

Lawrence, Topeka, Overland Park Expressive Therapy Resources

Lawrence:

Cara Weeks Neuburger, ATR, LCPC Sunflower Art Therapy

5040 Bob Billings Pkwy, Suite B
Lawrence KS 66049
785-424-7410

sunflowerarttherapy@gmail.com
www.sunflowerarttherapy.com

- Registered Art Therapist, Licensed Clinical Professional Counselor
- Art therapy for kids, teens, adults
- In-network with BCBS, KanCare/Kansas Medicaid, Sunflower Health Plan/Ambetter, United Health Care/Optum, Aetna, Cigna/Evernorth, Tricare, Medicare

Wendy Lynch, LCPC, ATR-P, LMAC Making Meaning Art Therapy

5040 Bob Billings Pkwy, Suite B
Lawrence KS 66049

- Registered Art Therapist, Licensed Clinical Counselor, Licensed Addiction Counselor
- In network with BCBS, KanCare, United, Sunflower, Ambetter, Aetna Ks Medicaid plan
- wendylynch@makingmeaningarttherapy.com, 785-251-8354

Noel Kearns, ART-BC

5040 Bob Billings Pkwy, Suite B
Lawrence KS 66049

- Board Certified Art Therapist
- Self-pay rates
- Telehealth and in-person
- Evenings and weekends available
- 816-704-0378, noelkearns50@gmail.com

Amber Zewert, LPC, ATR-P

Embark Counseling

Leawood location and Lawrence location

www.embark-counseling.com

azewart@embark-counseling.com

intakes-jlanning@embark-counseling.com

- Art therapy and counseling
- Accepts some insurances
- Children, teens, adults

Stacy Johnson, LCPC, RPT-S Lawrence Play Therapy- Counseling for Children and Families

719 Massachusetts Street, Suite 128
Lawrence, Kansas 66044

785-657-4099 (phone)

sjohnson@lawrenceplaytherapy.com

- child/play therapist for ages 2 - 12, family therapy

Monarch Play Therapy

Bridget Dixon, LCSW, RPT,

(785) 218-1829, bridget@monarchplaytherapy.com

947 New Hampshire St STE 207

Lawrence, KS 66044

- Individual child therapy, Parent - child relationship therapy, Parent support
- Insurances accepted
- Licensed Specialist Clinical Social Worker, Registered Play Therapist Supervisor. trained in EMDR, Trauma-Focused Cognitive Behavioral Therapy, Theraplay®, Sand Tray Therapy and Non-Directive Play Therapy.

Connections Child & Family Therapy

Marci Ramsay, LCSW, RPT-S

Karla Flores-Hernandez, LMLP

<https://www.connectionsplaytherapy.com>

2500 W 6th Street, Suite F

Lawrence, KS 66049

785-330-5688

info@connectionsplaytherapy.com

- Individual therapy for children, attachment based family therapy, parenting support, psychological and mental health assessment.
- play therapies, Theraplay, and EMDR.
- Insurances accepted

Kristina White

Counselor, LCPC, RPT

719 Massachusetts St

Suite 112

Lawrence, KS 66044

(785) 347-6637

- Children, teens, adults
- Registered play therapist. Sand tray therapy
- BCBS

Jennifer Lee Welch:

<https://jenniferleewelch.net>

Ph (785) 760. 7259

Location: 512 E 9th St, Suite B

Lawrence, KS 66044

- Music Therapist, Hypnotherapist, Somatic Experiencing, gestalt therapy
- Self-pay rates

Sunflower Music Therapy

Sarah Niileksela, MT-BC

Phone: 785-424-0706

Email: sarah@sunflowermusictherapy.com

www.sunflowermusictherapy.com

- Music therapy services and community music groups and classes
- Private music therapy sessions in-home or on-site

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Harmonic Connections

Emily Bachert, MT-BC

www.harmonic-connections.com

email: bachertemily@gmail.com

phone: 785-840-7409

- Music therapy and music lessons available
- Music therapy sessions are provided in the client's home or facility.

Solace And Sound Music Therapy

Melissa Gabel, MT-BC

<https://www.solaceandsoundmt.com/services>

melissa.gabel@solaceandsoundmt.com

Text/Call: (785) 251-0638

- Individual music therapy sessions
- DBT
- Community therapeutic drumming group

Divine Nature Therapy

<https://divinenaturetherapy.com>

shannon@divinenaturetherapy.com

- Nature based therapy, spirituality practices, yoga
- Self-pay rates

(See the end of the list for other mental health resources in Lawrence KS)

Overland Park/Olathe areas:

Deanna Rand, ATR, LPC

1310 Carondelet Drive

Kansas City, MO 64114

Contact:

Madison Avenue Psychological Associates-

816-587-4900 for the scheduling line, 816-753-3333

- Art Therapist, Professional Counselor, EMDR
- Ages: 18 yrs and older
- Insurance: in-network with Kancare/Medicaid (United Healthcare Community Plan, Sunflower, and Aetna Better Health), BCBS of KS, United Healthcare/UBH, Cigna, New Directions EAP. Self-pay fees

Sherri Jacobs, LCMFT, ATR

Heartland Art Therapy

Interurban Arthouse

8001 Newton

Overland Park, KS 66204

(913)-485-2367

heartlandarttherapy@gmail.com

- Art Therapy, EMDR
- Individual therapy- adults or children
- Family or couples therapy
- out of network provider

Meredith Hodges

Livingston Counseling Center

www.livingstoncounselingcenter.com

5400 College Blvd., Suite B

Overland Park KS

913-283-7704

- Art therapy, Addictions, Trauma
- Children, teens, adults
- In-network with Aetna, BCBS, Medicaid, Optum, UMR, United, Sunflower Health Plan

Shannon Waters Russell, LCPC, ATR-BC

Counseling and Heart-Centered Hypnotherapy

913-390-3971

www.shannonwrussell.com

connect@shannonwrussell.com

8249 W 95th St, suite 108, Overland Park, KS 66212.

- Hypnotherapy , Art Therapy
- Works with all ages
- Insurances: Optum/United Healthcare, Cigna, GEHA, and a few EAPs

Kaley Wajcman, MA, ATR-BC

Creative Pathways, LLC

9401 Indian Creek Parkway

Building 40, Suite 510

Overland Park, KS 66210

913-814-0714

- Art therapist
- All ages
- Self-pay rates

Creative Resilience, LLC

11100 Ash Street, Ste 105, Leawood, Kansas 66211,

United States, (913) 735-3563

creativeresilienceks@gmail.com

www.createresilienceks.com

- Art therapy
- Counseling
- EMDR
- Play therapy

Laurel Brenner Guess

Brenner Guess Counseling Services

6901 West 63rd Street Suite 216

Overland Park, KS 66202

E-mail: SoulHealingHeart@gmail.com

Tel: (913) 226-8167 (texting is preferred)

- Art therapy, Counseling, EMDR
- Preteen-adults
- Aetna, Medicaid, Optum, Sunflower Health Plan, UnitedHealthcare

Lawrence, Topeka, Overland Park Expressive Therapy Resources

Art of the Matter, LLC

Amber Dalzell and others providers

10965 Granada Ln. Suite 102

Overland Park, KS 66211

(913) 732-0622

www.artofthematterllc.com

amber@artofthematterllc.com

- Art Therapy , Individual Therapy, Family therapy, Teens issues, EMDR
- Ages 6 through adult

Expressive Arts Therapy KC LLC

Julia Vering

(913) 318-4318

expressiveartstherapykc@gmail.com

2108 West 75th Street

Suite E

Prairie Village, KS 66208

- expressive arts
- In-network with some insurance

Play Therapy Center at MidAmerica Nazarene University, Olathe KS

<https://www.mnu.edu/resources/play-therapy-center>

913-971-3733.

- MidAmerica Nazarene University offers play therapy services for children between the ages of 3 and 12 years old.
- Charges for these services are based on an income-based sliding scale.
- Our team of therapists are licensed mental health practitioners and/or Master's-level graduate students.
- Monday—Saturday between 8:30 a.m. and 8:30 p.m.

Topeka:

Valeo Behavioral Health Care

Expressive Therapies Program: Art Therapy and Music Therapy for Adults

330 SW Oakley Ave.

Topeka KS 66606

Intake: 785-233-1730

Expressive Therapies Manager: Amanda Griffin,

785-783-7564

- Individual sessions or groups
- Insurance accepted
- Also may have some low cost art therapy or music therapy for the uninsured if they have art therapy or music therapy interns.

Family Service and Guidance Center

Community mental health center for children

325 S.W. Frazier Ave.

Topeka, KS 66606

Telephone: 785.232.5005

E-mail: fsgc@fsgctopeka.com

FSGC has an art therapist on staff as a therapist. You would need to ask specifically to work with this art therapist if preferred.

Pershall Psychotherapy, LLC

3601 SW 29th Street Suite 120

Topeka, KS 66614

(785) 914-5714

- Somatic Experiencing, Eye Movement Desensitization and Reprocessing (EMDR), and Theraplay, Cognitive Behavioral Therapy, Solution Focused Therapy, and Family Systems Theory. Children heal through play, puppets, art, and sand tray creations.
- Cost per Session: \$100 - \$150
- Insurances accepted

Manhattan:

Katherine Schwartz

Blue Opal Counseling and Art Therapy

Phone: (785) 789-3774

Email: katherine@blueopalcounseling.com

Address: 323 Poyntz Avenue, Ste. 203, Manhattan, KS 66502

- Licensed Clinical Professional Counselor in Kansas, Illinois, and Arizona (LPC), Registered and Board Certified Art Therapist, Art Therapy Clinical Supervisor, Registered Play Therapist Supervisor, and National Certified Counselor. Individual counseling, art therapy, sand tray therapy, and play therapy with children, adolescents, and adults.
- Works with ages 10 and up
- Insurances accepted

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Other Lawrence Resources (not expressive therapy):

Crisis Resources:

24 hr crisis hotline- 785-841-2345 or the National Suicide Prevention Lifeline 800-273-8255 (TALK) or dial 988

- **Crisis Text Line by texting KANSAS to 741 741**
- **Bert Nash Community Mental Health Center- 24 hour phone line at 785-843-9192**

Walk-in crisis assessments available at Lawrence Memorial Hospital- ER.

Emergency Department
325 Maine St
Lawrence, KS 66044
785-505-5000

- You can meet with a behavioral health crisis clinician, gain referrals for resources, receive medical and mental health assessments, or gain help accessing mental health hospitals if needed.

Family Psychological Services

2601 W. 6th, Suites A and C
Lawrence KS 66049
(785) 371-1414

- BCBS, Cigna, BCBS of KC, ValueOptions, KanCare Plans, United Health Care, Aetna

Satori Counseling Services

1423 Haskell Avenue
Lawrence, KS 66044
staff@satoricounseling.com
(785) 246-9490

- Insurances accepted
- Teens through adults
- Individual sessions, Couples, Groups

Personalized Solutions

901 Kentucky, Ste 108
Lawrence, KS 66044
(785) 760-4233

- Danielle M. Rowley, LMSW, MHCL; Therapist
- Jesse J. Rowley, MSW, Managing Director
- Mental Health, Parenting and Family Therapy, Brainspotting, Children- Adults,
- All appointments through telehealth
- Self-pay rates or insurance

DBT Center of Lawrence

1311 Wakarusa Drive, Suite 2100
Lawrence, KS 66049
Phone: (785) 424-7770

Fax: (785) 424-7733
info@dbtlawrence.com

- Teens and adults
- Groups and individual
- BCBS, Medicare, Medicaid

Radical Heart Therapy

Teri Grunthner

<https://www.radical-hearts.com>

785-331-9132

719 Mass. St., Suite 123
Lawrence, KS 66044

teri@radical-hearts.com

- Self-pay
- Relational therapy focused on healing and reconciliation.
- Also a trained expressive therapist that integrates drama, movement, music, writing, poetry, dance, drawing, and more to facilitate healing,
- Mindfulness processes, Nonviolent Communication

Mind Body Healing Collective

2619 West 6th St, Suite C, Lawrence, KS 66049
10100 W. 87th Street Overland Park, KS 66212

(785) 615-1995, contact@mbhealingcollective.org

- Group psychotherapy practice
- Insurances accepted

Renew Counseling | The Anxiety Center

Office Building

1112 West 6th Street suite 212

Lawrence, KS 66044

E-mail: info@anxietycenterkc.com

Phone: (913) 768-6606 | Fax: (913) 768-6609

Many other individual therapists can be found on www.psychologytoday.com or by doing a google search for counselors or psychotherapy in your area.