

## Methods of Treatment

### Executive Summary

The goal of any mental health service is not only to relieve your suffering—it is also to help you become aware of what you can do to help yourself. You are not alone in feeling bad. Calling one of the people or agencies listed in this directory is a first step in helping yourself to feel better. If you go to one counselor and you feel uncomfortable or distrustful, then try another one.

Each mental health professional listed in the directory has an individual style. Look for someone with whom you are comfortable. If you desire counseling that is coupled with pastoral and spiritual concerns, you may want to contact members of the clergy. They can be reached through their respective church offices and/or agencies, listed in the telephone book. Within the Bloomington community, there are a number of highly skilled clergy with special training in counseling and related fields.

If you think that you might want to try a certain person or agency but you don't understand the description of the approach listed here, call and ask for an explanation. Or call Mental Health America at 812-339-1551. Look for someone you feel you can trust.

Treatment methods and goals of mental health professions vary depending on client needs, the organizational or agency setting, the training experience and interests of the professional. Generally speaking, however, mental health professionals help their clients to bring about changes in themselves and in their lives that increase life satisfaction and adjustment.

With professional help, clients learn to recognize and to build on their strengths, and they learn to overcome emotional disturbances, and blocks to personal growth. Oftentimes, clients develop new emotional and social resources for enjoying life more fully with the help of mental health professionals. Mental health professionals typically complete a master's degree in a mental health-related field (e.g. counselors, therapists, social workers, psychiatric nurses) or doctorate degree in psychology (psychologist) or in medicine (psychiatrists).

State and national certification and licensure requirements vary for different mental health professionals, as do requirements for continuing education. Please feel free to contact the professionals listed in our directory if you have any questions about their education, training, experience, or methods of treatment.

## The Local Chapter of MHA

Mental Health America-Monroe County has provided services to our community since 1953. We are a chapter of Mental Health America-Indiana and are supported by a statewide network of resources and providers. MHA-Monroe County utilizes both paid staff and community volunteer to promote awareness, acceptance and treatment in the prevention of mental illness.

## Programs of MHA-Monroe County

Information and Referral

Mental Health Ombudsman for Monroe County

Jail Diversion

Support Groups

Advocacy

One-on –one mentoring

## Agencies/ Group Practices

### Bloomington Center for Women's Ministries

Christian Women's Counseling  
702 N. Walnut  
**(812)-332-0845**

**Hrs:** Mon-Thurs 9am-4pm

**Fees:** FREE

**Certified:** Non-professional/ Basic Peer Counselors training of 28hrs

**Specialty:** Abuse, addictions, anxiety, marital, grief, depression, etc.

**Approach:** Clients are matched up with counselors who have had similar life experiences

**Handicap accessible:** Yes

**Support Group:** \*Call for current groups

**Additional:** Bible studies and prayer groups

### Indiana University Center for Human Growth

201 N. Rose Ave., Suite 0001  
www.Indiana.edu/~centgrow  
**(812)-856-8302**

**Hrs:** Mon-Thurs Noon-8pm, Fri Noon-5pm, hours may vary during school breaks

**Fees:** Intake FREE, Individual Counseling \$15.00, Couple and Family counseling \$20.00. All counselors are advanced graduate students in training working under supervision

**Specialty:** Individual, couples and family counseling

**Approach:** Varies with counselor.

**Catholic Charities Bloomington**

631 N. College Ave.  
www.ccdop.org/offices/bloomington.html  
**(812)-332-1262**

CCB seeks to enhance human dignity and functioning for the community at large through education, counseling, social service delivery and advocacy. Offers counseling to individuals, couples and families, community education services and families working together services.

**Centerstone of Indiana**

645 S. Rogers St.  
www.centerstone.org  
1-800-344-8802  
**(812) 339-1691**

**Hours:** Mon-Thurs 8am-6pm; Fri. 8am-5pm (hours may vary at clinics outside of Bloomington)

\*24-hour emergency service available by calling any of our listed numbers. Office locations in Bloomington, Martinsville, Mooresville, Bedford, Nashville, Columbus, Greensburg, Seymour, Jeffersonville, North Vernon, and Spencer.

**Fees:** Medicaid, Medicare and most commercial insurance plans accepted; financial assistance available for those with household incomes under 200% of the Federal Poverty Level. Please inquire about specific rates for service.

**Counselors:** Over 500 professional and paraprofessional clinical staff.

**Specialty:** Specialized treatment programs for depression, anxiety, PTSD, drug and alcohol addictions, gambling, stress management, domestic battering, anger management,

schizophrenia, bipolar disorder, ADHD and child/ adolescent behavior problems.

**Approach:** Centerstone offers a complete range of outpatient services including evaluation; individual, family and group psychotherapy; case management, partial hospitalization programs and vocational services; addictions day treatment, intensive outpatient programs and intervention services, psychological testing and psychiatric evaluation, medication management nursing and residential sub-acute treatment. Specific approach to treatment varies by individual needs and preferences, staff's theoretical orientation and clinical research evidence about best practices.

**Handicap Accessible:** Yes

**Mental Health America-Indiana**

1431 N. Delaware St.  
Indianapolis, IN 46204  
[www.mentalhealthassociation.com](http://www.mentalhealthassociation.com)  
**(317)-685-8497**

Promotes the mental health and recovery of all Indiana citizens through educational programs to increase public understanding and acceptance of persons with a mental illness and addiction disorders. Fosters the delivery of the most appropriate and effective services to all individuals in need. Initiates reform of mental health and addiction service delivery system through advocacy and public policy.

**Mental Health America- Monroe County**

120 W. 7<sup>th</sup> St., Suite 104

[www.monroementalhealth.com](http://www.monroementalhealth.com)

**(812)-339-1551**

Promotes mental health by structuring opportunities to work with and for mentally ill persons and their families. Provides information and referral for mental health services and ombudsman services. Operates Together We Learn to Cope (TLC: support and education for family and friends of the mentally ill), Schizophrenics Anonymous (support group), Bipolar Disorder and Depression Support Group, as well as the Jail Diversion program that focuses on people who are incarcerated or recently released with a mental illness.

**Milestones Clinical and Health Resources**  
**(a division of Stone Belt)**

550 S. Adams St.

[www.milestonesclinic.org](http://www.milestonesclinic.org)

**(812)-333-6324**

**866-569-9127**

**Hours:** Mon-Fri 8am-7pm

**Fees:** varies, most insurance plans accepted. Medicare and Medicaid approved.

**Specialties:** Children and adolescents; individuals with developmental disabilities of all ages. Psychiatric assessments, medication evaluation, play therapy, individual, family and group counseling. Behavioral support and therapy. Parent and family educational workshops and classes.

**Handicap Accessible:** Yes

**Oak Tree Counseling (A program of Family Service Association)**

120 W. 7<sup>th</sup> St., Suite 104

[www.monroementalhealth.com](http://www.monroementalhealth.com)

**(812)-339-1551**

Offers professional mental health counseling for children, adults, couples, families and groups. Our counseling services reinforce marital, parental, and family commitment and stability. Also, offers supervised visitation services.

**Volunteers in Medicine**

333 East Miller Drive

<http://www.vimmonroecounty.org/>

**812.353.3533**

Operated by volunteers and with the support of the community and Bloomington Hospital, the Volunteers in Medicine clinic provides free, quality primary and preventive care for both chronic and acute illnesses.

**Youth Services Bureau of Monroe County**

615 S. Adams St.

[www.youthservicesbureau.net](http://www.youthservicesbureau.net)

**(812)-349-2507**

The YBS program is designed to meet the needs of youth and families through four major components: Residential Services, Juvenile Diversion Activities and Youth Outreach, Prevention and Crisis Management and Family Preservation. Offers free counseling to both their shelter residents and Monroe County home based clientele.

**Counselors**

**Linda Alis, LCSW**

Licensed Clinical Social Worker

320 West 8<sup>th</sup> Street, Suite 110

**(812)-334-1131**

**Hrs:** Mon-Sat; by appointment

**Fees:** \$60-\$95

**Specialty:** Anxiety disorders, gender issues, rape/sexual abuse, depression, job stress, marital and family issues, grief, and bereavement.

**Approach:** Psychodynamic, cognitive, behavioral, gestalt, etc...

Handicap accessible: Yes

**Additional:** Working in field since 1982. Most insurance accepted

**Julie Bloom**

LCSW, LMFT

Psychotherapist

101 West Kirkwood, Ste. 213

**(812)-332-9200**

**Hours:** Vary, by appointment

**Fees:** \$85 per 50-minute session

**Certified:** Clinical member AAMFT; Licensed Marriage and Family Therapist and Licensed Clinical Social Worker

**Specialty:** Adults, couples, young adults, affective disorders, relationships, gay and lesbian, post-eating disorders and other post addictions treatment, assertiveness coaching.

**Approach:** Eclectic depending on the issue, I use psychodynamic, gestalt, client-centered, cognitive-behavioral and other modalities as appropriate.

**Handicap accessible:** Yes

**T. Lynn Young Bolden**

MSN, RNCS

Clinical Nurse Specialist

**(812)-334-3342**

**Joan Bowden**

LCSW

Psychotherapist

205 S. Walnut St. Ste. 17

**(812)-345-8146**

**Hours:** by appointment  
**Fees:** \$80 per hour, sliding fee scale available  
**Specialty:** Depression, childhood abuse, trauma, relationship problems. Special interest in changing maladaptive behaviors, emotions and thoughts that are the result of childhood abuse, neglect and unskillful parenting.  
**Approach:** use Developmental Needs Meeting Strategy (DNMS) when appropriate. Also use EMDR, cognitive behavioral, and Gestalt therapies.  
**Handicap accessible:** No

**Karen Brosius**  
 MSW, LCSW  
 Licensed Clinical Social Worker  
 901 S. Rogers St.  
 Ste. 201  
**(812)-360-3470**

**Hours:** By appointment  
**Fees:** \$65 per hour  
**Certified:** Licensed as Clinical Social Worker. Advanced training and experience in Child and Family Therapy  
**Specialty:** Child abuse; trauma, adolescent issues' family functioning; adults with depression, anxiety disorders, family of origin issues  
**Approach:** Varied approaches/ adapted to the individual  
**Handicap accessible:** No  
**Additional:** 20 years experience

**Nancy B. Buckles**  
 LCSW  
 Counseling and Psychotherapy  
 2115 East. 3<sup>rd</sup> St.  
**(812)-876-6473**

**Hours:** Variable; including evenings and weekends  
**Fees:** \$110-initial evaluation, \$90 per session  
**Certified:** Licensed Clinical Social Worker, Licensed Marriage and Family Therapist, Board Certified by American Board of Examiners in Clinical Social Work  
**Specialties:** Individual and couples counseling, depression, loss and grief, anxiety, relationship issues, adjusting to life changes.  
**Approach:** Various approaches designed to address the identified problems and goals of the individuals.  
 Handicap accessible: Yes  
**Additional:** Accept insurance co-pays, Employee Assistance Program provider. On provider panel of many insurance companies.

**Patty Lawson-Buckley**

Psychotherapist  
205 S. Walnut St.  
**(812)-333-6030**

**Hours:** Days, evenings, Saturdays

**Fees:** 70.00 with sliding fee scale

**Certification:** Licensed Mental Health Counselor, Licensed Marriage and Family Therapist, Clinical Member or A.A.M.F.T.

**Specialty:** Couples, Adolescents, Adults, Relationships, Divorce, Post-Partum Mood Disorders, Anxiety, Depression, Dating Issues

**Approach:** Tailored to Client's Needs

**Handicapped Accessible:** No

**Paul A. Dell B.S.**

Employment Consultant  
845 S. Rogers St.  
Pauldell@centerstone.org  
**(812)-360-7424**

**Hrs:** 8am-4pm

**Fees:** Paid by Voc Rehab/ Work One Development

**Certified:** In positive attitudinal qualities, image thinking, human motivation, physical fitness, goal and time management, interpersonal skills, problem solving

**Specialty:** Personal motivation, quality in living and work, keynote speaker

**Approach:** One on one coaching

**Susan Boyd Dovenmuehle**

MS, LMHC  
Grief Therapist; Marriage and Family  
Therapist  
205 N. College Ave., Ste. 210B  
**(812)-332-3750**

**Hours:** By appointment

**Fees:** \$70 individuals, \$80 couples/ families

**Certified:** Rational Emotive Therapist, Member American Counseling Association, National Organization for Victim Assistance, Association for Death Education and Counseling, Licensed Mental Health Counselor.

**Specialty:** Issues of loss, death, divorce, bereavement and depression in adults and children; healing work with victims of rape, domestic violence and other trauma

**Approach:** Short-term treatment tailored to meet client's situation and need.

**Support group:** I facilitate a bereavement support group at Bloomington Hospital 3 times a year.

**Additional:** Most insurance accepted

**John Ebling**

LCSW, LLC

Psychotherapy, Counseling and Consultant

4609 E. Morningside Drive

Bloomington, IN 47408

johnebling@insightbb.com

**812-325-5843**

**Hrs:** Mon-Tues 8am-6pm, Thurs 8am-8: 30 pm, Fri 8am-6pm

**Fees:** \$90 per hour

**Certified:** Licensed clinical social worker (LCSW), Academy of Certified Social Workers (ACSW)

**Specialty:** Adult individuals and couples (ONLY), treatment of depression, anxiety, relationship issues, sexuality, addictions, infidelity, grief, emotional / psychological adjustment to acute / chronic physical illness, pre-marital counseling

**Approach:** Varies to include cognitive-behavioral methods and clinical hypnosis

**Handicap accessible:** Yes

**Support Group:** Nostos Men's Group

**Additional:** accepted insurances: Anthem, SIHO, IUPM

**Suzy Fulkerson**

MS

Licensed Mental Health Counselor and

Marriage and Family Therapist

205 North College Ave. Ste. 613

**(812)-334-2858**

**Hours:** By appointment

**Fees:** \$85, special circumstances considered; group counseling \$40 per session

**Certified:** Hypnosis, guided imagery, AAMFT, meditation

**Specialty:** Spirituality, grief, addiction, all kinds of relationships, parenting, depression, anxiety

**Approach:** Pragmatic-Different approached for different people and needs. Always client-based, caring, professional help, twenty-six years experience

**Handicap Accessible:** Yes

**Beverly Ohneck- Holly**

APPN-BC, RN, LCSW

Advanced Practice in Psychiatric Nursing

115 N. College Ave.

**(812)-333-8948**

**Hours:** By appointment

**Fees:** \$80

**Degrees:** MSN in Adult Psychiatric Nursing

**Certified:** Board Certified Advanced Practice Psychiatric Nursing, Licensed Clinical Social Worker, Licensed Marriage and family Therapist

**Specialties:** Adults, couples; relationship, grief, trauma, job or school issues, depression, anxiety, caregiver stresses

**Approach:** Tailored to each client

**Handicap Accessible:** Yes

**Denise Hyble**  
LMHC, LMFT  
Psychotherapist  
205 N. College Ave. Suite 615  
**(812)-334-2858**

**Hours:** By appointment  
**Fees:** \$85 individual or couples session, \$30 group session  
**Degrees:** MS in counseling  
**Certified:** Licensed Mental health Counselor, Licensed Marriage & Family Therapist; Advanced training in Gestalt therapy, Dissociative Identity Disorder Training, Yoga & stress management  
**Specialties:** Depression, anxiety, childhood sexual abuse, marriage & couples counseling, stress management  
**Approach:** Varied approach tailored to meet clients' situation and need  
**Support Group:** Weekly therapy group  
**Handicap Accessible:** Yes

**Rev. Lynn James**  
LMHC  
Licensed Counselor  
205 S. Walnut St. Suite 12  
lynnjames.net  
**(812)-345-6941**

**Hours:** flexible  
**Fees:** \$80  
**Degrees:** M.Div. in Pastoral Counseling  
**Specialty:** All ages, depression, anxiety, OCD, grief/loss, marriage, couples, relationships, GLBT support, adult children of dysfunctional families, assertiveness, domestic violence, rape, sexual abuse, survivors of violence, victims rights advocacy, spirituality, life transitions, creativity issues, parenting, step-parenting  
**Approach:** caring supportive, solution-focused, different modalities based on different needs  
**Support Group Information:** Incest survivor  
**Handicapped Accessible:** No  
**Other Information:** 18 years experience, Many insurances accepted, deeply respectful of all spiritual paths

**Kristin S. Kimmell**  
LCSW  
Licensed Clinical Social Worker  
208 North Walnut, #206  
**(812)-332-6992**

**Hrs:** Mon-Thurs, by appt.  
**Fees:** \$75 per hr  
**Specialty:** Consultation, GLB issues, women's issues, substance abuse evaluation  
**Approach:** Eclectic  
**Handicap accessible:** No

**Connie Krueger**  
ACSW, LCSW, LMFT  
Marriage and family therapist  
901 S. Rogers St., Suite 104  
**(812)-330-1740, ext #3**

**Hrs:** 12pm-8 Mon, 9am-7pm Tues and Wed, 9am-12pm  
**Fees:** \$70 per hour  
**Certified:** Licensed clinical social worker, licensed marriage and family therapist, custody evaluations  
**Specialty:** Children, adolescents, and their families, couples  
**Approach:** Behavioral, insight oriented  
**Handicap accessible:** Yes

**John H. Lee**  
ED.D., MS  
Licensed Mental Health Counselor  
**(812)-331-8284**

**Stine M. Levy**  
M.S., NCSP  
Educational and Behavioral Consultant  
205 N. College Ave. Suite 313  
**(812)-333-5440**

**Hrs:** 9am-5pm  
**Fees:** Variable  
**Certified:** National Certificate in School Psychology  
**Specialty:** Developmental disabilities, autism spectrum disorders, Asperger syndrome, learning problems  
**Approach:** As needed by client  
**Handicap accessible:** Yes

**Judy L. Malschick**  
LCSW  
Therapist  
2115 E. 3<sup>rd</sup> St.  
**(812)-339-6362**

**Hrs:** Mon-Thurs 9-7, Fri-Sun PRN  
**Fees:** \$75-\$120  
**Certified:** Cognition behavioral training, stress management, couple therapy, alcohol, drugs, also a professor at the school of social work IUB  
**Specialty:** Adults (18 yrs or older) I can provide couple and individual therapy. I also am provide on assessment for alcohol/ drug issues  
**Approach:** Cognitive behavioral  
**Handicap accessible:** No  
**Additional:** Private parking lot, takes most insurance including Medicare

**Heather Maritano**

LCSW, RPT-S  
Therapist & Clinical Supervisor  
Inner Resources Counseling  
115 N. College Ave. Suite 010  
**(812)-323-8230**

**Hours:** Weekdays, evenings and Saturdays by appointment

**Fees;** \$90 per hour

**Certified:** Licensed Clinical Social Worker, Registered play therapist supervisor, CEU provider

**Specialty:** Ages 2-82; play therapy for young children; play therapy training and supervision; sand tray; depression, anxiety, grief, loss life transition, parenting, trauma, gender and sexuality

**Approach:** Relationship based with an emphasis on helping clients make changes-empathy and practically. Utilizing playfulness-not to minimize suffering but to ease the process of addressing painful issues. Hoping to restore balance and perspective so clients have the energy for life and growth.

**Handicap accessible:** No

**Additional:** IUPM and Cook Family Health approved. Will provide receipts for client reimbursement from other insurance. Payment plans available.

**Jody May**

LCSW  
Counselor  
517 N. Walnut St.  
Jodymaycounseling@gmail.com  
www.jodymaycounseling.com  
**(812)-331-2003**

**Hours:** By appt; late afternoon, evenings and weekends

**Fees:** \$85; does not work directly with insurance companies, client may bill insurance

**Degrees:** Master of Social Work

**Certified:** Licensed Clinical Social Worker

**Specialty:** Marriage counseling, couples counseling, challenging children and adolescents

**Approach:** Varied; Cognitive behavioral, Psychodynamic, etc

**Handicap Accessible:** No

**Deb McMillian**

MSW, LCSW  
Clinical Social Worker  
627 N. Morton St.  
Ste. 203  
**(812)-339-9799**

**Hours:** Mon-Fri 9am- 5pm

**Fees:** \$75 intake, \$60 per session

**Specialty:** Custody evaluations, Parent coordination, individual and family therapy

**Handicap accessible:** No

**Additional:** Medicaid and Medicare approved; most insurance accepted.

**Patrick Medland**  
MA, LCSW, LMFT, CADAC IV  
Counselor  
SouthPoint Psychological Group  
655 S. Clarizz Blvd.  
**(812)-355-5890**

**Hrs:** Mon-Thurs 8am-6pm, other times available on request  
**Fees:** Evaluation \$110, individual session \$90, most insurance accepted  
**Certified:** Licensed Clinical Social Worker, Licensed Marriage and Family Therapist, Certified Addictions Counselor  
**Specialty:** Depression, anxiety disorders, marriage and couples counseling, substance abuse, stress management, adjustment disorders  
**Approach:** Cognitive-behavioral therapy, systems, motivational enhancement  
**Handicap accessible:** Yes

**Laura Petersen**  
LCSW  
Clinical Social Worker  
118 South Rogers, Ste 4  
lc897@insightbb.com  
**(812)-369-7683**

**Hours:** Evening and Saturday appointments available.  
**Fees:** \$85.00 per session. Accepts most major insurance policies, Medicaid and Cook insurance  
**Certified:** Licensed Clinical Social Worker  
**Specialty:** Children, adolescents and adults. Depression, anxiety, stress, abuse issues, ADHD and family issues.  
**Approach:** Evidence based practice. Approach depends upon client's needs and always includes a strengths-based approach  
**Support Group Information:** Accepting referrals for parenting groups, ADHD groups and women's depression and anxiety groups  
**Handicapped Accessible:** No

**Brandy Russell**  
ACSW, LCSW  
Licensed Clinical Social Worker  
901 S. Rogers St. Ste 102  
**(812)-323-9890**

**Hours:** Mon-Thur: 8am-7pm; Fri: 8am-12pm, Accepts insurance  
**Certified:** Licensed Clinical Social Worker  
**Specialties:** Trauma, sexual abuse, depression, personality disorders  
**Approach:** Varied and adapted to the individual  
**Handicap Accessible:** Yes

**Nancy Rutkowski**  
ACSW, LCSW  
Licensed Clinical Social Worker  
712 N. Washington  
**(812)-330-1325**

**Jan Taylor Schultz**  
LCSW  
Therapist  
3925 Hagan St. suite 203  
**(812)-334-0001 ext: 1**

**Hrs:** 8am-5pm  
**Fees:** FREE eating disorders support group, \$90 per session, Eating disorder therapy group \$30  
**Certified:** Academy for eating disorders, NEDA, EDAD, Eating Disorders task force of IN, ANAD  
**Specialty:** Eating disorders  
**Approach:** Psychotherapy  
**Handicap accessible:** Yes  
**Support Group:** 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month 4-5pm

**Edwin Shurig**  
MAMFT  
Marriage and Family Therapist  
Inner resources Counseling  
115 North College Ave. Suite 010  
**(812)-360-5737**

**Hours:** By appointment  
**Fees:** \$80 per hour  
**Specialties:** Ages 2-82, play therapy for children, couples, adolescent, limit setting, communication, depression, anxiety, trauma, loss, grief, spirituality, and relational parenting  
**Approach:** Emphasis on developing tools for dealing with overwhelming emotions, limit setting to clarify roles and increase physical and emotional safety, processing through problematic past experiences. Building on client's strengths.  
**Handicap accessible:** No  
**Additional:** Cook Family Health, payment plans

**Nancy Vitello**  
MS, LMHC  
Mental Health Counselor  
**(812)-335-4148**

## Psychologists

### Stephen Arnold

Ph. D.  
Clinical psychologist  
2115 E. 3rd St.  
**(812)-332-6644**

**Hrs:** Tues-Sat, and some evening hours  
**Fees:** \$125=1<sup>st</sup> session, \$100 per session after the first  
**Specialty:** Adults over 18 and couples, depression, anxiety, life-stage issues, mental illness  
**Approach:** Eclectic  
**Handicap accessible:** No  
**Additional:** 35 years experience, most insurance accepted, but not currently accepting Medicare

### Dr. Maika M. Arthur

Ph.D.  
Psychologist  
901. S Rogers Suite 106  
[maika@yahoo.com](mailto:maika@yahoo.com)  
**(812)-339-3632**

**Hours:** T/W/Th 10:00 am - 6:00pm  
**Fees:** \$150 evaluation; \$120 individual sessions  
**Certified:** Doctorate of Clinical Psychology  
**Specialties:** Depression; Anxiety; Trauma, Substance abuse, Adjustments; Marital  
**Approach:** Cognitive-Behavioral  
**Handicapped Accessible:** Yes  
**Additional Information:** Most insurances accepted

### Susan J. Rautio-Dietz

Ph.D.  
Licensed Psychologist and Health Service Provider  
532 North Walnut St.  
**(812) 332-7394**

**Hrs:** By appt  
**Fees:** \$140 per hour for diagnostic interview, \$110 for hour for therapy, \$140 per hour for psychological testing  
**Specialty:** Child and adolescent; school psychology; adult child of dysfunctional families; women's issues, stress management, high functioning autism asperger's; trauma; grief; LGBT  
**Approach:** Psychodynamic, systems, and cognitive behavioral  
**Handicap accessible:** no

**Sharon Hamilton**

Ph.D., HSPP  
Psychologist  
208 N. Walnut St. Ste. 203  
**(812)-331-0374**

**Hrs:** Vary by appt.  
**Fees:** \$135 Evaluation, \$120 fifty-minute session  
**Specialty:** Treatment of adults and adolescents with depression, anxiety; treatment of relationship issues with couples  
**Approach:** Cognitive behavioral  
**Handicap accessible:** No

**Angela R. Marshall**

Psy.D, HSPP  
Clinical Psychologist  
2525 W. Vernal Pike  
**(812)-345-5114**

**Hours:** Vary-by appointment  
**Certified:** AASECT certified sex therapist  
**Specialty:** All types of sexual issues, behavioral health, depression, grief, trauma, anxiety, relationship issues  
**Approach:** Eclectic-Relational, Cognitive-behavioral, dynamic  
**Handicap accessible:** No

**Marsha McCarty**

Ph.D.  
Psychologist  
613 North College Ave.  
**(812)-332-5289**

**Hours:** Mon-Fri 8am- 6pm  
**Fees:** \$100 per session, \$125 per initial session  
**Certified:** Health Service Provider in Psychology, Indiana licensed psychologist  
**Specialty:** Family therapy, treatment of children and adolescents of all ages, women's issues, psychological and psycho educational evaluations  
**Approach:** Systems, psychodynamic, and cognitive behavioral approaches used as appropriate.  
**Handicap accessible:** Yes  
**Additional:** Medicaid and Medicare approved; most insurance accepted

**Louise Miracle**

Ph.D. HSPP  
Psychologist  
P.O. Box 3155  
**(812)-399-4877**

**Hrs:** 9-5

**Fees:** Evaluation \$150, 50 minute sessions \$120

**Certified:** Treatment of adults with depression anxiety couples therapy

**Specialty:** Cognitive-behavioral treatment of adults

**Approach:** Cognitive-behavioral treatment

**Handicap accessible:** No

**Additional:** Accepts most insurance policies in this area; do not bill Medicaid or Medicare

**Michael Monahan**

Ph.D., HSPP  
Psychologist  
Graham Plaza, #314  
205 N College Ave.  
Most insurance accepted  
**(317)-450-6979**

**Robin Murphy**

Ph.D., HSPP  
Psychologist  
2213 Queensway  
**(812)-333-1990**

**Hours:** Mon, Tuesday, Thursday, and Friday  
10am-6pm

**Fees:** Varies

**Certified:** Trained to administer and train on the ADIR, APA, Society for the Research in Child Development; International society for Psychological Science, Association for Child and Adolescent Mental Health

**Specialty:** Practice limited to children, adolescents and adults with developmental differences, particularly high functioning autism and Asperger Syndrome

**Approach:** Research based diagnosis and behavior management. Parental education and school intervention to assist child with developmental deficiencies.

**Handicap accessible:** Yes

**Susan S. Pauly**

Ph.D., HSPP  
Psychologist  
**(812)-335-0605**

**Caesar Pacifici**

Ph.D., HSPP  
Psychologist  
205 S. Walnut St. Suite #13  
**(812)-650-2577**

**Hrs:** Flexible by appt.  
**Fees:** Intake- \$125, treatment \$100  
**Certified:** Indiana Health Service Provider  
Psychologist. Member Indiana Psychological  
Association, American Psychological Association.  
**Specialty:** Relationships, school, work;  
individuals, family, couples; adults, adolescents,  
and children.  
**Approach:** Cognitive-behavioral and  
psychodynamic approaches are used to explore  
and resolve the emotional beliefs, attitudes, and  
reactions that underlie problems.  
**Additional:** Most insurance accepted

**Rich Reed**

Ed.D.  
Psychologist  
2115 East 3<sup>rd</sup> St.  
**(812)-333-0668**

**Hrs:** Mon-Fri 9am-5pm or by appt  
**Fees:** \$125 per hr.  
**Certified:** HSPP state board of psychology  
**Specialty:** Individual, couples, group therapy  
**Approach:** Eclectic with the use of existential,  
gestalt, and cognitive behavior  
**Handicap accessible:** No

**Paul L. Shriver**

Ed. D.  
Clinical Psychologist  
4315 E. 3<sup>rd</sup> St.  
**(812)-337-0207**

**Hrs:** By appt  
**Fees:** \$65 per hr  
**Certified:** Biofeedback, critical incident stress  
debriefing, transitional analysis, R.B.T.  
**Specialty:** Couples, families, anxiety / depression,  
self-defeating behavior, anger management, stress  
management, assertiveness training, life skills,  
evaluation, forensic evaluation and expert  
testimony, women's issues, PTSD, domestic  
violence, sexual abuse  
**Approach:** Eclectic / brief psychotherapy /  
behavior therapy  
**Handicap accessible:** Yes  
**Other:** May be available on request for crisis  
intervention in critical incidents or disaster  
situations or for training counselors for this on  
other work, and for supervising counseling /  
therapy interns in IU graduate schools

**Margaret Squires**

Ph.D.  
Licensed Psychologist  
4315 E. 3<sup>rd</sup> St.  
**(812)-333-1544**

## Psychiatrists

### David G. Crane

M.D., J.D.

Psychiatrist and Med-Legal Consultant  
802 S. Washington St.

**(812)-339-1221**

**Hrs:** Tues and Thurs 9:30am-5: 30pm

**Fees:** \$200 per hr; \$100 for 30 minutes

**Certified:** BD Certified- AM. BD. DF. Forensic  
Examiners

**Specialty:** General practice of psychiatry  
(counseling and prescribing medication)

**Approach:** Eclectic

**Handicap accessible:** No

**Additional:** Has been in private practice in  
Bloomington for 37 years

### Kronodynamics

Dr. Michael Kane & Partners  
451 S. Parkridge Road, Suite 101

[info@kronodynamics.org](mailto:info@kronodynamics.org)

**(812)-331-1601**

Kronodynamics is a unique medical practice  
dedicated to preventing illness and promoting  
health through the integration of cutting edge  
principles of nutrition, fitness, hormone  
balancing, and psychological wellness.

### Polly Lybrook

MD

Psychiatrist

451 S. Parkridge Rd. Ste 101

**(812)-331-1601**

**Hours:** Tues & Wed: 9a-3p; Thurs: 9a-4: 30p

**Fees:** \$250 initial evaluation; \$90 medication  
follow up. Payment is due at time of service,  
insurance not accepted

**Degrees:** MD, Psychiatry Residency

**Certified:** Board certified in Psychiatry

**Specialty:** Adults ages 18-65, Depressive and  
Anxiety disorders including OCD, Generalized  
Anxiety Disorder, Panic Disorder, Etc.

**Approach:** Comprehensive

**Handicap Accessible:** Yes

**Support Groups:**

**Indianapolis Bipolar Parents  
Organization**  
www.indplsbpparents.org

**MHA-Monroe County Bipolar/  
Depression Support Group**  
Valerie Markley  
(812)-332-7164

**MHA-Monroe County Schizophrenics  
Anonymous**  
Valerie Markley  
812-320-3161

**T.L.C.**  
(Together We Learn to Cope-family support  
group)  
MHA staff/volunteers  
(812)-339-1551

**NAMI Greater Bloomington Area**  
(National Alliance on Mental Illness)  
www.namibloomington.org  
(812)-335-0459

**Emergency/Police:**

**Emergency 911**

**City of Bloomington Police**  
220 E 3<sup>rd</sup> St.  
Bloomington, IN 47401  
**(812)-339-4477**

**Indiana State Police**

Bloomington Post  
220 N. Fee Lane  
Bloomington, IN 47408  
**(812)-332-4411**

**Monroe County Sheriff**

301 N. College Ave.  
**812-349-2780**

## Hospitals:

### Bloomington Hospital

601 W. 2<sup>nd</sup> St.

Bloomington, IN 47403

**(812)-353-6821**

**Inpatient** (Behavioral Health) 812-353-5010

**Outpatient** (Behavioral Health) 812-353-3450

445 S. Landmark Ave.

[www.bloomingtonhospital.org](http://www.bloomingtonhospital.org)

### Meadows Psychiatric Hospital

3600 N. Prow Rd.

Bloomington, IN 47404

[www.PSI.com](http://www.PSI.com)

**(812)-331-8000**

### Monroe Hospital LLC

3368 W. Fullerton Pike

Bloomington, IN 47403

[www.monroehospital.com](http://www.monroehospital.com)

**(812)-825-5777**

## Mental Health Hotlines:

### 211

(Dial 211 for mental health resources and many other services)

### National Sex Assault Hotline

1-800-656-Hope

24 hrs.

### Anxiety Disorder Information

1-888-826-9438

### National Institute of Mental Health

(Information Center)

### Depression and Bipolar

1-800-826-3632

Support Alliance/ DBSA

[www.dbsalliance.org](http://www.dbsalliance.org)

### Indiana Federation of Families for

Children's Mental Health

1-800-421-4211

### Mental Health Consumer Service of

Indiana

1-800-901-1133

(Takes feedback about mental health services)

**National Mental Health America**

1-800-969-6642

(Provides general information and referrals to offices for over 200 mental health providers)

**National Mental Health Services**

1-800-789-CHMS (2647)

**Knowledge Exchange Network**

(Fundraising, social worker answers questions, find group support in local areas)

**National Alliance on Mental Illness**

1-800-950-NAMI (6264)

(Provides general information, referrals, and support)

**National Clearinghouse Family Support/Children's Mental Health**

1-888-226-4543

(Provides a mentoring group for children with mental illnesses under 18 years of age).

**National Institute of Mental Health Information Line**

1-800-647-2642

[www.nimh.nih.gov](http://www.nimh.nih.gov)

(Information and literature on anxiety disorders, depression, etc.)

**National Resource Center for Homelessness and Mental Illness**

1-800-639-7462

(Referral center for shelter in your community or mental illness professional referral)

**Panic Disorder Helpline**

1-800-64-PANIC (72642)

(Research institute)

**Physician Referral Service**

(812)-353-5252

(Provides the names and phone numbers of local physicians accepting new patients)

**SAFE (Self-Abuse Finally Ends)**

1-800-DON'T-CUT (336-8288)

**Suicide Helpline**

1-800-SUICIDE (784-2433)

(Will access and counsel callers immediately, then connect them to their closest community suicide crisis resource)

## **Addiction Hotlines**

### **Alcoholics Anonymous**

<http://www.bloomington.in.us/~aa/>  
(Provides local AA meeting information)  
(812)-330-3978 or (812)-334-8191

### **Drug Addiction Helpline**

<http://www.24houraddictionhelp.org/>  
(800) 396-9389

