritain Health, Optum, Physicians Health Plan, Signature Care, United Health/Optum, United Health/Optum – Medicaid, UnitedHealthcare UHC | UBH.

Cynthia Black, MSED

School Counselor.

No additional information available.

Dayla Robinson, LCSW

Available both in-person and online.

Courageous Healing, Inc.,

2013 S. Anthony Blvd,

Fort Wayne, IN 46806

(260) 255-3514

<https://www.courageoushealing.org/dayla-robinson>

Top Modalities: Trauma-Informed Talk Therapy (Psychotherapy), Eye Movement Desensitization & Reprocessing (EMDR), Mindfulness, Somatic Experiencing, Sand Tray.

Top Specialty Areas: Anxiety, Depression, Emotional Dysregulation, Parenting Support (Attachment-Based Approaches), Mixed Race & Cultural Identities, Post-Traumatic Stress Disorder (PTSD), Family of Origin & Intergenerational Trauma & Resilience, Stress Management, Burnout & Moral Injury.

Insurance Accepted: Signature Care, PHP, and Anthem Blue Cross Blue Shield. Sliding Fee Scale available for those who qualify.

Dawn Smith, LMHCA

Available both in-person and online

Courageous Healing, Inc., 2013 S. Anthony Blvd, Fort Wayne, IN 46806

(260) 255-3514

<https://www.courageoushealing.org/dawn-smith>

Top Specialty Areas: Anxiety, Depression, Burnout & Stress Management, Trauma/PTSD, Relationships & Communication, Motherhood & Life Transitions, Family of Origin & Family Dysfunction, Women's Issues, Identity, Diversity & Social Justice.

Top Modalities: Trauma-Informed Talk Therapy (Psychotherapy), Psychotherapy/Talk Therapy, Humanistic & Transpersonal Approaches, Solution-Focused Therapy, EMDR.

Insurance Accepted: Signature Care, PHP, and Anthem Blue Cross Blue Shield. Sliding Fee Scale available for those who qualify.

Dion Kimbrough, Masters Intern. No additional information available.

Doreen Huddleston, LSW

Available both in-person and online

1825 Beacon Street, Fort Wayne, IN 46805

(260) 468-4965 x2060

Doreen's Website Link

Specialty areas: Body Image, Child, Coping Skills, Peer Relationships, Self Esteem, Stress.

Payment Methods: Cash, Check, Mastercard, Visa. Insurance: Medicaid.

Erica Woodward, LCSW

Available in-person and virtually.

Alliance Health Centers at Turnstone (Community Mental Health),

3320 North Clinton Street, Fort Wayne, IN 46805

OR

Pure Intention Services (Private Practice)

Fort Wayne, IN 46804, (260) 782-1357

<https://www.pureintentionservices.com/about>

Specialty areas: ADHD, Autism, Trauma and PTSD, Anxiety, Chronic Illness, Chronic Pain, Coping Skills, Depression, Dual Diagnosis, Impulse Control Disorders, Intellectual Disability, Life Transitions, Medication Management, Mood Disorders, Parenting, Peer Relationships, Racial Identity, Relationship Issues, Self Esteem, Spirituality, Stress, Suicidal Ideation, Testing and Evaluation, Veterans, Women's Issues.

Erica Woodward, LCSW (continued)

Fees: Individual Sessions \$125, Couple Sessions \$150; sliding scale available for those who may be eligible. *Payment Methods:* ACH Bank transfer, Cash, Check, Health Savings Account, Mastercard, Venmo, Visa.

Insurance: Aetna, BlueCross and BlueShield, Carelon Behavioral Health, CareSource, Cigna and Evernorth, ComPsych, Humana, Medicaid, Medicare, Optum, Physicians Health Plan, Three Rivers Preferred, TRICARE, United Medical Resources (UMR), UnitedHealthcare UHC|UBH, Out of Network.

Faith Benson, LSW

Available in-person and online

Phoenix and Associates, 2200 Lake Avenue,
Fort Wayne, IN 46805

(260) 424-0411 or (260) 323-3711

Faith's Website Link

Specialty Areas: Anxiety, Depression, Domestic Abuse, Domestic Violence, Marital and Premarital, Relationship Issues, Self Esteem, Sex Therapy, Sexual Abuse, Sexual Addiction, Trauma and PTSD.

Insurance Accepted: Aetna, Ambetter, Anthem Blue Cross Blue Shield, BlueCross and BlueShield, Carelon Behavioral Health, CareSource, Cigna and Evernorth, Hoosier Healthwise, Managed Health Network (MHN), Medicaid, Medicare, Physicians Health Plan, Sagamore, TRICARE, United Medical Resources (UMR), UnitedHealthcare UHC|UBH, Out of Network.

Fatima Washington, LMHCA and School Counselor

FWCS (260) 467-8950

Frederica Rogers, LSW

Available both in-person and online

Courageous Healing, Inc.,
2013 S. Anthony Blvd,
Fort Wayne, IN 46806

(260) 255-3514

<https://www.courageoushealing.org/frederica-rogers>

Top Specialty Areas: Anxiety, Depression, Stress Management/Burnout, PTSD/Trauma, Family of Origin, Relationships, Communication, Body Image.

Top Modalities: Traditional Talk Therapy, Psychotherapy, EMDR, Rapid Resolution Therapy (RRT), Wellness Recovery Action Plan II, Certified Addiction Peer Recovery (CAPR C), QPR Suicide Prevention.

Frederica Rogers, LSW (continued)

Insurance Accepted: Signature Care, PHP, and Anthem Blue Cross Blue Shield. Sliding Fee Scale available for those who qualify.

Jacqueline Vedder, LMFT, LCAC

Available both in-person and online
3030 Lake Avenue, Suite 27,
Fort Wayne, IN 46805
(260) 323-5725

Jacqueline's Website Link

Top Specialties: Infidelity, Family Conflict, Relationship Issues. *Expertise:* Addiction, ADHD, Alcohol Use, Body Image, Divorce, Domestic Abuse, Domestic Violence, Drug Abuse, Marital and Premarital, Parenting, Peer Relationships, Polyamory & ENM, Racial Identity, Sex Therapy, Sex-Positive & Kink Friendly, Sexual Abuse, Sexual Addiction, Substance Use, Suicidal Ideation, Transgender, Women's Issues.

Fees: Individual Sessions \$125, Couple Sessions \$125; sliding scale available for those who may be eligible.

Payment Methods: ACH Bank transfer, American Express, Apple Cash, Cash, Check, Discover, Health Savings Account, Mastercard, Paypal, Venmo, Visa, Zelle.

Insurance: Medicaid, Medicare, Out of Network.

Jameshia Shackelford, MEd, School Counselor

No additional information available.

Jamica Latham, LMHCA and School Counselor

FWCS (260) 467-4600

Janelle M. Bailey, LMHC

6319 Mutual Drive, Suite F,
Fort Wayne, IN 46825
(260) 368-8869

Janelle's Website Link

Top Specialties: Relationship Issues, Men's Issues, Women's Issues. *Expertise:* Anxiety, Codependency, Divorce, Family Conflict, Infertility, LGBTQ+, Life Coaching, Mood Disorders, Parenting, Peer Relationships, Racial Identity, Self Esteem, Spirituality, Stress, Transgender.

Fees: Individual Sessions \$125, Couple Sessions \$150; sliding scale available for those who may be eligible.

Janelle M. Bailey, LMHC (continued)

Payment Methods: Cash, Health Savings Account, Mastercard, Paypal, Venmo, Visa, Zelle.

Insurance: Aetna, Ambetter, Anthem, Anthem EAP, BlueCross and BlueShield, Carelon Behavioral Health, Cigna and Evernorth, Healthy Indiana Plan (HIP), Hoosier Healthwise, MDWise, Medicaid, MHS, Quest Behavioral Health, UnitedHealthcare UHC | UBH.

Janell Lane, LMHC

Available both in-person and online

Courageous Healing, Inc.

2013 S. Anthony Blvd,

Fort Wayne, IN 46806

(260) 255-3514

<https://www.courageoushealing.org/janell-lane>

Specialty areas: Anxiety, Depression, Communication, Relationships, PTSD/Trauma, Stress Management/Burnout, Cultural Identity, Attachment Concerns in Adulthood, Codependency, Family of Origin.

Top Modalities: Trauma-Informed Talk Therapy (Psychotherapy), Eye Movement Desensitization & Reprocessing (EMDR), Mindfulness.

Insurance Accepted: Signature Care, PHP, and Anthem Blue Cross Blue Shield. Sliding Fee Scale available for those who qualify.

JaNia Guy, MSW

No additional information available.

Javon Goshay, LMHCA

Cook Behavioral Health,

347 West Berry Street,

Fort Wayne, IN 46802,

(260) 483-2400

Top Specialties: Trauma and PTSD, Depression, Marital and Premarital. Expertise: Anger Management, Anxiety, Autism, Borderline Personality (BPD), Career Counseling, Codependency, Divorce, Family Conflict, Grief, LGBTQ+, Life Transitions, Men's Issues, Obsessive-Compulsive (OCD), Peer Relationships, Racial Identity, Relationship Issues, School Issues, Self Esteem, Sexual Addiction, Sports Performance, Suicidal Ideation, Veterans.

Fees: Individual Sessions \$150, Couple Sessions \$165.

Javon Goshay, LMHCA (continued)

Insurance: Aetna, Ambetter, Anthem, Carelon Behavioral Health, CareSource, Cigna and Evernorth, Medicaid, Medicare, Physicians Health Plan, TRICARE, United Medical Resources (UMR), UnitedHealthcare UHC|UBH.

Juanita Toney, LPC

(virtual only)

(260) 239-4849

Juanita's Website Link

Top Specialties: Anxiety, Depression, Grief. *Expertise:* Alcohol Use, Bipolar Disorder, Career Counseling, Codependency, Coping Skills, Cultural Stress, Mood Disorders, Racial Trauma, Self Esteem, Spirituality, Stress.

Insurance: Aetna, Ambetter, Anthem, Blue Cross, Blue Shield, BlueCross and BlueShield, Carelon Behavioral Health, Centene, Cigna and Evernorth, Coventry, Evry Health, First Health, Government Employees Health Association (GEHA), Kaiser (Out-of-Network), Meritain Health, New Directions | Lucet, Optum, Oscar Health, Oxford, Sidecar Health, United Medical Resources (UMR), UnitedHealthcare UHC|UBH, WellCare.

Kaliyat Gamba, LMHCA

No additional information available.

Karla Lipsey, LMHC

Available both in-person and online.

Courageous Healing, Inc.,

2013 S. Anthony Blvd,

Fort Wayne, IN 46806,

(260) 255-3514

<https://www.courageoushealing.org/karla-lipsey>

Top Specialty Areas: Trauma, Depression, Anxiety, Grief, Emotional Regulation.

Top Modalities: Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Emotionally Focused Therapy (EFT), Cognitive Behavioral Therapy (CBT).

Insurance Accepted: Signature Care, PHP, and Anthem Blue Cross Blue Shield. Sliding Fee Scale available for those who qualify.

Kela Guy, MSW, School Counselor

FWCS (260) 467-8500

Kimberly S. Davis, LPC, EMDR-C, LMHC

(online only)

Courage to Talk Counseling, PLLC,
Fort Wayne, IN 46835

Kimberly's Website Link

Top Specialties: Trauma and PTSD, Anxiety, Depression. *Expertise:* Codependency, Coping Skills, Dissociative Disorders (DID), Eating Disorders, Mood Disorders, Self Esteem, Sexual Abuse, Stress, Suicidal Ideation, Women's Issues.

Fees: Individual Sessions \$140. *Payment Methods:* American Express, Cash, Discover, Health Savings Account, Mastercard, Visa. *Insurance:* Aetna, All Savers, Ambetter, Ambetter (No Value Plans), Anthem, BCBS Texas Medicare, Blue Cross, Blue Shield, BlueCross and BlueShield, Cigna and Evernorth, CuraLinc Healthcare, CuraLinc/EAP, Indiana Traditional Medicaid, Indiana United Healthcare, Indiana United Medicare, Magellan, Medicaid, Medicare, Optum, Oscar Health, United Healthcare Medicare, United Medical Resources (UMR), UnitedHealthcare UHC | UBH, University of Texas EAP, WellCare, Out of Network.

Kyla Neely, LCSW

Premise Health (PHP clients only)

Available in-person or online

10006 Auburn Park Dr, Fort Wayne, IN 46825
(260) 247-8020

Dr. Lakeya Stewart, MDiv, LMHC, MA, NCC, LCAC, DMin

Available in person or online

2200 Lake Avenue, Suite 120, Fort Wayne, IN 46805
(260) 635-5841

Top Specialties: Spiritual Abuse/Toxic Leadership, Anxiety, Grief. *Expertise:* Addiction, Alcohol Use, Career Counseling, Depression, Divorce, Infertility, Life Coaching, Life Transitions, Marital and Premarital, Parents of Multiples (Twins, Triplets, etc.), Peer Relationships, Pregnancy/Prenatal/Postpartum, Racial Identity, Relationship Issues, Spirituality, Substance Use, Trauma and PTSD, Women's Issues.

Lakesha Tabron, Psychiatric Nurse Practitioner, PMHNP-BC

No additional information available.

LaToya Griffin, LMFT

Available both in-person and online

9417 Saint Joe Center Road, Fort Wayne, IN 46835,

LaToya Griffin, LMFT (continued):

(260) 204-8087

LaToya's Website Link

Expertise: Anxiety, Burnout, Child, Family Conflict, Infidelity, Marital and Premarital, Racial Identity, Relationship Issues, Self Esteem, Spirituality, Stress.

Fees: Individual Sessions \$150, Couple Sessions \$175; sliding scale available for those who may be eligible.

Payment Methods: Cash, Check, Health Savings Account.

Insurance: Aetna, Anthem, BlueCross and BlueShield, Carelon Behavioral Health, CareSource, Physicians Health Plan, United Medical Resources (UMR), UnitedHealthcare UHC|UBH.

Maegan Hayes, MSW

No additional information available.

Marquita Williams, MS, School Therapist

Crosswinds Counseling,

4150 Illinois Rd, Fort Wayne, IN 46804,

(877) 594-9204.

<https://crosswindscounseling.org/therapist/marquita-williams/>

Available in-person and online.

Specialty areas: ADD/ADHD, Anger Management, Anxiety, Autism, Depression, Life & Social Adjustment, Stress/Burnout.

Modalities: Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Essential 8 for Living.

Session Rate: \$125–\$195.

Megan Chambers, MSW

No additional information available.

Melissa Hall, MS

No additional information available.

Michelle Rowland, Pre-Licensed Counselor, MSM, CPLC

Available both in-person and online.

Uniquely You Counseling & Wellness Center, LLC,

6710 Old Trail Road, Fort Wayne, IN 46809,

(260) 619-4696

<https://uniquelyyoucounselingandwellne.com/>

Michelle Rowland Pre-Licensed Counselor, MSM, CPLC (continued)

Expertise: Addiction, Anxiety, Behavioral Issues, Chronic Illness, Chronic Pain, Codependency, Coping Skills, Depression, Divorce, Domestic Abuse, Domestic Violence, Emotional Disturbance, Grief, Life Coaching, Marital and Premarital, Mood Disorders, Pregnancy/Prenatal/Postpartum, Relationship Issues, Self Esteem, Spirituality, Stress, Substance Use, Trauma and PTSD, Women's Issues.

Fees: Individual Sessions \$50, Couple Sessions \$50.

Payment Methods: American Express, Discover, Health Savings Account, Mastercard, Visa.

Nathan Griffin, Licensed School Counselor

FWCS (260) 467-6925

Nicole Clement, LCSW, TF-CBT Certified

(online only)

(270) 279-0034

Top Specialties: Anxiety, Trauma and PTSD, Depression. *Expertise:* ADHD, Adoption, Anger Management, Behavioral Issues, Career Counseling, Child, Coping Skills, Divorce, Domestic Abuse, Grief, Mood Disorders, Parenting, Relationship Issues, School Issues, Self Esteem, Self-Harming, Stress, Thinking Disorders.

Fees: Individual Sessions \$120, Couple Sessions \$175.

Payment Methods: American Express, Discover, Health Savings Account, Mastercard, Visa.

Insurance: Aetna, Anthem, BlueCross and BlueShield, Cigna and Evernorth, Humana, Optum, UnitedHealthcare UHC | UBH.

Ogechi Uju-Eke, LMHCA

Available both in-person and online.

Courageous Healing, Inc.,

2013 S. Anthony Blvd, Fort Wayne, IN 46806,

(260) 255-3514.

Top Specialty Areas: Anxiety, Depression, PTSD/Trauma.

Top Modalities: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Expressive Art Therapies, Mindfulness, Solution Focused Therapy, Traditional Talk Therapy.

Insurance Accepted: Signature Care, PHP, and Anthem Blue Cross Blue Shield. Sliding Fee Scale available for those who qualify.

Olinka Clark, LCSW, CAADAC

Available both in-person and online

904 South Calhoun Street, Fort Wayne, IN 46802

(260) 368-8988

Olinka's Website Link

Top Specialties: Anger Management, Depression, Substance Use. *Expertise:* Anxiety, Bipolar Disorder, Chronic Relapse, Codependency, Coping Skills, Divorce, Domestic Violence, Dual Diagnosis, Gambling, Grief, Infidelity, Mood Disorders, Parenting, Personality Disorders, Relationship Issues, Spirituality, Suicidal Ideation, Thinking Disorders, Trauma and PTSD, Veterans, Women's Issues.

Fees: Individual Sessions \$150, Couple Sessions \$225.

Payment Methods: Apple Cash, Cash, Paypal, Venmo.

Insurance: Aetna, Anthem, BlueCross and BlueShield, Cigna and Evernorth, Government Employees Health Association (GEHA), Humana, Optum, Parkview Signature Care, Physicians Health Plan, UnitedHealthcare UHC | UBH, Out of Network.

Paula Martin, LSW, LMHC, LCAC

No additional information available.

Dr. Phaecia Ward, LCSW, LISW-U

(online only)

(260) 235-2467

<https://www.curativecounselingonline.com/>

Expertise: Attachment Based Therapy, LGBTQ+, Marital and Premarital, Mood Disorders, Relationship Issues, Situationship Recovery.

Fees: Individual Sessions \$180, Couple Sessions \$200.

Payment Methods: American Express, Discover, Health Savings Account, Mastercard, Visa.

Insurance: Aetna, Anthem, BlueCross and BlueShield, CareSource, Cigna and Evernorth, Medicaid, Optum, UnitedHealthcare UHC | UBH.

Quincy McGhee, DMin., MSW, MPA

Available both in-person and online

3000 South Wayne Ave, Fort Wayne, IN 46807

(260) 297-749

Quincy's Website Link

Top Specialties: Marital and Premarital, Life Coaching, Self Esteem.

Expertise: Anxiety, Family Conflict, Life Transitions, Parenting, Peer Relationships, Relationship Issues, Stress, Veterans.

Quincy McGhee, DMin., MSW, MPA (continued)

Fees: Individual Sessions \$75, Couple Sessions \$100; sliding scale available for those who may be eligible.

Payment Methods: American Express, Apple Cash, Discover, Mastercard, Visa.

Rachel Busche, MSW

No additional information available.

Raphael Bosely, LMHC

Available both in-person and online.

Courageous Healing, Inc.,

2013 S. Anthony Blvd, Fort Wayne, IN 46806,

(260) 255-3514

<https://www.courageoushealing.org/raphael-bosley>

Top Specialty Areas: Anxiety, Depression, Communication, Relationships, PTSD/Trauma, Stress Management/Burnout, Values and Goals, Existential Issues, Family of Origin.

Top Modalities: Traditional Talk Therapy, Psychotherapy, Eye Movement Desensitization and Reprocessing (EMDR).

Insurance Accepted: Signature Care, PHP, and Anthem Blue Cross Blue Shield. Sliding Fee Scale available for those who qualify.

Rasheetha West, Licensed School Counselor

FWCS (260) 467-8000

Raven Morton, LMHCA

No additional information available.

Robin Crawford, LMHC, CSAYC

Available both in-person and online

6710 Old Trail Road, Fort Wayne, IN 46809,

(260) 305-1203.

<https://www.giru.online/>

Expertise: Anxiety, Depression, Grief, Sexual Abuse, Substance Use.

Fees: sliding scale available for those who may be eligible.

Payment Methods: Mastercard, Paypal, Visa.

Robin Crawford, LMHC, CSAYC (continued)

Insurance: Aetna, Ambetter, Anthem Blue Cross and Blue Shield, Anthem Indiana Medicaid, CareSource, Cigna and Evernorth, Lutheran Preferred, Managed Health Care, MHS Medicaid, Optum, Parkview Signature Care, Physicians Health Plan, Three Rivers Preferred, United Medical Resources (UMR), UnitedHealthcare UHC | UBH.

Sandra Nowlin

No additional information available.

Sashelle Rose, LMHCA

Crosswinds Counseling,
4150 Illinois Rd, Fort Wayne, IN 46804,
(877) 594-9204, or direct line (260) 240-4945.
Available online.

<https://crosswindscounseling.org/therapist/sashelle-rose/>

Specialty areas: Anxiety, Couples, Depression, Family, Narcissistic Abuse Syndrome, PTSD, Self-Esteem, Stress, Teen. In sessions, utilizes Cognitive Behavioral Therapy (CBT), Person-Centered Therapy, and Relational Cultural Therapy, and is EMDR trained. Works with teens (13+), adults, couples, families, and individuals.

Insurance: Aetna and Anthem BCBS under the supervision of Mindy Tiburcio, MA, LMHC, CSAYC; if a given insurance isn't listed, check with the provider about out-of-network reimbursement. Crosswinds accepts debit, credit, or HSA/FSA cards; the rate per session is \$125–\$195.

Shameka Royal, LMHCA

No additional information available.

Shannon Walters-Harvey, LMHC, CCTP

Mindful Emotions Counseling, LLC,
Fort Wayne, IN 46804

<https://www.me-counseling.org/>

Top Specialties: Anxiety, Depression, Self Esteem. Expertise: ADHD, Anger Management, Child, Coping Skills, Developmental Disorders, Education and Learning Disabilities, Grief, LGBTQ+, Life Transitions, Peer Relationships, Racial Identity, Relationship Issues, School Issues, Self-Harming, Stress, Trauma and PTSD.

Fees: Individual Sessions \$125.

Payment Methods: American Express, Discover, Health Savings Account, Mastercard, Visa.

Shannon Walters-Harvey, LMHC, CCTP (continued)

Insurance: Aetna, Anthem, BlueCross and BlueShield, Cigna and Evernorth, Optum, United Medical Resources (UMR), UnitedHealthcare UHC | UBH.

Sheronda Moore, PhD, LMHC

(online only)

Crosswinds Counseling,
4150 Illinois Rd, Fort Wayne, IN 46804,
(877) 594-9204

<https://crosswindscounseling.org/therapist/sheronda-moore/>

Specialty areas: ADD/ADHD, Addictions/Substance Abuse, Adjustment Disorder, Anger Management, Anxiety, Bipolar Disorder, Body Image, Burnout, Chronic Pain, Depression, Divorce, Eating Disorders, Grief/Loss, Life Transitions, Suicide, Trauma/PTSD. *Modalities:* Brainspotting, Cognitive Behavioral Therapy (CBT), EMDR.

Insurance: Anthem BCBS, Lutheran Preferred, Parkview Signature Care, PHP, Three Rivers, UMR.

Session Rate: \$125–\$195.

Sierra Warren, LMFTA

Crosswinds Counseling,
4150 Illinois Rd, Fort Wayne, IN 46804,
(877) 594-9204

<https://crosswindscounseling.org/therapist/sierra-warren/>

Available in-person and online.

Specialty areas: Addictions/Substance Abuse, Anxiety, Family Dynamics, Grief/Loss, Infidelity, Life Transitions, Relationship Issues/Couples, Self-Esteem/Identity, Spiritual Issues, Trauma/PTSD.

Modalities: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Emotionally Focused Therapy (EFT), Mindfulness-Based Stress Reduction, Motivational Interviewing (MI), Narrative Therapy, Solution-Focused Therapy.

Session Rate: \$125.

Stephanie Burton, LMHC

Available both in-person and online.

Courageous Healing, Inc.,
2013 S. Anthony Blvd, Fort Wayne, IN 46806,
(260) 255-3514

<https://www.courageoushealing.org/stephanie-burton>

Stephanie Burton, LMHC (continued)

Top Specialty Areas: Anxiety, Emotional Regulation, Adult Parent-Child Relationships, Maternal Mental Health, Women's Friendship Wellness and Relational Healing, Caregiver Burnout and Refueling, Black Identity, LGBTQIA+ affirming

Top Modalities: Trauma-Informed Talk Therapy (Psychotherapy), Traditional Talk Therapy/Psychotherapy, Narrative Therapy, Emotionally Focused Therapy, Attachment Theory, Liberation Psychology, Womanist Theory.

Insurance Accepted: Signature Care, PHP, and Anthem Blue Cross Blue Shield. Sliding Fee Scale available for those who qualify.

Sydney Wilson, LSW

6065 Stoney Creek Drive, Fort Wayne, IN 46825,
(260) 297-5443

<https://www.folxandfriendscounseling.com/>

Top Specialties: Racial Identity, Women's Issues. Expertise: Addiction, Anxiety, Bipolar Disorder, Bisexual, Borderline Personality (BPD), Depression, Lesbian, LGBTQ+, Mood Disorders, Self Esteem, Self-Harming, Stress, Thinking Disorders.

Fees: Individual Sessions \$175; sliding scale available for those who may be eligible.

Payment Methods: American Express, Discover, Health Savings Account, Mastercard, Visa.

Insurance: Aetna, Anthem, BlueCross and BlueShield, Cigna and Evernorth, Optum, Physicians Health Plan, United Medical Resources (UMR), UnitedHealthcare UHC | UBH, Out of Network.

Sympy Ndlovu, LMHC, Ordained Minister and Pastor

Available in-person

9417 Saint Joe Road, Fort Wayne, IN 46835,
(260) 275-2110

<https://graceloveandconnection.org/sympy-bio>

Expertise: ADHD, Anger Management, Anxiety, Behavioral Issues, Borderline Personality (BPD), Career Counseling, Emotional Disturbance, Grief, Impulse Control Disorders, Marital and Premarital, Mood Disorders, Relationship Issues, Sexual Addiction, Thinking Disorders.

Fees: Individual Sessions \$120, Couple Sessions \$120.

Payment Methods: Mastercard, Visa.

Insurance: 3 Rivers, Anthem, BlueCross and BlueShield, Carelon Behavioral Health, Optum, UnitedHealthcare UHC | UBH.

Tamara D. Files, LMHC, BSN, RN

No additional information available.

Tamia Parker, LMHCA

Available both in-person and online.

Courageous Healing, Inc.,

2013 S. Anthony Blvd, Fort Wayne, IN 46806,

(260) 255-3514

<https://www.courageoushealing.org/tamiaparker>

Top Specialty Areas: Shame, Loneliness, Identity-Based Stress, Intergenerational Trauma, Inner Child Wounds and Attachment Patterns, Emotional Regulation Skills, Grief and Loss.

Top Modalities: Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT).

Insurance Accepted: Signature Care, PHP, and Anthem Blue Cross Blue Shield. Sliding Fee Scale available for those who qualify.

Tawanna Scruggs-Cottrell, Pre-Licensed Counselor

Available both in-person and online.

Uniquely You 6710 Old Trail Road, Fort Wayne, IN 46809,

(260) 277-3227 or (260) 619-4696

<https://uniquelyyoucounselingandwellne.com/>

Specialties: Supporting individuals, couples and teens navigating life stressors using Cognitive Behavioral Therapy and Person-Centered Therapy

Terrell Brown, LMHC, LCAC, BCPG

Available online only.

Fort Wayne, IN 46802,

(260) 352-5234

<https://instillinghopeaddiction.org/>

Expertise: Addiction, ADHD, Anger Management, Antisocial Personality, Anxiety, Bipolar Disorder, Borderline Personality (BPD), Codependency, Coping Skills, Depression, Gambling, Grief, Internet Addiction, Stress, Substance Use, Trauma and PTSD, Veterans, Video Game Addiction.

Payment Methods: ACH Bank transfer, Discover, Health Savings Account, Mastercard, Visa.

Insurance: Aetna, Ambetter, Anthem, Blue Cross, Blue Shield, BlueCross and BlueShield, CareSource, Cigna and Evernorth, Managed Health Services (MHS), Medicaid, Optum, Physicians Health Plan, UnitedHealthcare UHC | UBH.

Tessa Tallman, LCSW

Crosswinds Counseling,
4150 Illinois Rd, Fort Wayne, IN 46804,
(877) 594-9204.

Available online

<https://crosswindscounseling.org/therapist/tessa-tallman/>

Specialty areas: Addictions/Substance Abuse, Anger Management, Anxiety, Behavior Issues, Body Image, Bullying/Cyberbullying, Depression, Domestic Abuse (victim support), LGBTQ+ friendly, Life Transitions, Peer Pressure, Stress/Burnout, Suicide, Trauma/PTSD, Women's Issues. Modalities: Cognitive Behavioral Therapy (CBT), EMDR, TF-CBT.

Insurance: Aetna, Anthem BCBS, Cigna, Lutheran Preferred, Parkview Signature Care, PHP, Sagamore, Three Rivers, TRICARE (IN), UMR.

Session Rate: \$125–\$195.

Tonisha King, Dual Licensed LMHCA and School Counselor

Telehealth available.

(260) 207-4506

Tonisha.King.LLC@gmail.com

<https://tonishakingcounseling.com/>

Specialty areas: Anxiety, Depression, Trauma, Stress Management, Life Transitions, Self-Esteem, Grief & Loss, Relationship Issues.

Wanda Faye Demeke, LMHC, CCMHC

Available online only.

Fort Wayne, IN 46819,

(260) 300-1748

Wanda's Website Link

Expertise: Anxiety, Bipolar Disorder, Depression, Emotional Disturbance, Grief, Life Transitions, Relationship Issues, Self Esteem, Self-Harming, Sexual Abuse, Stress, Trauma and PTSD, Veterans.

Fees: Individual Sessions \$150.

Payment Methods: American Express, Discover, Health Savings Account, Mastercard.

Insurance: Aetna, Anthem, Ascension (SmartHealth), BlueCross and BlueShield, Caelon Behavioral Health, Cigna and Evernorth, Devoted Health Medicare, Horizon Blue Cross and Blue Shield, Medicare, Quest Behavioral Health.

Yolanda K. Turner, LMSW

Phoenix and Associates,

(260) 424-0411

[Yolanda's Website Link](#)