



Off-Campus Therapeutic Resources for RVU Students and Families

Parker

1. Colorado Family Counseling Center, LLC

- a. 10495 S Progress Way, Suite 206
- b. Additional Location in Colorado Springs: 2210 E. La Salle St. Suites 213 & 214A
- c. 720-606-2435
- d. info@kellikorn.com
- e. <https://cofamilycounselingcenter.com/> - visit the webpage for more staff info
- f. Specialties: Depression, Divorce, Anxiety, Trauma, Self-Esteem, ADD/ADHD, Relationships, Grief and Loss, Stress
- g. Treatments: Eye-Movement Desensitization Reprocessing (EMDR), Relaxation Techniques, Play/Expressive Therapy, Anger Management, Animal Assisted Therapy, Reiki, Acudetox, Biofeedback

2. Douglas Henning, PhD

- a. RVU Clinic
- b. 720-874-2441
- c. <http://rockyvistahc.com/about-us/meet-staff/psychology/doug-henning>
- d. Specialties: Depression, Anxiety, Behavioral Pain Management, Mood disorders, PTSD, religious issues
- e. Treatments: Christian counseling, Cognitive Behavioral Therapy (CBT), Person Centered Therapy, Developmental Therapy, Existential Therapy, psychological testing

3. Ponderosa Counseling Center

- a. 19753 E Pikes Peak Court
- b. 720-542-3487
- c. <http://www.ponderosacounseling.com/>
- d. Specialties: Life Challenges, Psychiatric Disorders, Sleep, Balancing Mind/Body, Nutritional Patterns
- e. Treatments: Psychiatric Evaluations, Holistic, Non-Violent Communication

4. Denver Counseling Solutions

- a. 12760 Stroh Ranch Way #103
- b. 720-608-0379
- c. <https://denvercounselingsolutions.com/>
- d. Specialties: Anxiety, depression, interpersonal relationships, faith development, grief and loss, vocational counseling, life coaching.
- e. Treatments: Individual counseling, couples counseling, family counseling, group therapy.

5. All Health Network

- a. 19751 East Main Street
- b. 303-730-8858
- c. Psychiatric Medication Services, Therapy and Counseling
- d. <http://www.allhealthnetwork.org>

6. Julie Uhernik, RN, LPC, NCC, HNB-BC

- a. 19557 East Mainstreet, Suite 203 (just above Fika Coffee)
- b. 720-316-1899
- c. Specialties: Trauma, PTSD, Grief, Life Coaching
- d. Treatments: CBT, EMDR, Family Systems, Mindfulness-Based Therapy, Holistic
- e. Previously worked with CPHP, experience working with physicians

Centennial

1. Oak River Wellness

- a. 7200 E. Dry Creek Rd, Suite C202
- b. 720-445-4337
- c. Specialties: Addictions, Anxiety Disorders, Sexual/Child abuse, Stress Management, PTSD, Women's Issues, Depression, Relationship Issues,
- d. Treatments: Yoga, Reiki, EMDR, Couples and Marriage Counseling, Family Counseling, Guided Imagery, Breathing Techniques
- e. <https://oakriverwellness.com/>

2. Thrive Relational Recovery

- a. 6551 S. Revere Pkwy, #150
- b. 303-886-6092
- c. <https://thrivereationalrecovery.com/>
- d. Specialties: Depression, anxiety, eating disorders (food addiction & binge eating), grief, PTSD (Post-Traumatic Stress Disorder), behavior disorders, abuse, trauma, sexual addiction/pornography addiction and betrayal trauma.

- e. Treatments: EMDR, individual counseling, couples counseling (marriage counseling), child/adolescent counseling and family counseling, with a focus on healing individuals in the context of relationships.
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Denver

1. **NeurOptimize**

- a. Locations in Denver Tech Center, Highland, Highlands Ranch, Centennial, Boulder, and Ft. Collins.
- b. <https://www.neurooptimizeco.com/contact/>
- c. Specialties: Anxiety, Depression, Focus, Trauma, Performance, Migraines/Headaches, ADHD/ADD, Sleep, ASD, Stress, Memory, Concussion/TBI.
- d. Treatments: qEEG Assessments (Brain Maps), Neurofeedback Therapy, Biofeedback using “Thought Technology”, Near-Infrared Light Therapy, and Counseling/Coaching.

2. **Dr. Kathleen Robinson, Licensed Clinical Psychologist**

- a. 1720 S. Bellaire St., Suite 203
- b. 303-782-0433
- c. <http://www.drkathleenrobinson.com/>
- d. Specialties: Depression, anxiety, panic, trauma, eating disorders, self-injury, relationship issues and identity development.
- e. Treatments: Mindfulness-based therapies, DBT, CBT, Acceptance Commitment Therapy (ACT), EMDR Level-II Exposure Therapy, and the Safe Alternatives Method (S.A.F.E.).

3. **Colorado Physician Health Program**

- a. 899 Logan St # 410, Denver, CO 80203 (Logan Building)
- b. 303-860-0122
- c. www.cphp.org
- d. Specialties: medical and/or psychiatric conditions, and psychosocial conditions.
- e. Treatments: Evaluations and assessments, treatment referral and monitoring, urine drug screen program, family services.

4. **The Blue Bench**

- a. Multiple locations throughout Denver Metro Area
- b. 303-322-7273 (24/7 Sexual Assault Hotline)
- c. <https://thebluebench.org/welcome.html>
- d. Specialties: sexual assault and abuse.
- e. Treatments: therapy groups, workshops, educational programs/classes

Other Resources

1. **StudentLinc 24/7 Support Line**
 - a. 1-888-893-5462
2. **Suicide / Depression Hotline- Denver**
 - a. 303- 860-1200
3. **National Suicide Prevention Lifeline**
 - a. 1-800-273-8255
4. **Colorado Crisis Services**
 - a. 1-844-493-TALK(8255)
 - b. Text TALK to 38255.

**Disclaimer: This list was created solely to provide an easy access point for RVU students to outside counseling or Psychiatric care. These resources were sought out and shared by RVU students and staff, in no official capacity by Rocky Vista University-COM, at their own will, without bias or benefits. Many of these providers accept Aetna Student Health and are accepting new patients, but be sure to clarify before scheduling an appointment.*

CONTACT

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