

EMDR/Trauma Informed Providers

NAME: Ann Friedenheim, MS, LPC	ADDRESS: 1320 Hausman Rd., Ste. 202 Allentown, PA 18104
TELEPHONES: (484) 436-4459	
EMAIL: annfriedenheim@icloud.com	WEBSITE: http://www.annfriedenheim.com
DEGREE/LICENSE: MS, LPC, CAADC	THERAPY APPROACH/ORIENTATION: EMDR
INSURANCES ACCEPTED: Amerihealth, Blue Cross/Shield, Highmark, Integrated Behavioral Healthy, Valley Preferred	

NAME: Bethlehem Counseling Associates	ADDRESS: 2005 City Line Road, Suite 300 Bethlehem, PA 18017
TELEPHONES: 610-865-8177	
EMAIL: info@bcamentalhealth.com	WEBSITE: Bcamentalhealth.com
DEGREE/LICENSE: Psy. D, LPC, MSW, LCSW	THERAPY APPROACH/ORIENTATION: CBT, EFT, Trauma Informed, Psychodynamic

NAME: Lauren A Daniels	ADDRESS: 1534 West Broad Street Suite 600 Quakertown, PA 18951
TELEPHONES: (610) 477-0424	
EMAIL: lauren@laurenadaniels.com	WEBSITE: www.laurenadaniels.com
DEGREE/LICENSE: LPC, SEP	THERAPY APPROACH/ORIENTATION: EMDR, brainspotting, somatic experiencing, DBR

NAME: Roussel Javier	ADDRESS: 129 Knollwood Drive Easton, PA 18042
TELEPHONES: Office: (484) 548-0636	
EMAIL: inwardoutwarcounseling@gmail.com	WEBSITE: https://inwardoutwardcounselingservicesllc.clients.ecure.me/
DEGREE/LICENSE: MA, LPC	THERAPY APPROACH/ORIENTATION: CBT, DBT, EMDR, MBCT, PCIT, Somatic Work ETC.

NAME: Paul LaChance	ADDRESS: 133 N. 4 th St. Easton, PA 18042
TELEPHONES: (908) 235-8489	
EMAIL: pjlachance@outlook.com	WEBSITE: www.pauljlachance.com
DEGREE/LICENSE: LPC	THERAPY APPROACH/ORIENTATION: Trauma Informed CBT,
INSURANCES ACCEPTED: Fee for service, out-of-network billing, Highmark Blue Shield	

NAME: Laurel Leland	ADDRESS: Center for Psychological Development 1250 Greenwood Dr. Bethlehem, PA 18017
TELEPHONES: (610) 868-1577	
EMAIL: LelandLA@aol.com	WEBSITE: https://cpd3.com/laurel-a-leland-m-s
DEGREE/LICENSE: MS, LPC	THERAPY APPROACH/ORIENTATION: EMDR
INSURANCES ACCEPTED: Most insurances, Medicare	

NAME: Move Forward Counseling	ADDRESS: 100 Keystone Ave, Suite 1 Emmaus, PA 18049
TELEPHONES: (717) 462-7003	
EMAIL: getstarted@moveforwardpa.com	WEBSITE: Moveforwardpa.com
DEGREE/LICENSE: Licensed Therapists and Psychologists	THERAPY APPROACH/ORIENTATION: CBT, DBT, EMDR, ACT

NAME: Olivewood Counseling	ADDRESS: 510 Delaware Ave. Bethlehem, PA 18015
TELEPHONES: (610) 417-0463	
EMAIL:	WEBSITE: Olivewoodcounseling.com
DEGREE/LICENSE: Masters level and licensed	THERAPY APPROACH/ORIENTATION: CBT, DBT, trauma-informed

NAME: Philip A. Nastasee, Ph.D.	ADDRESS: 216 N. 4 th St. Emmaus PA 18049
TELEPHONES: (610) 966-5131	
EMAIL: Dr.Nastasee@rcn.com	WEBSITE: http://www.nastasee.com
DEGREE/LICENSE: Ph.D.	THERAPY APPROACH/ORIENTATION: EMDR
INSURANCES ACCEPTED: None – receipts provided for out-of-network benefits	

NAME: Thomas Ritter	ADDRESS: 961 Marcon Blvd., Ste. 312 Allentown, PA 18109
TELEPHONES: (812) 701-2101	
EMAIL: Drtomr179@gmail.com	WEBSITE: https://www.glennkochandassociates.com
DEGREE/LICENSE: Ph.D., LPC, CAADC	THERAPY APPROACH/ORIENTATION: CBT, motivational interviewing, trauma-focused

NAME: Pamela Smith	ADDRESS: 1005 Brookside Rd., Ste. 330 Allentown, PA 18106
TELEPHONES: (610) 739-9650	
EMAIL: pamelaksmithlpc@gmail.com	WEBSITE:
DEGREE/LICENSE: MS, LPC	THERAPY APPROACH/ORIENTATION: trauma specialist

NAME: StableMind Wellness	ADDRESS: 2557 Ackermanville Rd Bangor PA 18013 Telehealth anywhere in PA
TELEPHONES: (484) 519-1805	
EMAIL: stablemindwellness@gmail.com	WEBSITE: https://www.stablemindwellness.org/
DEGREE/LICENSE: LCSW, CCTP	THERAPY APPROACH/ORIENTATION: Equine Assisted Psychotherapy and Telehealth Therapy - Trauma Informed, CBT/DBT, Mindfulness, ACT, ERP

NAME: Lenore Stine, MAP, LPC	ADDRESS: 51 E. Elizabeth Ave. Bethlehem, PA 18018
TELEPHONES: (610) 360-7526	
EMAIL: info@lehighvalleycounseling.com	WEBSITE: www.lehighvalleycounseling.com
DEGREE/LICENSE: MAPC, LPC, Clinical Director	THERAPY APPROACH/ORIENTATION: EMDR
INSURANCES ACCEPTED: Most insurances, no CHIP	

NAME: James Strohl	ADDRESS: Center for Psychological Development 1250 Greenwood Dr. Bethlehem, PA 18017
TELEPHONES: (610) 868-1577	
EMAIL: jimstrohl@gmail.com	WEBSITE: https://cpd3.com
DEGREE/LICENSE: Ed.D, LPC	THERAPY APPROACH/ORIENTATION: EMDR
INSURANCES ACCEPTED: Most insurances, Medicare	

NAME: Jennifer Weeks, Ph.D., LPC	ADDRESS: 190 Brodhead Rd., Ste. 107 Bethlehem, PA 18017
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EMAIL: drjenniferweeks@gmail.com	WEBSITE: http://www.drjennifrweeks.com
DEGREE/LICENSE: Ph.D., LPC, CAADC, CSDR-S	THERAPY APPROACH/ORIENTATION: EMDR
INSURANCES ACCEPTED: None	