**Referral Directories for the United States**

**\*Please note that most therapists must practice within the state of their location. However, if they are a psychologist and part of PSYPACT, they have broader State coverage.**

The following are public links to potentially helpful directories where you can find a therapist in your area:

The ISSTD (isst-d.org) directory: These folks are listed and members of the International Society for the Study of Trauma and Dissociation, so it is likely that they have had training on how to work with dissociative disorders: (Just put your State directory and it will list those therapists in your state)

<https://isstd.connectedcommunity.org/network/members/advanced-search>

The ASCH website directory list therapists trained in clinical hypnosis:

<https://www.asch.net/aws/ASCH/pt/sp/find-member>

The EMDRIA website has a directory of therapists who are trained in EMDR, please note if you have any dissociative pathology or complex trauma, I recommend an Ego State Therapy approach as well, just to make sure you go at a pace that is comfortable for you and your system of parts.

<https://www.emdria.org/find-an-emdr-therapist/>

The Ego State Therapy of North America website has a directory of those who have had at least a 20-hour Foundation’s course in Ego State Therapy. This is a growing list as ESTNA is fairly new organized community.

<https://www.estna.info/resources-and-directory>

\*As with any therapist, it is your individual preference and just because one is a good fit for someone, it doesn’t mean they’ll be a good fit for you. Please listen to yourself and your inner wisdom in guiding who best suits you. It is helpful for them to have knowledge and expertise, but they also must feel right (or right enough) for you and remember you are their best teacher on how to work with you. They are only as good as the information you arm them with, but that should be at a pace that is manageable for you and a good therapist will respect your pace. If one doesn’t work out, please try others.

I wish you the best on your healing journey.