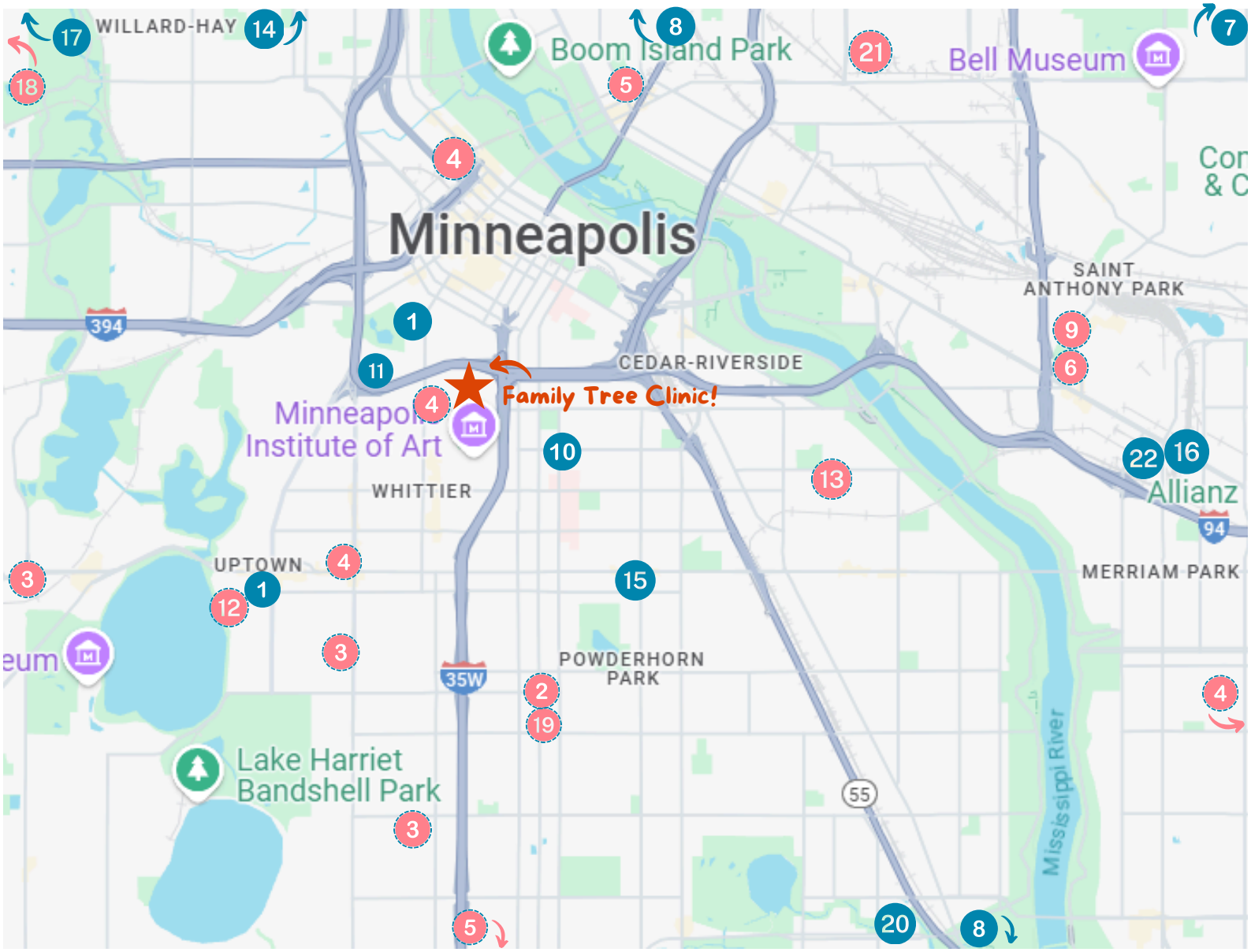
Trans affirming therapists

This is an informational list that Family Tree provides to our patients and is not an endorsement of any organization. While we attempt to relay accurate information in good faith, we are not able to extensively vet all therapists and patient experiences and therapist availability may vary. If you would like to learn about other options including private pay therapists, get help, or give feedback, please contact our Patient Resources Coordinator at navigator@familytreeclinic.org or 612-454-0738. Thanks!



1. Transcend Psychotherapy
2. Edges Wellness
3. Cedar Hill Therapy
4. Lyn-Lake Centers
5. Canopy Mental Health
6. RECLAIM (ages 12-25)
7. The Luminous Mind
8. Interna Mental Health
9. Cascade Therapy Group
10. Walk-In Counseling Center (Free)
11. Cabot Psychological Services
12. Vibrant Life Therapy
13. Art Therapy of MN
14. Arubah Emotional Health
15. The Family Partnership
16. Pathways Counseling
17. Dandelion Spirit
18. Dagaz Therapy
19. Alma Counseling Services
20. Minneapolis Nature-Based Therapy
21. Liberated Roots Wellness
22. Bluebird Counseling

Other and/or Virtual Only:
Seal Dwyer Counseling

Queer & trans therapists of color | *All others* | *Last updated 08/2025*

How to find a therapist

FAMILY TREE CLINIC

You are not alone if the thought of finding a therapist feels confusing or overwhelming. Family Tree Clinic can help you navigate your options. 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 2-3 clinics or therapists that look like a good fit

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

or

Send your answers to the above questions to our Patient Resources Coordinator at **navigator@familytreeclinic.org** for a short, customized list of therapists who are accepting new clients!

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! If you have not heard back after a 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