

Community Therapist Referral Options when Sharing is Healing is full....

Therapist Referrals for Body Image and Eating Disorder Therapy in Ames and Des Moines Area

AMES	Provider Name and Contact Info	Insurance Accepted
(515) 232-5340, F-515-232-2070	Suzanne Zilber, Ph.D., L.P. http://www.catalystcounseling.com/ Catalyst Counseling 600 5th St Ste 302, Ames, IA 50010	Insurance panels: BCBS, Aetna, Chickering, Midlands Choice, Magellan, Health Alliance, TriCare and First Administrators, UHC, Medicare/caid, call to check on others
(515) 337-1764, F- 515-337-0480	Kim Pontius, LMHC at Clear Brook Counseling Professionals 614 Billy Sunday Rd #100, Ames, IA 50010	Insurance panels: Wellmark Blue Cross & Blue Shield of Iowa, United Health Care, Cigna, Aetna and Midlands Choice, Medicaid.
(515) 231-8484, F-877-522-5014	Martha Norton, MS, LMHC http://compassstreecounseling.net/ Compass Tree Counseling 600 5th St. Ste 20, Ames, IA 500	Insurance Panels: BCBS, Midland's Choice, Aetna, Title 19, UBH, Cigna, First Administrators
(515)-450-2191	Elizabeth Wade, LMHC http://www.amescounseling.com/ 2613 Northridge Parkway Suite 105, Ames, IA 50010	Insurance panels: Wellmark BC/BS, Midland's Choice (some plans) call to check
515-292-951	Ames Psychological Wellness Center Providers - Nichole Olson, Ph.D., L.P. - Kristen Sievert, Ph.D., L.P. - Izzy TenBrook, Ph.D., LMHC, L.P.C. http://ameswellnesscenter.com/	Insurance panels: BCBS
SCHEDULE On LINE	Michelle Roling, M.Ed., LMHC, CEDS http://www.michelleroling.com/ (schedule online) 2403 Lakeside Dr., Ames, IA 50010 sharingishealingames@gmail.com	Insurance: BCBS, Midland's Choice Scholarship: can apply for scholarship to help w/ cost
Des Moines Area (515) 777-3388	Kathryn Wierda, Ph.D. West Des Moines Center For Psychotherapy 1045 76th St. Ste 3030, West Des Moines, IA	Insurance panels: BCBS, 1st Administrators, UBH, Medicare, Midland's Choice Aetna, Cigna
P- (515)-393-6894 x3	LeAnn Mills Waterhouse, Ph.D. Willow Grove Therapy Group 5000 Westown Parkway Suite 100 West Des Moines, IA 50266	Insurance panels: Blue Cross, Midlands Choice
515-244-2224	Carrie Peitzmeier, LISW, RD, LD Counseling Associates of Central Iowa 3900 Ingersoll Ave, Suite 201 Des Moines, IA 50312	Insurance panels: BCBS, United Behavioral Health, Atena, MHNNet, UMR
515-528-2532	Jen Sand Canales, Ph.D. Vida Counseling 2700 Westown Parkway, Suite 425, West Des Moines, IA 50266	Insurance panels: BCBS, UBH/UHC, Midland's Choice/Cigna, Aetna
515-207-1705	Kim Tallon LISW, LCSW, CEDS Prairie Wellness 3209 Ingersoll Avenue Ste 100 Des Moines, IA 50312	Insurance panels: BCBS

515-982-0633	Anne Ducharme-Jones, LISW anne.ducharmejoness@gmail.com	
319-321-4473	Chelyne J. Cunningham Counseling, Inc. 939 Office Park Road Suite 103 West Des Moines, IA 50265 <u>(515) 996-4462</u>	Insurance panels: BCBS, Aetna, Cigna, ComPsych, E4Health, Medicaid, Midlands Choice, TRICARE, UHC
OTHER Communities: FORT DODGE 515-570-2838	Sara Schwatken Ph.D, LP Authentic Therapy of Iowa 822 Central Avenue Suite 401 Fort Dodge, IA 50501	Insurance panels: BCBS, Aetna, UMR, Optum UHC
GRINNEL 515-450-8913	Melinda Green Ph.D., LP Green Counseling Services 2240 9th Street Coralville, IA 52241	Insurance panels: BCBS, Midlands Choice
NORTH LIBERTY (319) 356-6352	Erica Bobst, LMHC, RN Psychiatric Associates of Iowa City 1290 Jordan Street North Liberty, IA 52317	Insurance panels: BCBS, Midlands Choice, Preferred One, Cigna
CEDAR RAPIDS (319) 364-4135	Brandis McFarland McFarland Mental Health Counseling PLLC 700 16th St NE Suite 304 Cedar Rapids, IA 52403	Insurance panels: BCBS, Midlands Choice, Preferred One, Cigna, Alliance, Anthem, Beacon, Health Partners, MHNet Behavioral Health, TRICARE, TriWest, UMR

*Find providers outside of this location at <https://www.allianceforeatingdisorders.com/find-treatment/>