

Bard

BIPOC Therapist Referral List

Hudson Valley and National

Compiled by Counseling Services at Bard College

HUDSON VALLEY THERAPISTS

Mirelva Colon, LMHC, CASAC – Rhinebeck

<https://www.psychologytoday.com/us/therapists/mirelva-colon-rhinebeck-ny/282686>

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

<https://www.psychologytoday.com/us/therapists/jonathan-rust-poughkeepsie-ny/250353>

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/>