

Asheville Area Child Therapists Accepting New Clients May 2026				
Name	Specialty areas	Ages seen	Insurance accepted	Website
Alexis Decosimo	Art therapy	5+	BCBS, Aetna, United, Tricare, PPO	Ashevillearttherapy.com/alexis
Alondra Vargas	BIPOC, LGBTQ+, neurodivergence, life transitions, interracial adoption, anxiety, depression, emotion regulation	4+	VAYA, Amerihealth, Healthy Blue, UHC Community Plan, BCBS, & Aetna + private pay	www.rebelcounselingavl.com
Amber Lapham	Neurodivergence, anxiety, depression, life transitions, school concerns, emotion regulation/impulse control, low self esteem, peer/family conflict	5-18	BCBS, Aetna, Healthy Blue, Amerihealth, UHC, Wellcare, private pay	https://www.traumathepync.com/amber-lapham
Anne Bagnal	ASD, ADHD, trauma, anxiety, self-esteem and family work	6+, parents, families	BCBS, Medicaid (HealthyBlue, Wellcare, AmeriHealth, United Health Community, Vaya), Aetna	https://www.traumathepync.com/anne-bagnal
Ashley Gillen-Staicar	School challenges, CBT, Mindfulness, Play therapy	9+	BCBS, Aetna	https://www.psychologytoday.com/us/therapists/ashley-gillen-staicar-asheville-nc/1471075
Athena Dacanay	Parent and child relationships, OCD	2-12, parents	BCBS, Aetna, private pay	www.peopleandpawspychology.com
Aubrey Van Patten	Anxiety, trauma, stress, relationship with self and others, identity, self-esteem, family	9+, parents	Aetna, private pay, scholarship "pay what you can" waitlist	www.rootedtherapygroup.com
Bethany Root	Big feelings, anxiety, and healing from trauma, with a focus on nervous system regulation	4-12, parents	BCBS, Aetna	https://mendingrootsh Healingcenter.com/bethany-root/
Blue Ridge Mental Health Dr. Michael Wilson (psychiatrist)	Medication management of: Depression, Anxiety, Panic disorder, Bipolar, OCD, Autism, Behavioral issues, any other common childhood psychiatric issues	6-17	Aetna, Cigna, BCBS, UHC Private Pay	https://www.blueridgementalhealth.com/
Brenden O'Neill	Neurodivergence, depression, anxiety, low self-esteem, ODD, CD, behavioral challenges, impulse control, anger management, emotional reg., peer/parental conflict, school refusal	10+	Medicaid, Aetna, BCBS, Healthy Blue, MedCost, WellCare, AmeriHealth Caritas, UHC Community	https://themendcollective.com/brenden
Brianna Cuthrell and Born to Bend Counseling (multiple therapists available)	EMDR, anxiety, complex trauma, emotion regulation Neurodivergence, ADHD, family and/or school struggles, transitions, parenting support, BIPOC, LGBTQIA+	6+, families	Aetna, aetna SHP, BCBS, Medicaid, sliding scale, private pay	www.borntobendcounseling.com
Callie Caudill	LGBTQ+ youth, neurodivergent youth, ADHD, Autism, anxiety, parenting support	5-13	BCBS, Aetna, private pay sliding scale	https://flourishasheville.com/callie-caudill/
Chandler Ray	Kids whose energy can't be contained within four walls	4-12, parents	BCBS, Aetna	https://www.ashevilleinnerchildcounseling.com/home
Chante Freeman	Child centered play therapy, mindfulness, CBT, expressive arts	3+, parents, families	BCBS, Aetna, Medcost, Private Pay, Medicare	https://www.wholefamilytherapy.center/therapists/chante-freeman/
Collin McWhite	Neurodivergence, anxiety, depression, life transitions, school concerns, low self esteem, Collaborative and Proactive Solutions (CPS) model for family conflict	5+	Aetna, BCBS	https://ashevillefamilycounseling.com/collin-mcwhite/
Danielle Maxonight	Autism, neurodivergence, parent support	6+, parents	Private pay	https://www.underwingtherapy.com/
Debra Delois Carabantes	Play therapy, Children and families, Creative arts	2-10, parents	BCBS, Aetna & SHP, sliding scale	https://wncplayconnections.com/my-approach/
Della Pope	Anxiety, depression, family communication, and young people adjusting to change (divorce, loss, moving). I also help parents who feel ineffective in their parenting role	9+, parents	BCBS and Aetna	https://dellapope.com
Devin Gibbs	Neurodivergence, trauma, family conflict, anxiety, school conflict, attachment, emotional regulation	5+ - Parents/families	Aetna, BCBS	devin@avldbtrauma.com
Dr. Jennifer Yoe	Challenging externalizing behaviors, sleep, parent identity, brief interventions	1 +, families, parents	Private pay	https://www.blueridgebriefinterventions.com/general-6
Emily Cox	Neurodivergence, anxiety, depression, life transitions, emotional expression/regulation, self-image	9+	Aetna, private pay	www.larkspurtherapy.com

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Flourish Counseling (multiple therapists available)	Neurodiversity, ADHD, Autism, LGBTQ+	4+, families, parents	BCBS, Aetna, Medicaid (AmeriHealth Caritas, United Community, Healthy Blue, Vaya and Wellcare)	https://flourishasheville.com/our-team/
Grace Upshaw	Trauma, depression, anxiety, family conflict, autism/ADHD, multiple diagnoses, other early-onset symptoms	3+, families, parents	Sliding scale \$40-\$70 / Private pay	https://www.psychologytoday.com/us/therapists/grace-e-upshaw-asheville-nc/1578416 http://openpathcollective.org/clinicians/grace-upshaw/
Jonny Pack	ADHD, Trauma & PTSD, Family Conflict	12+, families	BCBS, Aetna, United, Cigna, Optum	https://www.psychologytoday.com/us/therapists/jonny-pack-asheville-nc/925811
Kaitlyn Keller	ADHD, Anxiety, Depression	6+	BCBS, Aetna	https://www.focuscentersofasheville.com/
Kandace Zulak	Neurodivergence, anxiety, depression, life transitions, school concerns, emotion regulation/impulse control,	6+, parents	Clinical Intern- Low/free services	https://www.traumatherapync.com/kandace-zulak
Katey Smith	Perfectionism, anxiety, self-esteem, depression, life transitions, emotion regulation	8+, parents	BCBS, Aetna, private pay, sliding scale	https://www.sunrisechildcounseling.net/
Kristi James	Anxiety, transition, depression, identity, trauma	10+	private pay, working toward BCBS, Aetna	www.summitwellnesscenters.com
Kristin Goodman	Grief, kids of divorce, attachment	5+	Most private insurance and Medicaid plans	softearthcounseling.com
Lauren Chase	Parenting, boundaries	18+ (parents)	Aetna; private pay	https://www.climbinghillscounseling.com/
Lauren Ray	Major life transitions, divorce, trauma, play therapy	4+	BCBS, Aetna, Optum, Private Pay	https://www.ashevilleinnerchildcounseling.com/home
Lauren Wilde	Perinatal, parent support	18+ (parents)	BCBS, Aetna	https://ashevillefamilycounseling.com/lauren-wilde/
Lexi Peacock	ASD, ADHD, relationship with self and others, anxiety, depression, family	9+, parents	Aetna, private pay, scholarship "pay what you can" waitlist	www.rootedtherapygroup.com
Lindsay Murray	Divorce, blended families, attachment, separation anxiety, grief, chronic illness, trauma	3-6, 18+ (parents)	BCBS, Aetna, Medicaid, private pay	https://www.traumatherapync.com/lindsay-murray
Lucas Ferry	Neurodivergence ADHD/ASD, hard life transitions, school challenges	6+	Private pay, sliding scale	https://www.counselingmv.com/meet-lucas
Maegan McCain	ADHD, athletes, emotional regulation, coping skills, self esteem, LGBTQIA+, anxiety, anger	8+	Private pay, sliding scale waitlist	Solstice Counseling and Recreational Therapy Services, PLLC
Marissa Vargo	Anxiety, depression, trauma, adoption, foster care, play therapy, communication, self-esteem, life transitions, divorce support	4+, parents	BCBS, Aetna, private pay	https://www.executivewellness.health/marissa-vargo
Maurice Murray	Autism, Panic, PTSD, Bipolar, IDD, Alcohol Misuse	10+	Aetna, BCBS, Humana, Sliding Scale	mauricemurray.com
Melissa Shelton (Sylva)	Grief, family changes, school transitions, career changes, or new beginnings	10+	Aetna, BCBS, Medicaid	https://www.mountainandandelion.com/about
Nicole Conner	adhd/autism/gifted, grief, transitions, emotional regulation, parent conflict, school avoidance	8+	BCBS, Aetna, United, private pay	https://www.psychologytoday.com/profile/816575
Rachel Herrick	Life transitions, parenting challenges, child development concerns, behavioral concerns, low self-esteem, anxiety and excessive worry, body image issues, developmental trauma, emotional awareness and regulation	5+	most private insurance, sliding scale, and medicaid	https://www.psychologytoday.com/profile/1609613
Rebecca Campbell	LGBTQ+, Neurodivergence, Depression, anxiety, life transitions, Expressive Arts Therapy, ACT, sandtray	9+	BCBS, Aetna, United Health Care, Cigna, Optum, Anthem EAP	rebeccacampbelltherapy.com
Sam Morgan	Trauma & PTSD, family conflict, attachment repair/work, parent guidance, abuse/neglect - sexual, dv, etc., anxiety, emotion regulation, perfectionism, transitions, neurodivergence	0-18 (younger preferred)	BCBS, Aetna, Ambetter, Oscar, Medicaid - Amerihealth, UC, VAYA, WellCare; soon with Healthy Blue MCD and Medcost	https://www.yournextchaptercounseling.com/samantha-morgan
Sara Gerall	Trauma, family conflict, foster care/DSS involved cases, child abuse, domestic violence, sexual abuse, neglect, adoption	youth 4+, adolescents, ad	BCBS, Aetna, sliding scale, Medicaid	https://www.psychologytoday.com/us/therapists/sara-gerall-asheville-nc/1438882
Sophie Williams	Anxiety, trauma, ADHD, peer/family conflict, low self esteem	8-12+, families	BCBS, Aetna, Some sliding scale	https://www.psychologytoday.com/us/therapists/sophie-williams-asheville-nc/1306458

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Stephanie Rayburn (Sylva, Waynesville)	Anxiety, emotional regulation, trauma, and life transitions	12+	Private pay	https://www.psychologytoday.com/us/therapists/stephanie-rayburn-waynesville-nc/1489550
Stuart Montgomery	Neurodivergence (Autism, Learning Differences, ADHD), OCD, Anxiety, Parenting	9+, parents	Aetna, Cigna, UHC, private pay (sliding scale available)	https://www.psychologytoday.com/us/therapists/stuart-rae-montgomery-asheville-nc/1254460?preview=1&return_to=https://member.psychologytoday.com/us/profile
Tara	Nature based, narrative therapy, CBT, family systems therapy, and play therapy	9+, families	Private pay	https://www.motionscounseling.com/
Thomas Denton	Anxiety, Panic attacks, life transitions, and behavioral concerns at school or home	7+	BCBS, Aetna, private pay, sliding scale	https://guided-step.com
Todd Correa	Trauma, relationship difficulties (including between parents and children), depression, and anxiety.	5+	BCBS, Aetna	https://www.psychologytoday.com/us/therapists/c-todd-correa-asheville-nc/458292
Tyra Williams	Families, Systems work, School challenges, LGBTQ, Relationships	10+	Aetna, AETNA SHP, BCBS, Medicaid, sliding scale, private pay	https://borntobendcounseling.com/tyra-williams/
Wendy Logan Cuellar	Anxiety, trauma, stress, adjustment, self esteem, depression, emotional regulation	6+, parents	BCBS, Aetna, private pay	www.truegroundcounseling.org
Winter to Spring Wellness (multiple therapists available)	Anxiety, depression, trauma, family conflict	4+, families, parents	BCBS, Aetna, UHC, Medicaid (AmeriHealth Caritas, United Community, Healthy Blue, Vaya and Wellcare)	https://www.traumatherapync.com/
Your Next Chapter (multiple therapists available)	School supports, families, play therapy	4+, families, parents	BCBS, Aetna, Ambetter, and Medcost, United, Oscar, and AmeriHealth Next, Medicaid (AmeriHealth Caritas, United Community, Healthy Blue, VAYA and Wellcare)	https://www.yournextchaptercounseling.com/browse-our-team