

## Colchester-Area Therapists Accepting Insurance

Please call the individual therapists to confirm that they are accepting new patients.

| Name   | Insurances Accepted   | Specialties   | Phone Number   |
|--|---|---|----------------|
| Paul Trubey, Clinical Social Work/Therapist, M.S.W., LCSW                | Anthem<br>Blue Cross<br>Blue Shield<br>BlueCross and BlueShield<br>Husky<br>Medicaid<br>Medicare  | Grief<br>Anxiety<br>Relationship Issues               | (860) 356-3538 |
| Jennifer B Staehly<br>Clinical Social Work/Therapist,<br>LCSW            | Anthem<br>Beacon<br>BlueCross and BlueShield<br>Cigna<br>Husky<br>Out of Network  | ADHD<br>Anxiety<br>Depression                         | (959) 242-7025 |
| Amy B. Otzel<br>Licensed Professional Counselor,<br>Veteran, MA, MS, LPC | Anthem<br>Beacon<br>Blue Care Network<br>Blue Cross<br>Blue Shield<br>BlueCross and BlueShield<br>CG Support<br>Care in the Community<br>Cigna<br>Courage Beyond<br>EmblemHealth<br>Empire BlueCross BlueShield<br>Health Net<br>Humana<br>MVP Health Care<br>Military OneSource<br>TRICARE<br>Veteran's Choice Program<br>Out of Network | Trauma and PTSD<br>Stress<br>Anxiety                  | (860) 556-2128 |
| Megan Cameron<br>Marriage & Family Therapist,<br>LMFT                    | Anthem<br>Husky   | Transgender<br>Trauma and PTSD<br>Child or Adolescent | (959) 265-0775 |

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| <p>Sharon Steflik<br/>Clinical Social Work/Therapist,<br/>LCSW</p>                     | <p>Anthem<br/>Blue Cross<br/>Blue Shield<br/>BlueCross and BlueShield<br/>Husky<br/>Medicaid<br/>Out of Network</p>   | <p>Anxiety<br/>Depression<br/>Substance Use</p>                          | <p>(860) 552-2483</p> |
| <p>Ruth Etchells Siborg<br/>Licensed Professional Counselor,<br/>MA, LPC</p>           | <p>Anthem<br/>Blue Cross<br/>Blue Shield<br/>BlueCross and BlueShield<br/>Cigna<br/>ConnectiCare<br/>Harvard Pilgrim<br/>Husky<br/>Medicaid<br/>Optum<br/>Oxford<br/>UnitedHealthcare</p> | <p>Anxiety<br/>Family Conflict<br/>Parenting</p>                         | <p>(860) 531-3242</p> |
| <p>Marianne M. Ciardullo<br/>Licensed Professional Counselor,<br/>MA, LPC, NCC</p>     | <p>Anthem<br/>Beacon<br/>BlueCross and BlueShield<br/>Cigna<br/>EmblemHealth<br/>Husky<br/>MVP Health Care<br/>Medicaid<br/>New York State Health Insurance Plan</p>                      | <p>Emotional Disturbance<br/>Anxiety<br/>Grief</p>                       | <p>(860) 378-8827</p> |
| <p>Karen Sue Silver<br/>Clinical Social Work/Therapist,<br/>MSW, LCSW, EMDR, cert.</p> | <p>tricare - certified (authorized) non network<br/>Anthem<br/>Blue Cross<br/>BlueCross and BlueShield<br/>Husky<br/>Medicaid<br/>Medicare</p>  | <p>Trauma and PTSD<br/>Emotional Disturbance<br/>Relationship Issues</p> | <p>(860) 337-7529</p> |

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| <p>John Alexander Pagnani<br/>Licensed Professional Counselor,<br/>PsyD, MA, LPC</p> | <p>Anthem<br/>Beacon<br/>Blue Care Network<br/>Blue Cross<br/>Blue Shield<br/>BlueCross and BlueShield<br/>Cigna<br/>ConnectiCare<br/>GEHA<br/>Harvard Pilgrim<br/>Husky<br/>Medicaid<br/>Optum<br/>Out of network for Aetna and many others.<br/>Oxford<br/>TRICARE<br/>US Dept. of Veterans Affairs VA CCN<br/>UnitedHealthcare</p> | <p>Anxiety<br/>Depression<br/>Marital and Premarital</p>    | <p>(860) 650-1381</p> |
| <p>Amy Sartori<br/>Marriage &amp; Family Therapist, MA,<br/>LMFT</p>                 | <p>Anthem<br/>BlueCross and BlueShield</p>  | <p>Anxiety<br/>Child or Adolescent<br/>Life Transitions</p> | <p>(704) 994-8054</p> |
| <p>Barbara L Liguori<br/>Licensed Professional Counselor,<br/>MS, LPC</p>            | <p>Aetna<br/>Anthem<br/>Blue Care Network<br/>Blue Cross<br/>Blue Shield<br/>BlueCross and BlueShield<br/>Cigna<br/>ConnectiCare<br/>Empire BlueCross BlueShield<br/>Harvard Pilgrim<br/>Husky<br/>Oxford<br/>UnitedHealthcare</p>  | <p>Trauma and PTSD<br/>Depression<br/>Anxiety</p>           | <p>(860) 909-0665</p> |

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| <p>Andrea Cyr<br/>Licensed Professional Counselor,<br/>MS, NCC, LPC</p>         | <p>Aetna<br/>All Husky Plans<br/>Anthem<br/>Blue Cross<br/>Blue Shield<br/>BlueCross and BlueShield<br/>Husky<br/>Medicaid</p>   | <p>Anxiety<br/>Depression<br/>Relationship Issues</p>    | <p>(860) 458-3236</p> |
| <p>Helena M Kozel<br/>Licensed Professional Counselor,<br/>MA, RN, LPC, NCC</p> | <p>Aetna<br/>Anthem<br/>Beacon<br/>BlueCross and BlueShield<br/>ConnectiCare<br/>Empire BlueCross BlueShield<br/>Health Net<br/>Husky<br/>Medicaid<br/>MultiPlan<br/>Optum<br/>Oxford<br/>PHCS<br/>PreferredOne<br/>UnitedHealthcare</p> | <p>Mood Disorders<br/>Anxiety<br/>Trauma and PTSD</p>    | <p>(860) 415-4442</p> |
| <p>Patricia A Manny<br/>Marriage &amp; Family Therapist, MA,<br/>LMFT</p>       | <p>Anthem<br/>BlueCross and BlueShield<br/>Husky<br/>Medicaid</p>  | <p>Relationship Issues<br/>Trauma and PTSD<br/>Grief</p> | <p>(704) 666-8239</p> |
| <p>Marc Nee<br/>Marriage &amp; Family Therapist,<br/>LMFT, CHT</p>              | <p>Anthem<br/>Blue Cross<br/>Blue Shield<br/>Husky</p>   | <p>Relationship Issues<br/>Substance Use<br/>Anxiety</p> | <p>(860) 237-3865</p> |

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| Janine M Pilney<br>Drug & Alcohol Counselor, MA,<br>LADC              | Aetna<br>Anthem<br>BlueCross and BlueShield<br>HealthyCT<br>Husky<br>Medicaid                | Addiction<br>Depression<br>Anxiety                   | (860) 357-6107        |
| J Elise Forbes<br>Clinical Social Work/Therapist,<br>LCSW             | Aetna<br>Anthem<br>Blue Cross<br>Blue Shield<br>BlueCross and BlueShield<br>Cigna<br>TRICARE | Coping Skills<br>Anxiety<br>Depression               | (860) 228-1287        |
| Christina Salvio<br>Marriage & Family Therapist,<br>PsyD, LMFT        | Anthem<br>Blue Cross<br>Blue Shield<br>BlueCross and BlueShield<br>Husky                     | Relationship Issues<br>Trauma and PTSD<br>Depression | (860) 512-7168        |
| Sylvia Laudette, LCSW, LLC<br>Clinical Social Work/Therapist,<br>LCSW | Anthem<br>Beacon<br>Medicaid<br>Medicare   | Anxiety<br>Coping Skills<br>Depression               | (860) 772-0454        |
| Michael Kromidas<br>Clinical Social Work/Therapist,<br>LCSW           | Husky<br>Medicaid  | Trauma and PTSD<br>Relationship Issues<br>Depression | (860) 300-3597        |
| Anne Harders<br>Clinical Social Work/Therapist,<br>LCSW               | Aetna<br>Anthem<br>BlueCross and BlueShield<br>Cigna<br>Optum<br>TRICARE<br>UnitedHealthcare | Anxiety<br>Relationship Issues                       | (860) 228-1287 dial 0 |