



Professional disclosure statements

Ann Sterle MS,LPC-S,LMHC,NCC,MAC,CDCS

Welcome, and thank you for allowing me to take part in your healing journey. This statement will inform you of my background, counseling approaches, and your rights. If you have any questions, please feel free to discuss them with me at any time.

Professional Disclosure:

I earned a Master of Science Degree in Clinical Mental Health Counseling from Walden University. I am a Licensed Professional Counselor, and Board Approved Supervisor, and member of the National Board of Certified Counselors. I have worked in the behavioral health field since 2011.

Professional Services:

I provide individual, group, and crisis intervention counseling to adolescents and adults. My counseling approach is collaborative, person centered, and trauma informed. I offer a variety of therapeutic modalities tailored to my client's treatment needs. I strive to create a supportive environment fostering growth, healing, and resilience. I believe everyone can achieve their goals and lead fulfilling lives. I would be honored to be a part of your journey to wellness.

Credentials and Education:

Licensed Professional Counselor (Alaska, License #123524)
Board Approved Supervisor (Alaska License #123524)
Licensed Mental Health Counselor (Washington State, License #LH 60753098)
National Board-Certified Counselor (NCC #744367)
Chemical Dependency Counseling Supervisor (Alaska CDCS #3974)
Master of Addiction Counselor (MAC #509210)

Competencies in Mental Health Practice

I have 13 years of clinical experience in behavioral health. I worked with the Department of Justice- Fairbanks Wellness Court Program, Department of Corrections- Aurora Substance Abuse Treatment Outpatient programs, Tanana Chiefs Conference Inpatient and Outpatient treatment programs, in addition to private practice. I have advanced training in the following modalities: Motivational Interviewing; Moral Recognition Therapy (MRT); Dialectical Behavioral therapy (DBT); Cognitive Behavioral Therapy (CBT); Somatic Experiencing; and Eye Movement Desensitization and Reprocessing (EMDR), Ketamine Assisted Psychotherapy; American Society of Addiction Medicine (ASAM) Criteria; Trauma Informed Care; and Neurotherapy/ Neurofeedback. I have experience working with adolescents and adults experiencing a wide variety of issues involving Anxiety, Depression, Grief, Post-Traumatic Stress Disorder, Trauma related disorders, Co-occurring issues, Relationship problems, ADHD, Bipolar, and Schizophrenia, Shame, self-esteem, and self-image, Wellness, spirituality, and mindfulness, Gender and Sexuality, Alcohol/drug/substance use and addiction (both with individuals and their family members), Developmental and life transitions, and Stress related issues.

Contact information:

Ann Sterle
Email: ann@questcounselingandwellness.com

Tamika N. Curry, MS,LPC,NCC,MAC,CDCS

The following information is designed to inform you about my background and to ensure that you understand the nature of our professional therapeutic relationship and your rights as a client.

Credentials and Education:

Bachelor of Arts degree in psychology from the University of Alaska Fairbanks, and a Master of Science in Clinical Mental Health Counseling from Walden University. I am a board approved licensed professional counselor supervisor (LPCS), Somatic Experiencing Practitioner (SEP), National Certified Counselor (NCC), Master Addiction Counselor (MAC), Chemical Dependency Counselor Supervisor (CDCS), and a Behavioral Health Practitioner (BHP).

Professional Services:

I specialize in trauma, complex trauma, dissociative disorders, and dissociative identity disorder. I am an EMDRIA certified EMDR therapist and provide EMDR therapy services. I am also a Somatic Experiencing Practitioner and provide somatic experiencing as well. I also use parts work via ego state therapy and will use the approaches in conjunction to tailor therapy services based on client need on their healing journey.

Contact information:

Tamika N. Curry LPC

Email: tamika@questcounselingandwellness.com

Carly Lyle, LMSW

The following information is designed to inform you about my background and to ensure that you understand the nature of our professional therapeutic relationship and your rights as a client.

Professional Disclosure:

I earned an MSW at the University of Alaska, Anchorage. I am a member of the National Association of Social Workers.

Professional Services:

I provide individual, group, and crisis intervention counseling for adults. I use a collaborative approach incorporating Cognitive Behavioral Therapy, talk therapy, Ketamine Assisted Psychotherapy (KAP) and other trauma modalities to help individuals throughout their healing journey. I strive to work with individuals to uncover areas that hold them back from healing, help identify long term problems and solutions, explore the roots of their pain and negative behavioral patterns, and engage in relational work that is individualized for each person. No two people are alike; therefore, no two therapy approaches should be either.

Credentials and Education:

MSW in Social Work (University of Alaska, Anchorage)

B.S in Social Work (University of Alaska, Fairbanks)

Licensed Master of Social Work (Alaska, License: 224359)

National Association of Social Work (NASW, 2024)

Contact information:

Carly Lyle, LMSW

Email: carly@questcounselingandwellness.com

Lia Aitken, MA, LPCS, NCC

The following information is designed to inform you about my background and to ensure that you understand the nature of our professional therapeutic relationship and your rights as a client.

Professional Disclosure:

I earned an MA in Clinical Mental Health Counseling at Regent University and am a licensed professional counselor and an approved supervisor in the state of Alaska. I am a member of the National Board for Certified Counselors. I have worked in an agency and private practice since 2017.

Professional Services:

I provide individual, group and crisis intervention counseling for adults and adolescents. I have worked in a variety of mental health settings including outpatient community behavioral health, residential treatment settings and in private practice. I use a collaborative approach incorporating EMDR, Brain Mapping and Brain Integration Therapy, Ketamine Assisted Psychotherapy (KAP) and other trauma modalities to help individuals identify long-term issues, uncover barriers to healing, explore the origin of behavioral patterns with a holistic approach to encourage wellness in every area of life.

I tailor my particular focus to the needs of the client(s).

Credentials and Education:

M.A. in Clinical Mental Health Counseling, (Regent University)

B.S. in Anthropology, (Athabasca University)

Board Approved Supervisor (Alaska License: 215594)

Licensed Professional Counselor (Alaska, License: 162738)

National Board-Certified Counselor (NCC, 2020)

Contact information:

Lia Aitken, MA, LPCS, NCC

Email: Lia@questcounselingandwellness.com

Rachel Costin, Ed.S, LPC, NCC

The following information is designed to inform you about my background and to ensure that you understand the nature of our professional therapeutic relationship and your rights as a client.

Professional Disclosure:

I earned my Ed.S in Clinician Mental Health Counseling from Middle Tennessee State University. I am a licensed professional counselor in the state of Alaska and a member of the National Board for Certified Counselors. I have been practicing in agencies and private practice since 2020.

Professional Services:

I provide individual and family counseling for children starting at age 3 and into early adulthood. I have worked in outpatient community behavioral health, residential, partial hospitalization, and private practice settings. I work from a client-centered perspective and am trained in Play Therapy and Sand Tray. I tailor my focus and interventions based on the client's needs.

Credentials and Education:

Ed.S in Clinical Mental health Counseling (Middle Tennessee State University)

BS in Anthropology and Psychology (University of Tennessee)

Licensed Professional Counseling (Alaska, License: 202699)

National Board-Certified Counselor (NCC, 2020)

Contact information:

Rachel Costin

Email: rachel@questcounselingandwellness.com

Riley Koldenhoven, LCSW

The following information is designed to inform you about my background and to ensure that you understand the nature of our professional therapeutic relationship and your rights as a client.

Professional Disclosure:

I earned my MSW from the University of Central Florida and am a licensed clinical social worker in the state of Alaska. I am a member of the National Association of Social Workers.

Professional Services:

I provide individual and group therapy to adults and late adolescents. I have expertise in crisis intervention, interpersonal violence, military social work, and LGBTQIA+ communities. My therapeutic approach is guided by compassion-based modalities, a person-centered approach, and an emphasis on trauma-informed care. I have training in a variety of modalities and primarily use a combination of T-CBT, DBT, IFS, and somatic work.

Credentials and Education:

B.A. in Sociology, (Northern Arizona University)

B.A. in Social Work, (Northern Arizona University)

Master of Social Work, (University of Central Florida)

Licensed Clinical Social Worker, (Alaska, License: 227438)

Contact information:

Name: Riley Koldenhoven

Email: Riley@questcounselingandwellness.com

Cory Magro, LCSW

The following information is designed to inform you about my background and to ensure that you understand the nature of our professional therapeutic relationship and your rights as a client.

Professional Disclosure:

I earned my MSW from the University of Alaska Anchorage and am a Licensed Clinical Social Worker in the state of Alaska.

Professional Services:

I provide individual, group, and couples therapy to adults and have expertise in the following areas: core beliefs and origins of self-doubt; boundaries and unhelpful pattern recognition; relationships and attachment; self-compassion; anxious and depressive states; self-awareness and insight development; military experiences; and life transitions. My therapeutic approach is person-centered and trauma-informed. Although I am trained in several modalities, including integrative mental health, I predominately use a combination of CBT, IFS, IOT and various somatic interventions for nervous system relief.

Credentials and Education:

Master of Social Work, University of Alaska, Anchorage. Licensed Clinical Social Worker, state of AK. Certified Integrative Mental Health Professional (CIMHP), Ketamine Assisted Psychotherapy (KAP) trained clinician.

Contact information:

Name: Cory Magro

Email: cory@questcounselingandwellness.com

Amanda Speer, LPC

The following information is designed to inform you about my background and to ensure that you understand the nature of our professional therapeutic relationship and your rights as a client.

Professional Disclosure: I offer therapy services for Individuals; I see clients ages 16 to end of life. I do offer case management services, which include but is not limited to providing paperwork for disability, unemployment, custody, adoption, foster care, car accidents and any type of legal issues. I do offer therapy for individuals who are court mandated for treatment or seeking treatment in which disclosure of appointments will need to be provided to an outside entity.

Credentials and Education:

LPC, LMHC, CPC, CDC-I

MS in counseling psychology (Alaska Pacific University)

BS in Social Psychology (Park University)

AS in Applied Science (Community College of the Air Force)

Contact information:

Name: Amanda Speer

Email: Amanda@questcounselingandwellness.com

Chanci Davis, MSW, OHM, LMSW

Welcome, and thank you for allowing me to take part in your healing journey. This statement will inform you of my background, counseling approaches, and your rights. If you have any questions, please feel free to discuss them with me at any time.

Professional Disclosure:

I received my One Health Masters with a Community Advocacy concentration from University of Alaska Fairbanks in 2023, focusing on the application of the One Health framework and Indigenous ways of healing in mental and community wellness. I continued to receive my Master of Social Work with a Clinical concentration from Saint Mary's University of Minnesota in 2025. I am a Licensed Master Social Worker in the state of Alaska, and I am also a Licensed Graduate Social Worker in the state of Minnesota.

Professional Services:

I do not have a specific area that I consider a specialty. I have a special interest in working with children, adolescents, and LGBTQIA2S+ youth. However, I am very open to working with children 6+ years of age, adolescents, adults and couples from varied backgrounds who are seeking connection, healing, and wellness.

Credentials and Education:

MSW,OHM, LMSW

One Health Masters at University of Alaska Fairbanks

Master of Social Work – St. Mary's University of Minnesota

Bachelor of Arts at University of Alaska Fairbanks

Contact information:

Name: Chanci Davis

Email: Chanci@questcounselingandwellness.com

Carolyn DeKay-Townsend, LMSW

The following information is designed to inform you about my background and to ensure that you understand the nature of our professional therapeutic relationship and your rights as a client.

Professional Disclosure

I earned a Master of Social Work with a Clinical Social Work concentration from the University of Central Florida and a Bachelor of Arts in Human Services from the University of Alaska Anchorage. I am a Licensed Master Social Worker (LMSW) in the State of Alaska and currently practice under the clinical supervision of Lia Aitken, MA, LPCS, NCC, Licensed Professional Counselor Supervisor.

My professional experience includes providing therapy and support to individuals experiencing trauma, anxiety, depression, grief, life transitions, and perinatal mental health concerns. I have worked in community mental health, perinatal behavioral health, and nonprofit settings, helping clients build resilience, strengthen coping skills, and move toward lasting healing.

Professional Services

I provide individual counseling for adults and adolescents. My approach is collaborative, compassionate, and trauma-informed. I believe each person possesses inherent worth and the capacity for growth, and I strive to create a safe, supportive environment where clients feel understood and empowered.

Treatment is tailored to each client's unique goals and may incorporate evidence-based approaches including Brainspotting, Eye Movement Desensitization and Reprocessing 2.0 (EMDR), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Motivational Interviewing, mindfulness-based interventions, and somatic, nervous system-informed techniques.

My areas of clinical interest include trauma, anxiety, depression, grief and loss, life transitions, women's mental health, self-esteem, and performance enhancement for athletes and other high performers.

Credentials and Education

- Master of Social Work, Clinical Social Work, University of Central Florida
- Bachelor of Arts in Human Services, University of Alaska Anchorage
- Licensed Master Social Worker- Alaska License #: 255783
- Brainspotting Phase I, II & 3 Trained
- Advanced Training in Perinatal Mood and Anxiety Disorders
- Advanced Training in Perinatal Grief and Loss
- Advanced Certificate in Paternal Perinatal Mental Health
- EMDR 2.0 Trained
- Exposure and Response Prevention Therapy for OCD

Contact Information

Name: Carolyn DeKay, LMSW

Practice Address:

3210 Denali St., Unit 4

Anchorage, Alaska 99503

Phone: (907) 891-7877

Email: carolyn@questcounselingandwellness.com

Clinical Supervisor:

Lia Aitken, MA, LPCS, NCC

Licensed Professional Counselor Supervisor

Jasmine Burton, LPC***Professional Services:***

I specialize in providing individual and group psychotherapy to adults. I have experience working with a wide range of mental health concerns. My previous work has been in community mental health and outpatient substance use treatment settings.

Credentials and Education:

I am a Licensed Professional Counselor in the State of Alaska. I received my Master of Science in Clinical Psychology in 2022, from the University of Alaska, Anchorage.

Contact information:

Name: Jasmine Burton

Practice Address: 1929 Airport Way, Suite B Fairbanks, Alaska 99701 and 3210 Denali St. Unit 4, Anchorage, AK 99503

Phone: 907-891-7877

Email: jasmine@questcounselingandwellness.com

Confidentiality:

I respect your right to privacy, and anything shared in our sessions will remain confidential. **There are three exceptions, however, to confidentiality.** I am ethically bound to break confidentiality if I believe you are in imminent danger of harming yourself or others; if you report abuse or neglect of a third party who is a child, older adult, or disabled individual; or if I come under court order to release information.

Office Fee Schedule:

Appointments are typically 45-55 minutes in duration. Longer sessions can be arranged by mutual agreement however; the fees and charges will reflect the additional time. The frequency of meetings will be mutually agreed upon. The time scheduled for your appointment is assigned to you and you alone. If you need to cancel or reschedule a session, I ask that you provide a 24 hours' notice.

Insurance Cost- Services

Initial Integrated Assessment (90791), 60 Minutes: \$650

Follow-up Individual Therapy (90834), 40-50 Minutes: \$250

Follow-up Individual Therapy (90837), 55-60 Minutes: \$450

Biofeedback (90901) Body Regulation Techniques, 45-60 Minutes: \$196

EEG Brain mapping and analysis, 60-120 Minutes: \$980

Group therapy (90853), 90 minutes: \$150 Records requests fees: \$20.00

Cash Pay:

Time of Service Discount (TSD)-*The time-of-service discount must be paid in full at time of visit to be considered TSD (cash pay).

Initial Assessment (90791), 60 Minutes: \$350

Follow-up Individual Therapy (90834), 45 Minutes: \$150

Follow-up Individual Therapy (90837), 60 Minutes: \$175

Initial Family/Couple Assessment, 60-90 Minutes: \$450

Follow-up Family/Couple Therapy (90837), 60-90 Minutes: \$225

EEG Brain mapping session and analysis, 180 minutes: \$700

Biofeedback (90901) Body Regulation Techniques, 45-60 Minutes: \$175

Group Psychotherapy, 60 minutes: \$100

"This information is required by the Board of Professional Counselors which regulates all licensed professional counselors," THE STATE ALASKA of Department of Commerce, Community, and Economic Development Division of Corporations, Business and Professional Licensing; Board of Professional Counselors; PO Box 110806, Juneau, AK 99811; Phone: (907) 465-2550.