



**Founded 2002 ·
Family-owned**

**Three offices
across Oregon**

**70+
clinicians**

**Psychologists, LCSWs, LPCs, LMFTs &
supervised associates**

**In-person & video ·
flexible scheduling**

WHO WE SEE

Children 6+ · Teens · Adults · Older Adults / Seniors · Couples · Families

Individual, couples, and family therapy, in person and by secure video.

PRESENTING ISSUES WE TREAT

Mood, Anxiety & Neurodevelopmental

- Anxiety / Stress
- Panic / Phobia
- Depression
- Bipolar
- OCD
- Adjustment Disorder
- ADHD / Learning Issues
- Autism — Child
- Autism — Adult & late-identified neurodivergence
- Borderline Personality Disorder
- Self Harm

Trauma & Safety

- Trauma / PTSD
- Sexual Trauma
- Sexual Abuse — child / teen
- Domestic / Interpersonal Violence (victims)
- Religious Trauma & high-control groups
- Race / Racial Trauma

Children, Teens & Families

- Child Behavioral Issues
- Parenting / Co-Parenting
- Child / teen adjusting to parental separation or divorce
- Adoptive, foster & blended families
- School & academic concerns

Eating & Body

- Anorexia
- Bulimia
- Binge Eating
- ARFID
- Body Image

Health, Aging & Life Stage

- Chronic Illness / Medical Issues
- Chronic Pain
- Postpartum / Perinatal
- Reproductive loss & infertility
- Menopause
- Caregiver Exhaustion
- Grief / Loss · end-of-life & bereavement
- Life Transition

Relationships & Sexuality

- Relationship Conflict
- Premarital Counseling
- Divorce
- Ethical Non-Monogamy / Polyamory
- Sex Therapy & sexual health
- Sex Addiction

Identity & Self

- Identity Exploration
- LGBTQ
- Transgender & gender-affirming care
- Self-esteem / Self Development
- Career & academic decision-making

Specialized Populations

- Veterans & military families
- First Responders
- Burnout in helping professions
- Addiction & early recovery
- Performance psychology — athletes & performers

MODALITIES

ACT · CBT · DBT · EMDR · Exposure & Response Prevention · EFT · Gottman · IFS · PCIT · Play Therapy · Schema · Sex Therapy · Solution-Focused · Somatic / Polyvagal / Somatic Experiencing · Motivational Interviewing · Narrative · Mindfulness-Based · Psychodynamic

INSURANCE ACCEPTED

- Aetna / First Choice / Meritain
- BCBS / Bridgespan / RGA / HMA
- ChampVA
- Cigna / Evernorth
- Kaiser Permanente
- Medicare
- Moda
- OHP / Medicaid
- PacificSource
- Providence
- Samaritan
- TriCare / TriWest
- UHC / Surest
- UMR / GEHA / Optum
- Self-pay
- Out-of-network billing available

Coverage varies by plan and location; our intake team verifies benefits before the first visit.

HOW TO REFER

541-517-9733 · welcome@vistapsych.com · vistapsych.com/new-clients

Referring to Vista is simple: send us your patient, and our dedicated intake team handles the rest. We verify benefits, match each patient to the right clinician, and typically reach out within one business day.

Patients may also text **541-525-0023** or complete the online Request for Services form.

We close the loop. With a signed release, referring providers receive confirmation of intake and coordinated-care updates. We welcome direct clinician-to-clinician consultation.

LOCATIONS

Bend · 2220 NW Labiche Lane, Suite 120, Bend 97703

Eugene · 1551 Pearl St, Eugene 97401

Portland · 1500 NE Irving St, Suite 440, Portland 97232

Video Therapy · available to all Oregonians

Not a fit for Vista: patients in acute suicidal crisis (please direct to 988 or the nearest ED), patients with psychotic disorders, and patients with active legal involvement such as custody, workers' comp, DHS, or auto-injury claims.