

Bard

BIPOC Therapist Referral List / Hudson Valley and National

Compiled by Counseling Services at Bard College

Hudson Valley Therapists

Daisha Nesbitt, MS, LMHC - Wellness Embodied - New Paltz

<https://www.wellnessembodiedcenter.com/daisha-nesbitt>

Specialties: anxiety, depression, trauma.

Pashmina Rashad, LMHC - Poughkeepsie

<https://www.therapyden.com/therapist/pashmina-rashad-poughkeepsie-ny>

Individuals, families, couples.

Specialties: premarital counseling, relationship/marital issues, personal growth.

Jonathan Rust, PhD, NCC - Poughkeepsie

<https://www.psychologytoday.com/us/therapists/jonathan-rust-poughkeepsie-ny/250353>

Specialties: depression, anxiety and self-esteem.

Iris Vasquez-Rojas, LMSW - in person and telemedicine appointments

<https://www.headintherightdirection.com/the-practice> / 845-335-5615

Individuals, families and couples counseling.

Moraya Seeger Degeare, MA, LMFT - Beacon

info@bfftherapy.com / 845-293-3258

<https://www.bfftherapy.com/therapists#/morayaseegerdegeare>

Specialties: individuals, couples (esp navigating addictions), life transitions, multicultural, EFT

Charles Thompson- Shealy, LCSW - New York City + Kingston

<http://cenotetherapy.com/> / 646-362-5194

Specialties: trauma, LGBTQ, Intersectional anti-oppression framework, art, movement, talk therapy.

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Reyna Ramirez-Guest, LMSW - NYC + Kingston

<https://www.psychologytoday.com/profile/869420>

reyna.ramirezquest@gmail.com / 973-991-9853

Specialties: trauma, anxiety, depression, LGBTQ, BIPOC

Shani Gardner, LCSW (she/her/hers)

(C) 201-644-6473

soulfulgracetherapy.com

Specializes in anxiety, grief, trauma

NATIONAL / TELEHEALTH OPTIONS:

Therapy for Black Girls

<https://providers.therapyforblackgirls.com/>

National Queer and Trans Therapists of Color Network

<https://www.nqttn.com/>