

Counseling Referrals

Pastoral Counseling

Gerald Torres

805-729-0048

Focus: Family relationships

Wrap around counseling allows meeting with clients outside of the office.

Sliding scale fees available.

Licensed Therapists

Beverly Chen, LCSW

805-280-1236

beverlychenlcsw@gmail.com

Focus: College mental health, Jr High and High school age; Eating disorders;

Works with: individuals, couples, adults, first generation college students; International students;

Transitions in 20-30 year olds; adults. Experience with anxiety, depression,

Private practice located in Goleta for easy access for UCSB students.

Accepts insurance. Bio on psychologytoday.com

Hope Counseling Center

(805) 681-7384

Catherine House, LMFT

Jennifer Miller Shatz, LMFT

Jennifer Parsons, LMFT

Steven Rogers, PhD

Rebecca Cox, MFT Intern

Work with all ages: Individuals, couples, kids, families, teens, college

Diverse variety of focuses offered including: Anxiety, depression, play therapy, eating disorders, domestic violence and sexual assault recovery, psychological testing, etc.

Accept multiple insurance providers including Anthem and Aetna. Sliding scale pay available.

www.hopecounseling.org

Sara Douglas, LMFT

805-450-1931

Focus: Anxiety, OCD, Panic disorder; Relationships (couples & individuals struggling in relationships); Victims of trauma

Works with: Clients 15 years and older

Cash pay or Insurance: MediCal + Some plans allow for reimbursement after cash pay

Counseling Referrals

Barb Close, LMFT

805-395-4603

Specialties: EMDR, Somatic experiencing, EFT, as well as Christian theory: Sanford, Anderson, Moriah (Prayer driven therapy); Depression; Anxiety

Works with: Couples and Individuals

Insurance: Anthem and Aetna (What UCSB students have)

Laura Hout, LMFT

805-403-9585

Runs an Overeaters Anonymous group on Wed nights

Focus: Binge eating disorders; Anxiety; Life transitions; Grief related anxiety; College age and adult transitions

Works with: Individuals; College Age

Psychiatrists

Dean Given, PhD

Santa Barbara Behavioral Health

805-681-0035