

Behavioral Therapist List

Name	Organization or Speciality	Phone Number	Address
Adam Schwebach, PhD	ADHD & Autism	(801) 614-5866	1407 N. 2000 W. Clinton
Allison Paige, PMHNP	Trail Talk	(435) 513-2715	1670 Bonanza Dr #203, Park City
Angela Jackson, CMHC	IHC Behavioral Clinic	(801) 387-5600	3903 Harrison Blvd, STE 300, Ogden
Angie Berry, LMFT	Tree of Life Children's Center Grief, Parent Training, Depression, and Anxiety	(801) 475-0402	1812 N. 2000 W. Suite 5, Farr West
Dallas Empey, PhD	Emotional Problems, Behavioral Problems, & Parent Training	(801) 644-9244	653 N. Main St, Suite 100, Farmington
Dan Webster, CSW	Leaf Crest Counseling	(801) 510-6864	506 S. Main St #110, Bountiful
Dixie Allen, LPC/CMHC	Depression, Anxiety, OCD, & ADHD	(801) 621-4000	5105 S. 1500 W. Riverdale
Heather Potakor, LCSW	Utah Counseling Services	(801) 589-0819	1895 State St #230, Clearfield
Jeff Tesch, LMFT	Parent Training, Behavioral Issues, & Family Conflict	(801) 628-3259	3500 Harrison Ave, Suite 106, Ogden
Kristi Messersmith, CSW	Messersmith Counselling	(801) 336-8475	2363 N. Hill Field Rd, Layton
Lee Perry, LCSW	AI Alliance Counseling	(801) 485-0402	5149 S. 1500 W. Riverdale
MaryAnn McFarland, CSW	Leaf Crest Counseling	(801) 510-6864	1140 36th St #275, Ogden
Melaine Ward, LCSW	Intermountain Healthcare	(801) 285-4543	3723 W.12600 S. #330, Riverton
Michele Ashdown, LCSW/CH	Clarity Counseling Anxiety, ADHD, & ODD	(801) 698-4006	1581 N. 4325 W Plain City
Mike Himle, PhD	OCD, Tourettes, & Anxiety	(801) 581-7529	U of U Department of Psychology
Nate Daich, LCSW	ADHD & Behavior Issues	(801) 525-4645	2317 N. Hill field Rd #103, Layton
Rachael Collinsworth, LMFT	Aloha Behavioral Consultants	(801) 3991818	811 N. Harrisville Rd, Harrisville
Stephanie Woolworth, CMHC	Aloha Behavioral Consultants Depression, Anxiety, & Trauma	(801) 3991819	811 N. Harrisville Rd, Harrisville
Steven Szykula, PhD	Comprehensive Psych Depression & Anxiety	(801) 483-1600	1916 N. 700 W. Suite 190, Layton
Trevor Hardcastle, LMFT	Trevor Therapy	(801) 210-0458	4190 S. Highland Dr, Suite 211, SLC

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Aspire Counseling	(801) 525-4645	Multiple locations, see website
Blomquist Hale	(801) 392-6833	917 Country Hills Drive, Ogden
IHC Behavioral Clinic	(801) 387-5600	McKay Dee Hospital, Ogden
Medicaid Only/Weber Human Services	(801) 625-3700	237 26th St, Ogden
Neurobehavioral Center for Growth	(801) 683-1062	Locations in Bountiful, Layton, SLC, and Ogden
OCD & Anxiety Treatment Center	(801) 298-2000	1459 N. Main St #100, Bountiful
Primary Children's Hospital	(801) 313-7711	100 Mario Capecchi Dr, SLC
Tree of Life Children's Center	(801) 475-0402	1812 N. 2000 W. Suite 5, Farr West



Hope . Empowerment . Learning . Purpose

Mental Health Counseling Center

ABOUT US

The HELP Clinic provides counseling services for individuals, couples and families. Our focus is to provide caring, effective and competent counseling to address many of the difficulties that impact everyday living. Our therapists have more than 50 years combined experience working with adults, children (as young as 5 years of age), couples and families dealing with a wide range of mental health, relational and behavioral concerns.

OUR SERVICES

- Depression/Anxiety Therapy
- Psychosis Therapy
- Trauma-focused Therapy
- Family Counseling
- Couples/Marriage Counseling
- Pornography Addiction Counseling
- Substance Abuse/Addiction Counseling
- Anger Management

The HELP Clinic utilizes research driven and outcome proven evidenced-based practices (EBPs) to address motivation concerns, anxiety, depression, bipolar and other mood disorders, psychosis, substance abuse/addiction and trauma (adults and children). The EBPs we employ include:

- Accelerated Resolution Therapy (ART)
- Cognitive Behavioral Therapy for Substance Abuse (CBTSA)
- Illness Management and Recovery (IMR)
- Motivational Interviewing (MI)
- Prolonged Exposure Therapy (PE)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (UP)

CONTACT US:

801-458-1356

Clinic address:
962 E. Chambers Street
Suite 11
So. Ogden, UT 84403

Billing address:
2748 Adams Ave.
Ogden, UT 84403

We accept the following insurances
and forms of payment:

- SelectHealth
- United Healthcare
- BlueCross/Blue Shield
- PEHP
- Tricare (Active Military)
- Triwest (Veterans)
- Educators Mutual
- DMBA
- Cash
- Check
- Credit/HSA Cards

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