

# Bard

## **BIPOC Therapist Referral List / Hudson Valley and National**

Compiled by Counseling Services at Bard College

### **Hudson Valley Therapists**

**Aaron Skinner-Spain, LCSW-R, CCTP**

<https://www.nycaffirmativepsychotherapy.com>

Specialties: LGBTQ, BIPOC

**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](mailto: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.

**BIPOC Therapist Referral List / Hudson Valley and National**

Compiled by Counseling Services at Bard College

**Reyna Ramirez-Guest, LMSW - NYC + Kingston**

<https://www.psychologytoday.com/profile/869420> [reyna.ramirezguest@gmail.com](mailto:reyna.ramirezguest@gmail.com) /

973-991-9853 Specialties: trauma, anxiety, depression, LGBTQ, BIPOC

**Shani Gardner, LCSW (she/her/hers)**

(C) 201-644-6473

[soulfulgracetherapy.com](http://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.nqttcn.com/>