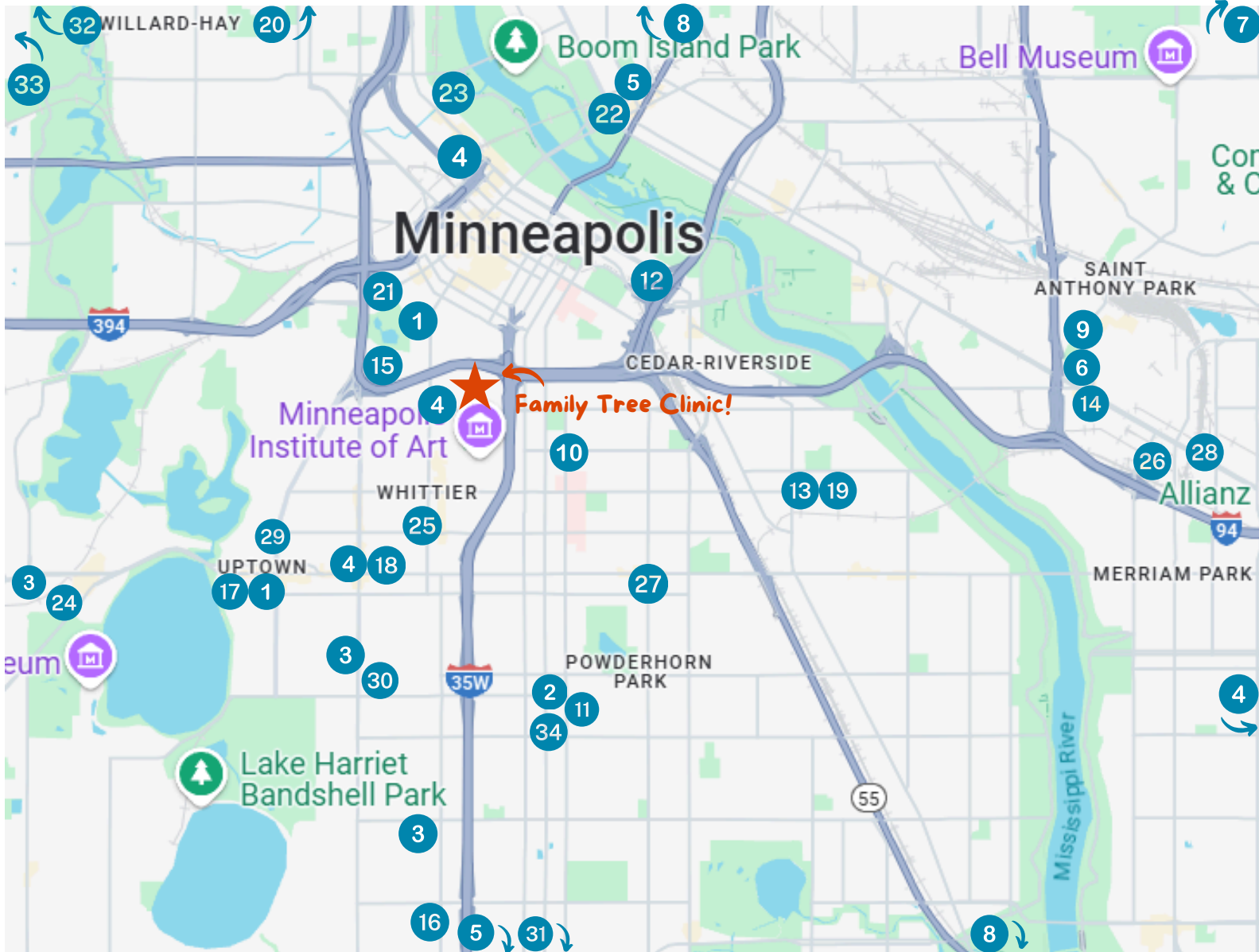


Trans affirming therapists

There are many local trans and/or non-binary identified or allied therapists who want to work with Family Tree Clinic patients! Many of them are also passionate about BIPOC mental health, supporting neurodivergent folks and people with disabilities, and more. Nearly all of these therapists take insurance or have a sliding fee scale and offer statewide virtual therapy in addition to in-person therapy. Please note that this is an educational resource that Family Tree provides the community and we do not endorse any of these providers or clinics. Please contact navigator@familytreeclinic.org with questions or for more information on trans friendly therapists.



- | | | |
|---------------------------------|--------------------------------------|----------------------------------|
| 1 Transcend Psychotherapy ❤️ | 14 Indigo Counseling Center 🌸 | 27 The Family Partnership ❤️🌸 |
| 2 Edges Wellness ❤️🌸👤 | 15 Cabot Psychological Services 🌸 | 28 Pathways Counseling Center ❤️ |
| 3 Cedar Hill Therapy ❤️🌸👤 | 16 Moody Octopus Collective 🌸👤 | 29 JLS Consulting |
| 4 Lyn-Lake Centers ❤️🌸👤 | 17 Vibrant Life Therapy ❤️🌸👤 | 30 Psychotherapy Partners ❤️🌸 |
| 5 Canopy Mental Health ❤️🌸👤 | 20 Akula Therapy 🌸👤💰 | 31 Karyn Cave MSW, LICSW 🌸👤💰 |
| 6 RECLAIM (ages 12-25) ❤️🌸👤 | 19 Art Therapy of MN ❤️🌸👤 | 32 Dandelion Spirit ❤️ |
| 7 The Luminous Mind 🌸 | 18 Arubah Emotional Health 🌸 | 33 Dagaz Therapy ❤️🌸👤 |
| 8 Interna Mental Health ❤️🌸 | 21 Reviving Roots 🌸 | 34 Alma Counseling Services ❤️🌸👤 |
| 9 Cascade Therapy Group 🌸👤 | 22 Cultivate Counseling 🌸 | |
| 10 Walk-In Counseling Center 🚶👤 | 23 Numa Psychotherapy 🌸 | |
| 11 Embodied Healing Practice 🌸👤 | 24 Emerge Therapy | |
| 12 Eli Coleman Institute ❤️🌸👤 | 25 Along The Way Therapy | |
| 13 Temperance Therapies ❤️🌸👤 | 26 The Family Development Center ❤️🌸 | |

Other and/or Virtual Only:
 Seal Dwyer Counseling ❤️🌸
 Laska Therapy \$
 Augustin Kendall Therapy ❤️👤💰
 Bonsai Grove Wellness ❤️🌸👤💰

How to find a therapist

You are not alone if the thought of finding a therapist feels confusing or overwhelming. Family Tree Clinic (and most therapists themselves) can help you navigate your options—sometimes, all it takes is reaching out to one person. Here is a short guide on how to find a therapist that meets your needs.

1 Fill out the answers to these questions about your needs and preferences:

I am looking for a therapist to help me with:

My financial / insurance situation is:

My scheduling needs are:

I would like a therapist who shares some / all of these identities:

2 Explore the map and choose ~3 therapists that look like a good fit

3 Send your answers to the above questions directly to a therapist through their website, email, or by calling their office



Send your answers to the above questions to our Patient Resources Coordinator at navigator@familytreeclinic.org for a short, customized list of therapists! Please also specify location/virtual preference.

Tip: Most therapists offer a free 15-minute “consultation” phone call so you can ask questions and get to know them before deciding to commit. Just ask!

4 You did it- pat yourself on the back! If you have not heard back after one full week, follow up and/or reach out to a different therapist.

More therapist directories:



[MN LGBTQ+ Therapist Network](#)



[MN Mental Health Providers of Color Database](#)