

Jesuit High School  
Counseling Department

Referral List for Private Therapy Services

The Jesuit High School Counseling Department as a resource provides the following list of referrals for parents and students. Included here are agencies, organizations, and private practitioners that provide self-help, group counseling, psychological, and psycho-educational services. The Counseling Department offers this information as a resource only. Neither endorsement nor affiliation is implied. Families and individuals are advised to seek guidance in selecting appropriate referrals from the school counselor and to investigate their suitability.

**Mental Health Facilities for Assessment:**

Sutter Center for Psychiatry.....916-386-3620

- Intensive Therapy Services
- 7919 Folsom Blvd., Suite 100 | Sacramento
- [www.sutterpsychiatry.org](http://www.sutterpsychiatry.org)

Diogenes Youth Services . . . . . 916.369.5447

- Youth and family counseling, drug and alcohol program, shelter for teens, etc.
- 9719 Lincoln Village Dr. Suite 500 | Sacramento

Anxiety Treatment Center. . . . . 916.366.0647

- <http://anxietytreatmentexperts.com>

Eating Recovery Center. . . . . 877.711.1878

- [www.eatingrecoverycenter.com](http://www.eatingrecoverycenter.com)

Pacific Trauma Center . . . . . 916.608.4569

- Counseling | Trauma Therapy | Outpatient Programs
- <https://www.pacifictraumacenter.com>

Recovery Happens. . . . . 916. 276.0626

- Counseling Services
- <https://www.recoveryhappens.com>

Sacramento County Medical Health Services . . . . . 916.875.1055

- <https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx>

WEAVE.....916-920-2952

- Sexual Assault and Domestic Violence Assistance
- 1900 K Street | Sacramento
- [www.weaveinc.org](http://www.weaveinc.org)

## Child/Teen Psychiatrist

- Kristina Schwerin, M.D. . . . . .530.219.3510
- Mood and Anxiety Disorders | Eating Disorders | OCD
  - 509 Fourth Street, Davis | 2618 J Street, Sacramento
  - <http://drschwerin.com>
- Harjot Sekhon, M.D. . . . . .916. 473.2235
- General Psychiatry | Child and Adolescent Psychiatry
  - 193 Blue Ravine Road, Suite 220
- Rachael Smith, M.D. . . . . .916. 932.0380
- General Psychiatry | Child and Adolescent Psychiatry
  - 1020 Suncastr Lane, Suite 108 El Dorado Hills

## Therapists for Adolescents

### *Sacramento*

- Sac State Center for Counseling and Diagnostic Services.....916.278.6252
- Sac State campus, Eureka Hall 421
  - Free counseling to students during the academic calendar
- Richard Baker, LCSW. . . . .916. 925.2442
- 655 University Avenue, Suite 244 | Sacramento
- Jamie Frazier, LMFT . . . . .916.586.7409
- Marriage and Family Therapist
  - 2830 I Street, Suite 305 | Sacramento |
  - <https://www.psychologytoday.com/us/therapists/jamie-frazier-sacramento-ca/396490>
- Sue Goetz, LCSW . . . . .916.764.8360
- Adolescent | Adult and EMDR Counselor
  - 1731 I Street, Sacramento |
  - [www.hopeintherapy.com](http://www.hopeintherapy.com)
- Robyn Gray, M.S. LMFT . . . . .916.572.7243
- Interpersonal and relational work | Trauma | Anxiety | Grief and Loss
  - 2627 Capitol Avenue, Suite 6 | Sacramento
  - <https://www.robyngraycounseling.com/>
- Robin Kirk, LMFT . . . . .916. 614.9200
- OCD | Anxiety Related Disorders | Sliding Scale Fee
  - 20001 N Street | Sacramento

- <https://www.sagepsychotherapy.org/>

Brinn Langdale, M.A., MFT . . . . .916. 750.5623

- Wellness Together Community Based Counseling | Rocklin location
- [brinn@wellnesstogether.org](mailto:brinn@wellnesstogether.org)

Chyrissee Lee, M.A., MFT . . . . .916.437.4600

- Capitol City Counseling Services
- 3112 O Street, Suite 12 | Sacramento
- <http://www.capitolcitycounseling.com/>

Robert McMahon, PhD.. . . . .916.290.3995

- Licensed Clinical Psychologist | Adolescents | Adults | Couples
- <https://www.satyawellbeing.com/dr-robert-mcmahon-psychologist.html>

Kimberly Miller, M.D. . . . .916.694.2969

- ADHD | Autism Spectrum Disorders | Anxiety | Traumatic Brain Injury
- 2620 J Street | Sacramento
- <https://healthymindsacramento.com/>

Gwen Poggi, MFT. . . . .916.529.1286

- Marriage and Family Therapist
- 2620 J Street, Suite 7 | Sacramento

Leilani Sechler, M.A., LMFT. . . . . 916.43.0860

Personalized Treatment for Eating Disorders

- 601 University Avenue, Suite 280 | Sacramento
- <https://www.sierratreatmentcenter.com/index.html>

Orion Rozsa, MA.,MFT . . . . .916.341.9474

- Depression | Relationship Issues | Anxiety
- 945 University Avenue, Suite 100 | Sacramento
- <https://www.psychologytoday.com/us/therapists/orion-rozsa-sacramento-ca/185525>

*Fair Oaks*

Deborah Davis, LMFT. . . . .916.473.2502

- Relationships | Addiction | Trauma and PTSD
- 5530 Primrose Drive, Suite 240 | Sacramento
- <https://www.psychologytoday.com/us/therapists/deborah-davis-fair-oaks-ca/184142>

David Gust, LAADC, NCAC II, CADC II, . . . . . 916.966.4523 Ext. 3

- Relationships | Addiction | Trauma and PTSD
- 7996 Old Winding Way, Suite 300 | Sacramento
- <http://www.davidgust.net/index.html>

Shane Stamas CADC II . . . . . 916.223.2177

- Addiction Specialist
- 9718 Fair Oaks Boulevard, Suite B-2 | Sacramento
- <https://www.shanestamas.com/>

*Folsom*

Jeffrey Risser, LCSW. . . . .530.208.8684

- Individuals | Adolescents | Teens | Families
- 100 Iron Point Circle, Building 100, Suite 122 | Folsom
- <https://www.jdrcounseling.com/>

David Rogers, LMFT. . . . .916.794.4862

- Anxiety related disorders
- 101 Parkshore Drive, Suite 179 | Folsom
- <http://www.avestatherapy.com/>

Paul Sunseri, Psy.D. . . . .530.402.8540

- Relationships | Depression | Anxiety
- 5000 Windplay Drive, Suite 2 | Folsom
- <https://paulsunseri.com/>

Christopher Taylor, MFT. . . . .916.873.6434

- Teen and Parent Expert
- 13405 Folsom Boulevard, Suite 200 | Folsom
- <https://www.christaylormft.com/>

*El Dorado Hills*

Erin Patterson, MC, LPCC. . . . . 916.426.6009 Ext. 700

- 3905 Park Drive, Suite 215 | El Dorado Hills
- <http://livitytreatmentcenter.com/>

*Roseville*

Thomas Mathews, LMFT. . . . . 916.270.0646

- Relationships | Child or Adolescent | Trauma and PTSD
- 3017 Douglas Boulevard, Suite 300 | Roseville
- <https://www.psychologytoday.com/us/therapists/thomas-mathews-roseville-ca/35302>

Calista Sordelet, LMFT. . . . .916.626.4446

- Relationships | Child or Adolescent |
- 3300 Douglas Boulevard, Suite 240 | Roseville
- <https://www.createcompassionateclarity.com/>

Ariel Whitlock, LMFT, CEDS, NCC. . . . .775.351.9411

- Individual Therapy | Family Therapy
- 1624 Santa Clara Drive, Suite 110 | Roseville
- <http://www.arielwhitlock.com/>

*Davis*

Danielle Bier, LCSW. . . . .530.316.5393

- Child or Adolescent | Family Conflict | Relationships
- Davis, California
- <https://www.psychologytoday.com/us/therapists/danielle-bier-davis-ca/395547>

Dana Murray, LMFT. . . . .530.554.9038

- Relationships | Eating Disorders
- Davis, California
- <https://www.psychologytoday.com/us/therapists/dana-murray-davis-ca/288451>

*Auburn*

Mark Gibson, LMFT,. . . . .916.502.9910

- Eating Disorders | Anxiety | Coping Skills
- 1285 High Street, Suite B | Auburn
- <https://www.psychologytoday.com/us/therapists/mark-gibson-auburn-ca/172367>

*Newcastle*

Brian Lewis, MFT,. . . . .530.320.1348

- Child and Teen Therapy
- 550 Main Street, Suite C | Newcastle
- <http://www.brianlewistherapy.com/index.html>

*Elk Grove*

- Leslie Bess, LCSW. . . . . 855.500.6463
- Mind to Mindful | Sliding Scale Fee
  - 2390 Maritime Drive, Suite 100 | Elk Grove
  - <https://www.mindtomindful.org/elk-grove/>

**Mental Health Clinicians for Couples and Families**

*Sacramento*

- Luana Cook, Psy.D and Sean Cook, Psy.D.. . . . .916.612.9101
- Three Rivers Mindfulness Training and Psychotherapy
  - 418 Alhambra Boulevard | Sacramento
  - <https://www.mindtomindful.org/elk-grove/>

- Ann Clark, LCSW.. . . . .916.296.6972
- EFT Couples Therapist | Anxiety Therapist
  - 601 University Avenue, Suite 222 | Sacramento
  - <https://annjclark.com/>

- Bryan Kelso, MFT.. . . . . 916.532.0074
- Catholic Therapist
  - 3112 O Street | Sacramento
  - <https://bryankelso.com>

- Jennifer Olden, MFT.. . . . .916.202.3522
- Emotionally Focused Therapy
  - 1521 Corporate Way, Suite 120 | Sacramento
  - <https://jenniferolden.com/>

- Megan Nengendank, LMFT.. . . . .916.572.7412
- Couple Therapy | Relationship related Anxiety and Trauma | Grief and Loss
  - 2130 Capitol Avenue, Suite 306 | Sacramento
  - <https://www.lovehealgrow.com/>

- Jesse Pitrone, MFT.. . . . .916.920.5276
- Marriage and Family Therapy
  - 601 University Avenue, Suite 225 | Sacramento

*Fair Oaks*

- Jennifer Ballerini, M.D.. . . . .916.276.7709

- Helping People Build Better Relationships
- 8080 Madison Avenue, Suite 200D | Fair Oaks
- <https://drjenniferballerini.com/>

*Roseville*

- Carla Stone, LMFT and Jeffrey Stone, PhD. . . . . .916.787.0555 Ext. 5
- Family and Marriage Therapists
  - 3300 Douglas Boulevard, Suite 240
  - <https://www.cornerstonepsychological.center>

*Folsom*

- Joan Druckman, Ph.D... . . . . .916.847.5328
- Psychologist and Couples Therapy
  - 1845 Iron Point Road, Suite 180 | Folsom
  - <https://www.drjoandruckman.com/>

- Lisa Petersen, Ph.D... . . . . .916.573.0566
- Eating Disorders | Anxiety and Stress | Life Transitions
  - 13405 Folsom Boulevard, Building 200, Suite 210 | Folsom
  - <https://www.drlisapetersen.com/>

- Ayumi Yamada, LMFT... . . . . .916.988.5531
- Children | Young Adults | Families
  - 193 Blue Ravine Road, Suite 220 | Folsom
  - <https://buildingfoundationscounseling.com/staff/ayumi-yamada-lmft/>

*Davis*

- Jason Trowbridge, MFT... . . . . .530.650.5190
- EFT Supervisor and Therapist | AEDP Level 3 Therapist
  - 2062 John Jones Road, Suite 200 | Davis
  - <https://www.davistherapist.com/>