

Therapist Information

PSI Helpline (Postpartum Support International): 1-800-944-4773 • National Maternal Mental Health Hotline: 1-833-TLC-MAMA

Name	Practice name	Phone / Email	Insurance	Virtual / In-person	Training / Areas of specialty
Val Bamford, LMHC	Self	781-406-4141	Self pay	Virtual	Postpartum Support International (PSI) in perinatal mental health; Internal Family Systems (IFS) therapist
Maria Dolorico M. Ed, BC	Self	Maria@mariadolorico.com	Self pay	Virtual	A level IPT (Interpersonal psychotherapy), Emotionally Focused Birth Trauma, Anxiety and relationships in perinatal period
Jessica Wagner	A Wholehearted Way Counseling	857-340-6916	Aetna, BCBS, Caredon Behavioral Health, Cigna and Evernorth, Harvard Pilgrim, Tufts	Virtual	Perinatal and postpartum concerns, including paternal mental health, infertility, feeding issues, birth trauma, pregnancy and infant loss, NICU experiences, perinatal OCD and anxiety and other perinatal mood and anxiety disorders
Gladys Munoz Romero	Aeon Counseling and Consulting		BCBS, Blue Benefit Administrators	Virtual	Postpartum anxiety, birth-related trauma, and parenting-related stressors
Ellie Costa	Saltwater Psychotherapy	502-801-9301	MGB Health Plan, Aetna, Cigna, Caredon, United, Optum, Oxford	Virtual	LMHC (Licensed Mental Health Counselor); Perinatal mental health
Allie Kitson, LICSW, BCBA	Self	781-436-0195		Virtual	Perinatal mental health (anxiety, birth trauma, OCD, pregnancy loss and pregnancy after loss)
Taylor Aspeslagh	Ellie Mental Health	978-806-2682	Aetna, BCBS, Harvard Pilgrim, MGBHP, Optum, UHC	In person- 8 Essex Center Drive Peabody, MA 01960	Perinatal mental health
Meagan Catricala, LICSW	Strong Beginnings	978-216-4019	BCBS, Aetna, UHC, Optum, Harvard Pilgrim/Tufts/Point32, MGB, Empire BCBS	Telehealth	Pregnancy, postpartum, birth experience, NICU experience, early motherhood
Debbi Shamon		617-325-4078	Self Pay	In person 43 Cummins Highway Roslindale, MA	Perinatal EMDR; perinatal therapy including loss, miscarriage, stillbirth
Elena Clamen, LMHC	Self	339-204-9633	BCBS, Harvard Pilgrim, MGBHP, Optum, Tufts, UHC/Optum	Virtual	Reproductive health and perinatal support
Root & Rise	Root & Rise	781-789-8795 or kate@rootandrisepostpartum.com	May take – has insurance verification on their website	In person 1001 Hingham Street Suite 203, Rockland, MA	Depression/mood disorders, anxiety, OCD, intrusive thoughts, adjustment disorders and identity shifts in parenthood, perinatal psychosis, birth and reproductive trauma (PTSD), grief and loss, parental stress and relationship strain. Individual and group therapy.
Meghan Clark	N/A	857-228-8698; Meghan.clark@itsprogress.com	BCBS, Harvard Pilgrim, United, Tufts, Aetna	Virtual	Girls 8–12, teens, mothers, midlife, athletes
Alicia Triantos, LMHC	A Balanced Self	(978) 212-9842 or info@abalancedself.org	BCBS, self pay	Virtual/In Person 63 Park St, Andover, MA	Mental health, anxiety, stress, life transitions, self-worth & boundaries, motherhood & identity
Danielle Cogliano, PMHNP-BC	Northeast Women's Psychiatry	info@northeastwomenspsychiatry.com (978) 775-2101	Accepting Blue Cross Blue Shield, MGB/Optum, United Healthcare, Harvard Pilgrim	Virtual care and in-person (Chelmsford, MA)	Psychiatric medication management for women