



## RESOURCES FOR PERINATAL COUNSELING/SUPPORT

### **Beyond the Baby Blues: A Program of Family Services**

Contact: Jane Soderberg, ARNP or Veronique Burke, LICSW

11911 NE 1st St, Suite 300, Bellevue, WA 98005

Phone: 425-450-0332

Web site: [www.Family-Services.org](http://www.Family-Services.org)

Services: Treatment for prenatal and postpartum mood disorder and adjustment to parenthood.

Services provided: Individual and couple therapy, consultation, medication evaluation and referral, free drop-in support groups (call for location and time).

### **Birth Trauma Support Group**

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

Services: Support group for any woman who has suffered trauma while giving birth (either vaginally or by cesarean). This group meets one evening each month in Eastlake and is free (\$5 suggested donation).

Registration required, which can be done through the website.

### **Blue, Dana MSW LICSW**

116 E. Edgar St. Seattle, WA 98102

Phone: 206-709-9044

Dana Blue is a psychotherapist in private practice, where she has a special interest in issues relating to early life. An instructor for the Seattle Midwifery School, a Fellow of the American Psychoanalytic Association and a Candidate in psychoanalytic training in Seattle, Dana credits her fifteen years' experience as a doula with helping her understand the unique mixture of joy and pain in early family life.

### **Burke, Veronique, LICSW**

12221 NE 8th, Bellevue, WA, 98005

2033 Minor East, Seattle, WA 98102

Phone: 206-748-1347

E-mail: [yburke@family-services.org](mailto:yburke@family-services.org)

Services: sees moms and families during pregnancy, provides psychotherapy for postpartum depression, works with mother-baby attachment, talks about child development, works with couples interaction, services billed to insurance

### **Butterfield, Leslie, Ph.D., Psychologist**

2200 24th Ave. E, Seattle, WA 98112

Phone: 206-328-0910

FAX: 206-328-2310

SERVICES: Reproductive Health Specialist, Prenatal and Postpartum Adjustment, High risk Pregnancy, Deals with Prenatal and Perinatal Loss, Works with people having traumatic birth experiences. 24 hour Crisis Line: 206-461-3222

**Gentry, Rex, M.D.**

1300 114th Ave SE, Suite 102, Bellevue, WA, 98004

Phone: 425-454-0255

FAX: 425-454-3066

Clinical Assistant Professor, Psychiatry and Behavioral Sciences, University of Washington School of Medicine, Director of Psychiatry, Overlake Hospital Medical Center, 1984-1999, Private Practice 1999-present

Services: Either evaluation and treatment with follow up, or "second opinion" consultations are provided. works with women who develop active psychiatric symptoms during pregnancy or postpartum; assists "at risk" women, who are considering another pregnancy, to prevent recurrence of psychiatric complications in pregnancy and postpartum.

**Heidi Koss-Nobel, MA, RC**

Counselor/Therapist

7981 168th Ave NE, Suite 202, Redmond, WA 98052

Phone: 425-802-6607

Services: Specializes in treating pregnancy and postpartum mood disorders, birth trauma, and parenting adjustment issues. Executive director of Postpartum Support International.

**Myers, Abby, MN, ARNP**

Psychiatric Nurse Practitioner

4026 NE 55th, Suite E, Seattle, WA 98105

Phone: 206-522-3543

E-mail: [abbymyers@hotmail.com](mailto:abbymyers@hotmail.com)

Services: adult mental health, postpartum mental health support of mothers experiencing postpartum depression.

**Nason, Juliana, MA, LMHC, NCC, CMHS**

Licensed Mental Health Counselor

2804 Grand Avenue, Suite 300, Everett, WA 98201

Phone: 206-604-0996

E-mail: [juliana@chrysalis-counseling.com](mailto:juliana@chrysalis-counseling.com)

Services: perinatal and postpartum counseling for women and their families.