**Website Content**

**My specialty areas:**

* EMDR
* Trauma Informed Care
* Co-Occurring Substance Use and Mental Health problems
* Anxiety and Depression
* Life Transitions
* Survivors of Crime
* Survivors of Sexual Violence
* Community Re-Entry

**About me:**

There is no doubt that the most important part in seeking help is the development of a strong relationship with your provider. I feel it is important to know who is going to be in your corner, so I would like to begin by sharing my journey with you. My career as a therapist began following many years in Durango, Colorado where I thrived as a whitewater and mountain guide and learned the power of mentorship, of community, and of self-love and care. After attending field school in clinical psychology, I entered graduate studies at the University of Denver’s Four Corners School of Social Work. While working on the street, in jails, in outpatient treatment, crises centers, and in community health centers I came to specialize in practice with rural and tribal populations with a focus on advanced clinical practice. After providing services in a wilderness treatment program I later moved into a position as the primary family therapist in the long-term residential treatment setting. I later moved on to serve as a therapist for survivors of sexual violence. My most recent projects have involved assisting in the development of a long term residential and wilderness program, and collaboration on starting a nonprofit for kitchen staff.

**My approach:**

All too often in the treatment world we have focused on this idea of “fixing the problem”. There is another side to treatment with which I align. This is the positive, humanistic, strength based, and solution-focused psychology which recognizes that we as humans can look at our strengths to overcome our challenges and hardships. My approach is collaborative and emphasizes acknowledging problems in in a non-judgmental way. Concepts of good and bad or right and wrong are thrown out the window to focus on developing and implementing solutions. To come to solutions I utilize evidence-based treatment techniques such as Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and Motivational Interviewing. I offer my sessions in person, and via tele-video.

**What is Telemedicine?**

An increasingly important, easy, and flexible tool in medicine, telehealth allows providers to reach out to clients in a convenient way by means of tele-video. Sessions via tele-video occur in real time with your therapist and are accessed with a computer webcam, a tablet, or a smart phone. People choose sessions via tele-video for many reasons. For example, accessing and scheduling an appointment can be easier than making the commute, clients living rural can have easier access to care, weather won’t stop an appointment, therapy can happen from the comfort of the home, and some clients will take the session outdoors on a walk, on a hike, or even while fishing. All types of sessions can occur with a secure internet connection or cell phone connection. I offer consultations, assessments, and sessions with this modality of care.

**Services and Fee Structure:**

Phone Consultation-30 minutes-free

Initial Session and Intake Assessment-120 minutes-$129

50 minute session-50 minutes-$100

75 Minute Session-75 minutes-$140

**Forms of Payment:**

Cash, Check, All Major Credit and Debit Cards.

\*Insurance Accepted from Cigna and United

**Schedule Free Consultation:**

Name:

Phone Number:

Best Times to Reach You:

Message:

**Addresses, Hours, and contact info:**

**Primary Office Location:**

149 W. Harvard st. STE 201

Fort Collins, CO, 80525

**Primary Office Hours:**

Wednesday: 8AM-6PM

Thursday:8AM-6PM

Friday: 8AM-6PM

**Secondary Office Location:**

300 E Horsetooth Rd. Suite 200.

Fort Collins, CO 80525

**Secondary office hours:**

Monday: 9AM-12PM

Tuesday: 8AM-12PM

Phone: 970-889-8517

Fax: 1 303-529-6531

Email: (**can we set up a business email linked to this site?)** Jrowecounseling@gmail.com