

Sexual Health and Sexuality Resources

Counselors



Monika Cassidy, LMHCA, GMHS
Triskeletherapy123@gmail.com

Monika Cassidy is Licensed Mental Health Counselor Associate(LMHCA) in a private practice. She sees individual clients for issues related to anxiety, stress and depression connected to sexual health, sexuality, sexual dysfunctions/trauma and intimacy issues. Monika is specializing in Geriatric Mental Health, Aging and life Transitions, minority groups, clients with Multicultural background and immigrant population. Monika works with individuals and groups, from young adults to older adults.

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Kara Eads, LMHC
Kara Eads Counseling
karaeadscounseling.com

Kara Eads, Licensed Mental Health Counselor (LMHC), sees client for issues related to sexual health, including working through infidelity, healing from sexual abuse, navigating non-monogamy, working through a variety of sexual dysfunctions/issues, exploring gender expression, exploring sexual preferences, and dealing with out of control/unwanted sexual behavior or fantasies. Kara works with individuals and couples, age 13 and up.

* Please note Kara usually has a waiting list of at least a couple of months.

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Jennifer Given-Helms, LICSW
Finding Center Counseling
FindingCenterCounseling.com

Jennifer Given-Helms is a Licensed Independent Clinical Social Worker (LICSW) in private practice. She offers individual counseling for teens and twenties, parent support, and couples counseling for parents. Jennifer specializes in sex-positive, trauma-informed counseling. Specific areas of focus include exploring identity and orientation, healing from sexual trauma and consent violations, and using somatic practices to assist individuals in feeling safe in their bodies.

Contact Information:

360-510-1211
Jennifer @FindingCenterCounseling.com
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Maureen Kane, LMHCA
Maureenkanecounseling.com

Maureen Kane is a Licensed Mental Health Associate (LMHCA) who works with adults, seniors, youth over age 10, and couples. She uses strength-based practices including EMDR, Narrative Therapy, and CBT. Areas of specialty include: Pain and illness including pelvic pain, Anxiety, Stress, Grief, and Mindfulness. Maureen is a Gottman trained couples therapist.

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Brandie Lourenco, LMHCA
BLourenco Therapy
blourencotherapy.com

Brandie Lourenco is a Licensed Mental Health Associate (LMHCA) who works primarily with issues relating to sexual and relationship health. Some areas of focus include kink exploration, polyamory and non-monogamy, intimacy and attachment, and social justice perspectives. Brandie also specializes in the complex intersection between Autism Spectrum Disorder and sex/relationships. Brandie works with individuals, couples and groups, from adolescents through aging adult.

* Please note that Brandie often has a waitlist for new clients.

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Corenia Murphy, LMHC
MarriageElements.com

Corenia is a Licensed Mental Health Counselor, providing services for adult individuals and couples in the Bellingham area. Corenia works with clients on issues related to relationships, sexuality and intimacy. Areas of specialty include issues with infertility, pelvic pain, endometriosis, pain with sex, sexual trauma, identity, and relational impact.

Contact Information:

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Elizabeth Watt, Psy.D.
www.drelizabethwatt.com

Elizabeth is a Licensed Clinical Psychologist and Certified Sex Therapist. She provides services for adult individuals and partners in the Bellingham area and works with a variety of clients on issues related to sexuality and intimacy. Some of her areas of specialty include issues with sexual desire & arousal, erectile issues, pain with sex, sexual trauma, identity and orientation exploration, and relationship transitions.

*Please note that Elizabeth often has a waiting list for new clients and is unable to serve clients in immediate crisis.

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Homeopathy



Michele Brookhaus RSHom(NA), CCH
www.yonibliss.com

Michele has been practicing classical Homeopathy for over 20 years with a special interest in women's health issues. She is the creator of Yoni Bliss a soothing homeopathic gel for vaginal tissues. From this creation, she became more interested in libido, desire and women's sexual health. There is a range of homeopathic remedies that can help balance out physical symptoms as well as emotions as the inevitable hormonal shifts happen in a woman's body. Sexual trauma, pelvic pain, painful sex, menstrual symptoms, and menopausal symptoms are some of the complaints homeopathy can assist with.

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Sexuality Coaches



Laurie McCracken, RN
LaurieMcCracken.com

Laurie McCracken, RN, Certified Authentic Tantra® Practitioner and Sexuality Coach, has a private practice. As a former nun, she is passionate about supporting the healing and transformation needed to reunite sexuality with spirituality. She weaves the Emotion Code and Body Code (an energy medicine technique) into her Authentic Tantra® sessions, allowing for gentle yet profound releasing of buried shame, guilt, self-loathing and the resulting pain. Authentic Tantra® is a trauma informed holistic healing modality which uses meditation, breath work, and movement to support experiencing one's wholeness. Laurie works with adults (25 years and up).

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Vanessa Osage, CPC, CSE
Love & Truth Rising
www.loveandtruthrising.org

Vanessa Osage is a Certified Professional Coach (CPC) in love, sexuality and human connections. She has over a decade of experience in sexual health, as an educator, a former birth doula and a rite of passage guide for the puberty transition. Vanessa teaches comprehensive sexuality education to people of all genders and orientations, ages 4 & up. Her specialties are guiding adolescent girls toward healthy intimacy, empowering women in their relationships, and supporting parents to give their kids a better model than they were given. She helps guide people through places of tenderness into places of power, and more, through the social enterprise, *Love & Truth Rising*.

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