**Referral List of Therapists who work with Adults**

1) **Therese Hensler:**

<https://www.psychologytoday.com/us/therapists/therese-hensler-scottsdale-az/155025>

She is located in Scottsdale and does not take insurance

2) **Lora Smitham**

<https://www.psychologytoday.com/us/therapists/lora-smitham-tempe-az/204259>

She is located in Tempe and takes BCBS insurance and provides marriage and individual therapy

3) **The Center for Compassion**

<https://thecenterforcompassion.com/>

4) **Heart of Abundance**

<https://www.heartofabundance.org/>

only telehealth right now

6) **Samantha Kingma**

<https://www.psychologytoday.com/us/therapists/samantha-kingma-gilbert-az/897118>

7) **Wendy Cova**

<https://www.psychologytoday.com/us/therapists/wendy-j-cova/408894>

good marriage therapist

8) **Sheana Kupitz**

<https://www.psychologytoday.com/us/therapists/sheana-kupitz-mesa-az/986789>

9) **Christine Slomski**

<https://www.psychologytoday.com/us/therapists/christine-slomski-mesa-az/928654>

10) **Matthew Rosenkilde**

Works with adults adolescents and children<https://www.psychologytoday.com/us/therapists/matthew-rosenkilde-mesa-az/768303>

11) **Carrie Holmes**

<https://www.psychologytoday.com/us/therapists/carrie-holmes-tempe-az/329783>

takes insurance