BIPOC Therapist Referral List
Hudson Valley and National
Compiled by Counseling Services at Bard College

HUDSON VALLEY THERAPISTS

Mirelva Colon, LMHC, CASAC – Rhinebeck
Specialties: Addiction, anxiety, relationship issues

Daisha Nesbitt, MS, LMHC – Wellness Embodied – New Paltz
https://www.wellnessembodiedcenter.com/daisha-nesbitt
Specialties: anxiety, depression, trauma

Pashmina Rashad, LMHC – Poughkeepsie
https://www.therapyden.com/therapist/pashmina-rashad-poughkeepsie-ny
Individuals, families, couples
Specialties: premarital counseling, relationship/marital issues, personal growth

Jonathan Rust, PhD, NCC - Poughkeepsie
Specialties: depression, anxiety, and self-esteem

Moraya Seeger Degeare, MA, LMFT – Beacon
info@bfftherapy.com | 845-293-3258
https://www.bfftherapy.com/therapists#/morayaseegerdegeare
Specialties: individuals, couples (esp navigating addictions), life transitions, multicultural, EFT

Charles Thompson-Shealy, LCSW – New York City + Kingston
http://cenotetherapy.com/
646-362-5194
Specialties: trauma, LGBTQ, intersectional anti-oppression framework, art, movement, talk therapy

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NATIONAL/TELEHEALTH OPTIONS:

Therapy for Black Girls
https://providers.therapyforblackgirls.com/

Loveland Therapy Fund
https://thelovelandfoundation.org/loveland-therapy-fund/

National Queer and Trans Therapists of Color Network
https://www.nqttcn.com/