

MENTAL HEALTH PROVIDER LISTING

(mental health professionals licensed by the State of Virginia who practice in the private sector in the greater Fredericksburg area)

GENERAL INFORMATION

Mental Health America of Fredericksburg (MHAF) provides a free, confidential **Mental Health HelpLine** to assist people in accessing needed resources in our community.

In order to provide accurate information to callers, MHAF maintains a listing of mental health professionals and agencies licensed by the State of Virginia who practice in the City of Fredericksburg, and counties of Caroline, King George, Spotsylvania and Stafford. The provider listing reflects information as reported by providers and agencies to MHAF since **September 2016**. *Providers who have not updated their information are included in italics.*

Mental health providers are listed alphabetically by name, followed by their licensure and/or certification and practice information. All information was self-reported by providers. Interest areas are listed alphabetically to ease identification of providers who can meet one's specific needs. The range of costs can vary by provider thus fees are not included. Most providers can receive third-party payments; individuals are encouraged to contact their own health insurance carriers for coverage benefits/limitations.

The following color code is used to make it easier to identify practitioners who provide services that are frequently requested by HelpLine callers.

Green	psychiatrists
Red	child / adolescent service providers
Blue	Medicaid and / or Medicare providers
Orange	faith / spirituality / Christian counseling
Purple	Spanish

Provider's Note: Please contact MHAF at 540-371-2704 or email mhafred@mhafred.org to report any additions, deletions and /or changes in your information, so an accurate listing is available to people in our community who are seeking mental health services.

Mental Health HelpLine

A free, confidential information and referral service to mental health practitioners, treatment services, community resources and educational literature

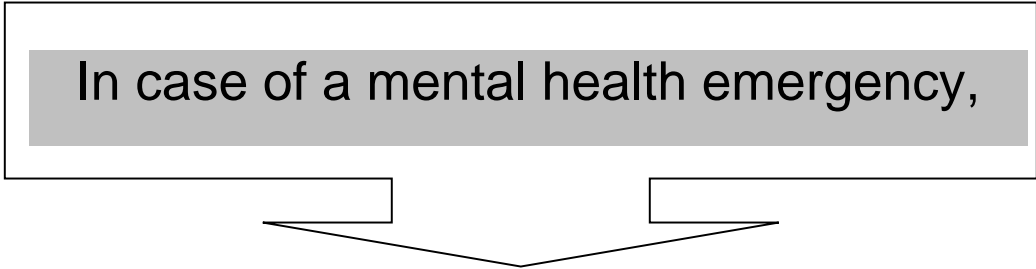
Monday – Friday 9:00 am – 5:00 pm

Call 540-371-2704 or toll free 800-684-6423

A service of



It is our hope that children and adults of all ages will find the support they seek to meet their specific needs within our community by using this service. It is also for school counselors, physicians, case managers and anyone who wants to locate mental health practitioners and services in the greater Fredericksburg area.



In case of a mental health emergency,

Call 9-1-1

Or

go to the nearest Hospital Emergency Room

Or

Call Rappahannock Area Community Services Board

In Fredericksburg, Spotsylvania or Stafford, call 540-373-6876

In Caroline County, call 804-633-4148

In King George County, call 540-775-5064

Or

Call the Suicide Lifeline 800-273-TALK

MENTAL HEALTH PROVIDERS

(revised September 2016)

Carl Ackerman, LCSW (3/2016)

Mental Health Resources
412 Chatham Square Office Park
Fredericksburg, VA 22405
Phone: (540) 899-9826
Fax: (540) 373-3913

Modality: individual, couples

Ages: adult 18+

Interest Areas: adjustment issues; anger management; anxiety; bipolar disorder; conflict management; depression; divorce, domestic violence; dual diagnosis; elderly issues; grief; impulse control; men's issues; mood disorders; OCD; panic disorders; personality disorders; psychotic disorders; relationship issues; stress management
Specialized techniques: CBT-short term problem solving

[Accepts Medicaid & Medicare](#)

[Accepts Worker's Compensation](#)

Accepts Sliding scale clients

Provides; Court-ordered treatment

Darlene Ackerman, LPC, CRC (6/2016)

Mental Health Resources
412 Chatham Square Office Park
Fredericksburg, VA 22405
Phone: (540) 899-9826
Fax: (540) 373-3913

Modality: individual, couples

Ages: young adult 17 – 70's

Interest Areas: adjustment issues; anxiety; ADD/ADHD; behavior issues; bereavement; depression; developmental disorders; disability issues; divorce; family issues; grief; learning problems; life changes; mood disorders; relationship issues; stress management; women's issues

Special populations: gay/lesbian; intellectual disabilities;

[Accepts Medicaid](#)

Accepts Sliding scale clients

Ann Ahearn, LCSW (1/2016)

2217 Princess Anne Suite 207-1A
Fredericksburg, VA 22401
Phone: (540) 656-6766
Fax: (540) 479-6003
Email: aahearnlcsw@verizon.net

Modality: Individual, couples

Ages: adult 25 – 100

Interest Areas: adjustment issues; bereavement; dealing with medical issues; elderly issues; family issues; geriatric issues; grief; life changes; mood disorders; relationship issues; women's issues

[Accepts Medicare](#)

Syed Ahmed, MD (5/2015)

Psychiatric Care
621 Jefferson Davis Hwy
Fredericksburg, VA 22401
(540) 891-7766

Modality: individual

Ages: **adolescent 16+**, adult, older adult

Interest Areas: adjustment issues; Alzheimer's; anxiety; ADD/ADHD; bereavement; bipolar disorder; dementia; depression; geriatric issues; grief; OCD; panic disorders; PTSD; postpartum depression; psychosomatic disorder; psychotic disorders; relationship issues; schizoaffective disorder; schizophrenia; stress management; suicide ideation

Specialized Techniques: medication evaluation/management

Languages: Japanese, Hindi, Bengali

[Accepts Medicaid and Medicare](#)

Tina Almeida, LPC, RPT (1/2016)

Aquia Counseling and Therapy
305 Hanson Ave. Suite 170
Fredericksburg, VA 22401
Phone: (540) 361-4330
Fax: (540) 361-4331
Email: tinaalmeidalpc@gmail.com

Modality: individual

Ages: **child 2+**; **adolescent**; adult

Interest Areas: adjustment issues; **adolescent issues**; anxiety; ADD/ADHD;

autism spectrum; behavior issues; child development; depression; life changes; parenting issues; postpartum depression; relationship issues; school problems; stress management; women's issues

Specialized techniques: play therapy

Special Populations: autism spectrum disorders; **child/adolescent**

Ali Altamir, MD

231 Garrisonville Rd Suite 205

Stafford VA 22554

703-879-1542

Ages: **child & adolescents 3-22**

Marie T. Anderson, MA, LPC (2/2016)

New Hope Associates

11920 Sawhill Blvd

Spotsylvania VA 22553

Phone: (540) 845-2525

Fax: (540) 301-5657

Email: manderson.lpc@comcast.net

Modality: individual, couples, family

Ages: adult 18 - 100

Interest Areas: adjustment issues; anger management; anxiety; ADD/ADHD; bereavement; bipolar disorder;

codependency; conflict management; cutting/self-injury; depression; divorce;

family issues; grief; life changes; Men's

issues; mood disorders; OCD; panic

disorders; parenting issues; PTSD;

postpartum depression; relationship

issues; spiritual issues; stress

management; trauma; women's issues

Specialized techniques: **Christian counseling**

Nicole Anderson, PsyD, LPC (3/2016)

Simply Counseling

10500 Wakeman Drive #240

Fredericksburg VA 22407

(540) 419-0229

Modality: individual, couples, family, group

Ages: **child 3+, adolescent**, adult to 65

Interest Areas: adjustment issues; **adolescent issues**; alcohol abuse; anger management; anxiety; ADD/ADHD;

behavior issues; bereavement; bipolar disorder; child abuse; child development; codependency; conflict management; cutting/self-injury; depression; divorce; domestic violence; drug abuse; dual diagnosis; eating disorders; family issues; gay/lesbian/transgender; grief; impulse control; learning problems; life changes; men's issues; mood disorders; OCD; pain management; panic disorders; parenting issues; physical abuse; PTSD;

postpartum depression; psychotic

disorders; relationship issues;

schizoaffective disorder; schizophrenia;

school problems; self-injury; sexual

abuse; spiritual issues; stress

management; substance abuse; suicide

ideation; trauma; women's issues

Specialized techniques: **Christian counseling**; play therapy; psychological testing

Special populations: **child/adolescent**;

gay/lesbian/transgender; military

families/veterans; rape/sexual assault

Group: CBT; Women's Support Group

Court-ordered psychological testing

Court-order treatment

Kelley Aschenbrenner, LPC (2/2016)

Db a KG Counseling Services

6097 James Madison Parkway

King George VA 22485

Phone: (540) 625-2139

Fax: (540) 625-2235

Email: kgcs@sent.com

Modality: individual, couples

Ages: **adolescent 13 - 99**

Interest Areas: adjustment issues;

adolescent issues; adoption; anger

management; anxiety; bereavement;

bipolar disorder; conflict management;

depression; divorce; grief; life changes;

men's issues; mood disorders; panic

disorders; personality disorders; PTSD;

Psychotic disorders; relationship issues;

schizophrenia; secondary school

problems; stress management; trauma;

women's issues

Special populations: adolescent; law

enforcement families; military families/
veterans

Accepts: sliding scale clients

Dawn Atkinson, LCSW

11 Hope Road, #213

Stafford, VA 22554

(540) 658-0888

Modality: individual, couples, family

Ages: child 4+; adolescent; adult; older adult

Interest Areas: adjustment issues; adolescent issues; alcohol abuse; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child development; codependency; conflict management; custody issues; cutting/self-injury; depression; developmental disorders; disability issues; divorce; domestic violence; drug abuse; dual diagnosis; elderly issues; family issues; forensic issues; gay/lesbian/transgender; geriatric issues; grief; impulse control; learning problems; life changes; mood disorders; OCD; pain management; panic disorders; parenting issues; personality disorders; PTSD; postpartum depression; psychosomatic disorders; psychotic disorders; relationship issues; schizoaffective disorder; schizophrenia; school problems; self-injury; sexual abuse; sexual dysfunction; spiritual issues; stress management; substance abuse; suicide ideation; trauma; women's issues

Special populations: child/adolescent; gay/lesbian/transgender; intellectual disabilities; military families/veterans; law enforcement families; rape/sexual assault Court-ordered treatment

[Accepts Medicaid and Medicare](#)

Dianne Bachman, LCSW (3/2015)

Diane Buchman, LCSW

307 Lafayette Blvd Ste 202

Phone: (540) 361-1556 ext. 705

Cell: (540) 845-7622

Fax: (540) 361-1557

Email: dbachmanlcsw@gmail.com

Modality: individuals, couples, family, group

Ages: child 5+, adolescent, - 100+

Interest Areas: adjustment issues; adolescent issues; anxiety disorders; ADD/ADHD; behavior issues; bereavement; bipolar disorder; conflict management; cutting / self-injury; depression; dissociative identity disorder; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; life changes; mood disorders; OCD; panic disorders; parenting issues; PTSD; postpartum depression; psychosomatic disorder; relationship issues; school problems; self-injury; spiritual issues; stress management; trauma; women's issues

Specialized Techniques: play therapy; Hypnosis, Expressive Arts

Special Populations: gay/lesbian/transgender;

[Accepts Medicare, Medicaid](#)

(Healthkeepers Plus only), Worker's Compensation

Nancy Bailey, PhD, LCP (6/2016)

Clinical Psychologist

305 Hanson Avenue, Suite 185

Fredericksburg, VA 22401

Phone: (540) 479-1888

Fax: (540) 479-1998

Modality: individual

Ages: adult 21+, no limit

Interest Areas: adjustment issues; anxiety; bereavement; bipolar disorder; codependency; cutting/self-injury; depression; dissociative identity disorder; divorce; domestic violence; elderly issues; gay/lesbian/transgender; geriatric issues; grief; hoarding; life changes; mood disorders; OCD; panic disorders; personality disorders; physical abuse; PTSD; postpartum depression; rape/sexual assault; relationship; issues; self-injury; sexual abuse; stress management; suicidality; trauma; women's issues

Special populations: gay/lesbian;
rape/sexual assault
[Accepts Medicare](#)

Alexander Bory, PhD

Fredericksburg Psychological Services
1119 Caroline Street
Fredericksburg, VA 22401
(540) 371-2251

Modality: individual, couples, family,
group

Ages: **adolescent 12+**, adult, older adult

Interest Areas: adjustment issues;
adolescent issues; anxiety; ADD/ADHD;
behavior issues; bereavement; bipolar
disorder; conflict management;
cutting/self-injury; depression;
dissociative identity; dual diagnosis;
eating disorders; elderly issues; family
issues; gay/lesbian/transgender; grief;
head trauma; impulse control; life
changes; men's issues; mood disorders;
OCD; pain management; panic disorders;
parenting issues; personality disorders;
PTSD; postpartum depression;
psychosomatic disorder; relationship
issues; schizoaffective disorder; stress
management; trauma; women's issues

Special Populations: military families
/veterans; law enforcement families

Languages: Hungarian

[Accepts Medicaid and Medicare](#)

Valerie Boulware, MD

6330 Five Mile Center Park Suite 400
Fredericksburg, VA 22407
(540) 548-2960

Interest Areas: **children; adolescents;**
children with disabilities
(Children & Adolescents ONLY)

Robert Brooks, LCSW (5/2015)

Robert J. Brooks, LCSW
3516 Plank Road, Suite 5-C
Fredericksburg, VA 22407
Phone: (540) 786-3049
Fax: (540) 786-8101

Modality: individual, couples, family

Ages: **child 5+**, **adolescent**, adult, order

adult

Interest Areas: adjustment issues;
adolescent issues; Alzheimer's; anger
management; anxiety; ADD/ADHD;
bereavement; bipolar; codependency;
depression; divorce; elderly issues; family
issues; geriatric issues; grief; life
changes; men's issues; mood disorders;
OCD; panic disorders; parenting issues;
PTSD; relationship issues; spiritual
issues; stress management, trauma

Specialized Techniques: systems,
cognitive behavior therapy

Special Populations: **child/adolescent**
[Accepts Medicare](#)

Karin Brown, LCSW (1/2016)

1320 Central Park Blvd., Suite 218
Fredericksburg, VA 22401
(540) 785-5759

Modality: individual, couples, family

Ages: **child 7+**, **adolescent**, adult-99

Interest Areas: adjustment issues;
adolescent issues; adoption; anxiety;
bereavement; depression; family issues;
Geriatric issues; grief; life changes; men's
issues; mood disorders; panic disorders;
parenting issues; PTSD; relationship
issues; sexual abuse; stress
management; trauma; women's issues

Specialized Techniques:

Special Populations: **child/adolescent;**

gay/lesbian; law enforcement families;
military families/veterans; rape/sexual
assault

[Accepts: Medicaid](#)

[Anthem / Workers Compensation](#)

Denise M. Bumgarner, LPC (1/2015)

Providence Counseling
2217 Princess Anne St, Suite 327
Fredericksburg, VA 22401
Phone: (540) 737-8120
Fax: (540) 322-2002

Modality: individual, couples, family

Ages: **adolescent 13+**, adult to 99

Interest Areas: adjustment issues; anger
management; anxiety; bereavement;
bipolar disorder; codependency;

depression; divorce; eating disorders; family issues; grief; impulse control; life changes; mood disorders; OCD; panic disorders; parenting issues; PTSD; relationship issues; sexual abuse; spiritual issues; trauma; women's issues

Specialized Techniques: Christian counseling

Special populations: adolescent; eating disorders

Accepts: sliding scale/ clients individual basis

Wendy Caranante, LCSW, LPC

Mindful Health

4528 Plank Road

Fredericksburg VA 22407

(540) 845-6940

Modality: individual, couples, family

Ages: child 4+, adult, older adult

Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; autism spectrum' behavior issues; bereavement; bipolar; child abuse; child development; codependency'; conflict management, custody issues; cutting/self-injury; depression; developmental disorders; disability; issues; divorce; domestic violence; dual diagnosis; grief; head trauma; learning problems; life changes; panic disorders; parenting issues; PTSD; postpartum depression; relationship issues; school problems; self-injury; stress management; trauma; women's issues

Specialized Techniques: psychological testing; disability testing

Special populations: autism spectrum disorders; brain injury; child/adolescent; intellectual disabilities

Custody evaluations

Christi Carver, CNS (9/2016)

2217 Princess Anne Street, Suite 322-1

Fredericksburg, VA 22401

(540) 370-4344

ccarver@fxbg.net

Modality: individual

Ages: adult 21+, older adult

Interest Areas: adjustment issues; anxiety; depression; eating disorders; gay/lesbian/transgender; geriatric issues; grief; mood disorders; OCD; panic disorders; postpartum depression; stress management; women's issues

Accepts Medicare

Wayne Chang, MD (3/2016)

(NOT ACCEPTING NEW PATIENTS UNTIL FURTHER NOTICE)

New Hope Psychiatry

3715 Latimers Knoll Court Suite 106

Fredericksburg, VA 22408

(540) 357-7101

Modality: individual

Ages: adolescent 14+, adult; older adult

Interest Areas: anxiety; ADD/ADHD; bipolar disorder; depression; men's issues; mood disorders; OCD; panic disorders; PTSD; postpartum depression; psychotic disorders; schizoaffective disorder; schizophrenia

Specialized Techniques: medication evaluation / management

Don Chiappinelli, LCSW (9/2016)

2217 Princess Anne Street, Suite 322-1

Fredericksburg, VA 22401

Phone: (540) 370-4344

Email: dclcsw@dclcsw.com

Modality: Individual, couples

Ages: Adult 18 - 99

Interest Areas: adjustment issues; anxiety; bereavement; depression; gay / lesbian/ transgender; grief; relationship issues

Special Populations: gay /lesbian; transgender

Accepts: sliding scale/case-by-case

Bernard Chirico, PhD

2217 Princess Anne St 105-2

Fredericksburg, VA 22401

(540) 371-1660

Modality: individual

Ages: adult 18+

Interest Areas: anxiety; bereavement; depression; grief; men's issues; mood

© 2010 Mental Health America of Fredericksburg

disorders; OCD; pain management; panic disorders; PTSD; psychosomatic disorder; relationship issues; stress management; trauma

Specialized Techniques: hypnosis

Accepts Medicare

Accepts worker's compensation

Niveda Choudhary, MD (female) (10/8/15)

Peak Mental Health Services

4107-A Plank Road

Fredericksburg, VA 22407

(540) 548-2430

Modality: individual

Ages: *adolescent 12+*; adults

Interest Areas: adjustment issues; adolescent issues; alcohol abuse; Alzheimer's; anger management; anxiety disorders; ADD/ADHD; autism; bereavement; bipolar disorder; codependency; conflict management; depression; eating disorders; mood disorders; ODC; panic disorders; PTSD; postpartum depression; Schizophrenia; Schizoaffective disorder

Special Techniques: medication evaluation/management

Languages: Hindi

Accepts Medicare w/ supplemental plan

Aetna, Cigna

Terry J. Cockrell, LPC, CSAC (1/2016)

Transformations Counseling Services, LLC

150 Olde Greenwich Drive Suite 203

Fredericksburg, VA 22408

Phone: (540) 898-6851

Fax: (540)898-6398

Email: terryjc11@verizon.net

Modality: Individual, group

Ages: 18-70

Interest Areas: adjustment issues; alcohol abuse; anger management; anxiety; bipolar disorder; codependency; depression; domestic violence; drug abuse; dual diagnosis; impulse control; life changes; mood disorders; OCD; panic disorders; PTSD; relationship issues; stress management; substance abuse;

women's issues

Group: Substance Abuse; Anger Management

Accepts: court ordered treatment

Murry Cohen, MD (male) (5/2015)

305 Hanson Ave Suite 150

Fredericksburg, VA 22401

(540) 374-1775

Modality: individual

Ages: adult 18+

Interest Areas: anxiety; ADD/ADHD; bipolar disorder; depression; impulse control; mood disorders; OCD; panic disorders; PTSD

Special Techniques: medication evaluation/management

Accepts Medicare

Paul Colton, NP (6/2016)

Gaertner Psychiatric PC

603 Jeff Davis Hwy Suite 101

Fredericksburg, VA 22401

(540) 372-2028

Fax: (540) 373-0945

www.gaertnerpsych.com

Modality: individual; couples

Ages: no children

Interest Areas: alcohol abuse; anger management; anxiety disorders; behavior issues; bereavement; bipolar disorder; depression; disability issues; drug abuse; dual diagnosis; eating disorders; geriatric issues; hoarding; mood disorders; OCD; panic disorders; personality disorders; PTSD; psychotic disorders; schizoaffective disorder; schizophrenia; stress management; substance abuse; suicidality; trauma

Special Techniques: Medication evaluation/management

Accepts Medicare

Andrea Cooper, LPC (3/2015)

2217 Princess Anne St 308-1

Fredericksburg, VA 22405

(703) 609-5668

Modality: individual

Ages: adult 21+

Interest Areas: adjustment issues; anxiety; bereavement; bipolar disorder; depression; divorce; grief; life changes; mood disorders; OCD; panic disorders

George S. Coviello, LPC (8/2015)

2217 Princess Anne 216-1
Fredericksburg VA 22401
Mailing address:
2208 Traies Court. Alexandria, VA 22306
(703) 780-3543
Fax: (703) 780-3543
Email: gcoviellopc@cox.net

Modality: individual, couples, family

Ages: child 4+, adolescent, adult to 90

Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; conflict management; depression; divorce; family issues; gay/lesbian/transgender; grief; men's issues; mood disorders; OCD; panic disorders; parenting issues; PTSD; relationship issues; school problems; stress management;

Specialized Techniques: CBT; Family Systems

Special Populations: child/adolescent;

gay/lesbian; military families/veterans

Provides: Court-ordered treatment

[Accepts Medicaid](#); sliding scale will be negotiated fee schedule with client

Kathryn F. Cray, CSW (6/2016)

1406 Princess Anne Street
Fredericksburg, VA 22401
(540) 310-4070
Fax: (540) 310-4011

Modality: individual, couples, family

Ages: adult 21 – 80

Interest Areas: adjustment issues; anxiety; bereavement; dementia; divorce; grief; life changes; physical abuse; PTSD; relationship issues; sexual abuse; stress management; trauma; women's issues

Special Populations: military families / veterans

[Accepts Medicare](#)

Barbara Deal, LCSW. MA (6/2016)

Mental Health Resources
412 Chatham Square Office Park
Fredericksburg, VA 22405
(540) 899-9826

(Fax) (540) 373-3913

Modality: individual

Ages: child 14, adolescent, adult to 90

Interest Areas: adjustment issues; adolescent issues; anxiety; ADD/ADHD; bereavement; bipolar disorder; codependency; depression; disability issues; drug abuse; elderly issues; gay/lesbian/transgender; geriatric issues; grief; life changes; mood disorders; panic disorders; schizoaffective disorder; schizophrenia; stress management; substance abuse; women's issues

Specialized Techniques: mindfulness awareness

Special Populations: adolescent;

intellectual disabilities

[Accepts Medicaid & Medicare](#)

Anne Devine, MS (1/2016)

Catholic Charities
1101 Stafford Ave
Fredericksburg, VA 22401
Phone: (540) 371-1124
Fax: (540) 371-9038

Email: adevine@ccola.net

Modality: Individual, Family Group

Ages: +2, adolescent, Adult

Interest Areas: Adjustment issues; adolescent issues; anger management; anxiety disorders; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child development; conflict management; cutting/self-injury; depression; domestic violence; family issues; grief; impulse control; life changes; mood disorders; panic disorders; parenting issues; physical abuse; postpartum depression; relationship issues; school problems; self-injury; sexual abuse; spiritual issues; stress management; suicidality; trauma; women's issues

Specialized Techniques: Christian counseling; play therapy; filial family

therapy

Special Populations: [child/adolescent](#)

Accepts: sliding scale clients based on income + dependents

Delise Dickard, LPC

Riverside Counseling

404 Chatham Square Office Park

Fredericksburg, VA 22405

540-373-1200

Modality: individual, couples; family, group

Ages: [Adolescent](#); adult; geriatric.

Interest Areas: depression; mood & anxiety; EMDR; bereavement, parenting

Terry Diebold, LPC, LMFT (6/2016)

Center for Family Counseling

307 Lafayette Blvd Suite 200

Fredericksburg, VA 22401

(540) 361-1556

Fax (540) 361-1557

Email: terrydiebold@gmail.com

Modality: Individual, couples, family

Ages: [adolescent 12+](#), adult

Interest Areas: adjustment issues; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; conflict management; depression, divorce; dual diagnosis; family issues;

gay/lesbian/transgender; grief; life changes; mood disorders; OCD; panic disorders; parenting issues; PTSD –

EMDR; postpartum depression; relationship issues; school problems;

sexual abuse; [spiritual issues](#); stress management; trauma; women's issues

Specialized Techniques: Christian counseling; EMDR

Special Populations: Gay/lesbian; military families/veterans; rape/sexual assault; transgender

Accepts court-ordered treatment

Rachel H. Edmunds, LCSW (6/2016)

Avenues to Wellness

10712 Ballantraye Drive #304

Fredericksburg, VA 22407

(540) 986-4673

Fax: (540) 710-9299

Email: Rachel.edmunds@avefred

Modality: individual

Ages: 18+

Interest Areas: adjustment issues: anxiety disorders; bereavement; bipolar disorder; codependency; dementia; depression; elderly issues; geriatric issues; grief; life changes; men's issues; mood disorders; PTSD; spiritual issues; trauma

Specialized Techniques: EMDR

Court-ordered treatment

[Accepts: Medicaid and Medicare](#)

Sally W. Edwards, LPC (1/2016)

307 Lafayette Blvd Ste 202

Fredericksburg VA 22401

Phone: (540) 361-1556

Cell: (540) 226-2054

Modality: individual, couples

Ages: adult 25 -80+

Interest Areas: adjustment issues; Alzheimer's; anxiety; bereavement; dementia; divorce; elderly issues; geriatric issues; grief; life changes; relationship issues; spiritual issues

Specialized Techniques: [spiritual counseling](#)

[Accepts Medicaid and Medicare](#) with sliding scale payment (per initial call)

Sarah Etu, PhD, LCP (1/2016)

1955 Jefferson Davis Hwy #100

Fredericksburg VA 22401

Phone: (540) 424-7176

Email: sarahetuphd@gmail.com

Modality: individual, family- limited based for eating disorders

Ages: [adolescent 14+](#), adult, older adult

Interest Areas: adjustment issues; anxiety; depression; eating disorders; OCD; panic disorders; parenting issues; stress management; women's issues

Meredith Fox, LCSW (2/2016)

307 Lafayette Blvd Ste 300

Fredericksburg VA 22401

Phone: (540) 656-2122

Fax: (540) 656-2140

Email: meredithfox@vacoxmail.com

Modality: Individual, couples

Ages: adult 18+, older adult

Interest Areas: adjustment issues; anxiety; bereavement; codependency; conflict management; depression; divorce; grief; life changes; mood disorders; parenting issues; relationship issues; stress management; women's issues

[Accepts Medicare](#)

Mike Fray, PhD (1/2016)

2636 Caroline Street

Fredericksburg, VA 22401 or

P.O. Box 7242

Fredericksburg, VA 22404

Phone: (540) 899-7762

Fax: (540) 899-3733

Email: mikefrayphd@vacox.com

Modality: individual

Ages: **child 6+/adolescent**, adult, older children for evaluations only

Interest Areas: anger management; anxiety; ADD/ADHD; depression; forensic issues; life changes; men's issues; mood disorders; OCD; pain management; panic disorders; PTSD; relationship issues; self-injury; stress management; suicide ideation

Specialized Techniques: forensic evaluation; psychological testing

Special Populations: intellectual disabilities; law enforcement families; military families/veterans

[Accepts Medicare](#); Court ordered treatment

W. Ronald Gaertner, MD (6/2016)

DOES NOT SEE PATIENTS IN OFFICE

Gaertner Psychiatric Adolescent & Adult Services

603 Jefferson Davis Hwy Suite 101

Fredericksburg VA 22401

(540) 372-2028

Fax: (540) 373-0945

Website: www.gaertnerpsych.com

Modality: n/a

Ages: n/a

Interest Areas:

Specialized Techniques: medication evaluation/management

[Accepts Medicare](#)

Kristin Gartner, LPC, NCC (1/2016)

Bright Horizons Counseling Services, LLC

556 Garrisonville Rd Suite 212

Stafford VA 22554

Phone: (540) 602-7615

Fax: (540) 628-0446

Email: suport@bhccounseling.net

Modality: individual, family, group

Ages: **child 4+**, **adolescent**, adult to 60

Interest Areas: adjustment issues, **adolescent issues**; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; child development; custody issues; cutting/self-injury; cutting/self-injury; depression; developmental disorders; divorce; family issues; impulse control; learning problems; parenting issues; relationship issues; school problems; self-injury; stress management; suicidality

Specialized Techniques: play therapy; CBT; DBT; Group therapy

Special Populations: autism spectrum disorders; **child/adolescent**;

Group: Elementary School girls & boys' groups; substance abuse

Accepts: Court-ordered treatment; sliding scale on a case by case basis

Willis (Bill) Gay, LPC, LMFT (6/2016)

Aquia Counseling & Therapy

305 Hanson Ave Suite 170

Fredericksburg VA 22401

(540) 361-4330

Fax: (540) 361-4331

Email: whgay@cox.net

Modality: individual, couples, family

Ages: **adolescent 13+**, adult to 80

Interest Areas: adjustment issues; **adolescent issues**; anger management; anxiety; behavior issues; bereavement; conflict management; divorce; family issues; grief; men's issues; mood

disorders; relationship issues; spiritual issues; stress management

Specialized Techniques: Christian counseling

Special Populations: military families / veterans

Carmen E. Greiner, LPC, GSATP, MAC

(1/2016)

Lighthouse Counseling
420 Hudgins Road Suite 201
Fredericksburg, VA 22408
Phone: (540) 907-0121
Fax: (866) 852-8790

Email:

cgreiner@lighthousefredericksburg.com

Modality: Individual, group

Ages: adult 18 - 200

Interest Areas: adjustment issues; alcohol abuse; anger management; anxiety; bipolar; codependency; cutting/self-injury; depression; drug abuse; dual diagnosis; gay/lesbian/transgender; grief; men's issues; mood disorders; panic disorders; personality disorders; psychotic, schizoaffective, schizophrenia, self-injury; stress management; substance abuse; suicidality; women's issues

Specialized Techniques: Dialectical Behavior Therapy (DBT)

Special Populations:

gay/lesbian/transgender; transgender

Group: DBT; Substance Abuse

Accepts: Court-ordered treatment

Kevin Handley, PhD

4701 Spotsylvania Parkway Ste 101
Fredericksburg VA 22407
(877) 832-7833

Modality: individual, group

Ages: adolescent 13+, adult to 65

Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; depression; forensic issues; hoarding issues; impulse control; life changes; men's issues; OCD; panic disorders; personality disorders; PTSD; postpartum depression; psychosomatic

disorder; spiritual issues; stress management; trauma

Specialized Techniques: Christian counseling; forensic evaluation; psychological testing; disability testing; cognitive-behavioral therapies, mindfulness & acceptance based therapies

Special Populations: military families/veterans; law enforcement families

Other: students with test-taking anxiety; computerized working-memory training for clients (all ages) with ADHD

Groups: sleep skills; anger management; anxiety management

Custody evaluations

Court-ordered psychological testing

Court-ordered treatment

Kimberly Harris, PhD, LPC

2217 Princess Anne Suite 315-1
Fredericksburg, VA 22401
(540) 273-6859

Modality: individual, couples

Ages: children 5+, adolescent, adult, older adult

Interest Areas: alcohol use; anxiety; bereavement; depression; divorce; family issues; grief; mood disorders; parenting issues; relationship issues; spiritual issues; stress management; substance use; trauma; women's issues

Special Populations: child/adolescent; law enforcement families; military families/ veterans

Court-ordered treatment

Sondra Harry, PsyD (6/2016)

Phoenix Healthcare of Virginia
904 Princess Anne Suite 301
Fredericksburg VA 22401
(540) 898-8812

Fax: (540) 898-5688

Email: phoenixhealthcare1@gmail.com

Modality: individual, couples, family

Ages: adolescent 12+, adult, older adult

Interest Areas: adjustment issues; anger management; anxiety;

bereavement; bipolar disorder; conflict management; custody issues; depression; divorce; domestic violence; dual diagnosis; eating disorders; family issues; geriatric issues; head trauma; hoarding; impulse control; life changes; mood disorders; OCD; pain management; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; postpartum depression; psychosomatic disorder; relationship issues; school problems; sexual abuse; **spiritual issues**; stress management; substance abuse; suicidality; trauma; women's issues

Specialized Techniques: Relational Therapy – PTSD certified

Special Populations: law enforcement families; military families/veterans
Court ordered treatment

Accepts Medicare

Accepts court-ordered

Accepts Workers Compensation

Mike Hawkins, CSAC, NCAC II

New Genesis Recovery Center

3516 Plank Road, 6C

Fredericksburg, VA 22407

Phone: (540) 412-8330

FAX: (540) 412-0223

newgenesismh@gmail.com

Modality: individual, family, group

Ages: **adolescent 13+**, adult, older adult

Interest Areas: alcohol abuse, anger management, behavior issues, codependency, drug abuse, parenting issues, substance abuse

Specialized Techniques: **Christian counseling**, motivational interviewing

Special Populations: Court ordered treatment

Group: Substance Abuse

Jannan Holmes, LCSW

613 Caroline Street, Suite 101

Fredericksburg VA 22401

(540) 370-4596

Modality: individual, family

Ages: **child 3, adolescent to 22**

Interest Areas: adjustment issues; **adolescent issues**; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; bereavement; bipolar disorder; child development; conflict management; depression; developmental disorders; divorce; dual diagnosis; family issues; gay/lesbian/transgender; grief; impulse control; learning problems; life changes; mood disorders; OCD; panic disorders; parenting issues; relationship issues; school problems; stress management

Specialized Techniques: play therapy

Special Populations: autism spectrum disorders; **child/adolescent**; gay/lesbian/transgender in children and adolescents

Judy Jacobs, PHD (6/2016)

Certified

Christian Family Counseling

1601 B Olde William Street

Fredericksburg VA 22401

Phone: (540) 371-9900

Email: drjb55@aol.com

Modality: individual, couples, family, group

Ages: **child 5+**, **adolescent**, adult, older adult

Interest Areas: **adolescent issues**; anger management; anxiety; ADD/ADHD; autism spectrum; bereavement; child abuse; child development; codependency; conflict management; custody issues; cutting/self-injury; depression; divorce; domestic violence; eating disorders; family issues; grief; hoarding; impulse control; life changes; OCD; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; postpartum depression; relationship issues; schizoaffective disorder; schizophrenia; school problems; self-injury; sexual abuse; sexual dysfunction; **spiritual issues**; stress management; substance abuse; suicidality; women's issues

Special Techniques: **Christian counseling**

Special Populations: child/adolescent; law enforcement families; military families/ veterans; rape/sexual assault
Group: Family – Women’s support Groups
Provides Custody evaluations
Accepts: court-ordered treatment, Medicaid and sliding scale based on individual needs

Roy Jarnecke, PhD (2/2015)
Behavioral Healthcare of Fredericksburg
312 Progress Street, Suite 200
Fredericksburg, VA 22401
(540) 310-0797

Modality: Individual, family
Ages: child 6+, adolescent, adult, older adult
Interest Areas: adjustment issues; Alzheimer’s; anxiety; ADD/ADHD; bereavement; bipolar disorder; depression; disability issues; divorce; forensic issues; geriatric issues; grief; head trauma; mood disorders; OCD; pain management; panic disorders; parenting issues; PTSD; school problems; trauma
Specialized Techniques: forensic evaluation; psychological testing; disability testing
Special Populations: brain injury; child/adolescent
Court-ordered psychological testing
Accepts Medicaid & Medicare
Accepts worker’s compensation

Deborah Jockin, LCSW (1/2016)
Behavioral Healthcare of Fredericksburg
312 Progress Street, Suite 200
Fredericksburg, VA 22401
Phone: (540) 310-0797
Fax: (540) 310-0791
Modality: Individual, couples, family
Ages: Child 6+, adolescent, adult to 65
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child abuse; codependency; conflict management; cutting/ self-injury; divorce;

depression; family issues; grief; impulse control; mood disorders; OCD; panic disorders; parenting issues; PTSD; postpartum depression; relationship issues; school problems; self-injury; sexual abuse; spiritual issues; stress management; trauma; women’s issues
Specialized Techniques: Christian counseling; cognitive-behavioral therapy
Special Populations: child/adolescent; military families/veterans; rape/sexual assault; Christian counseling
Accepts Medicaid, Medicare, sliding scale clients

Joe T. Johnson, LCSW
Riverside Counseling
404 Chatham Square
Fredericksburg, VA 22405
(540) 373-1200
Modality: individual, couples
Ages: adolescent 13+, adult, older adult
Interest areas: adolescent issues; anger management; anxiety; bereavement; bipolar disorder; depression; dual diagnosis; grief; men’s issues; mood disorders; PTSD
Special Populations: adolescent; military families/veterans
Court-ordered treatment
Accepts Medicaid (Anthem HealthKeepers Plus)
Accepts worker’s compensation

Crystal Jones, LCSW (2/2016)
Life Source Counseling
2217 Princess Anne St Suite 305-1
Fredericksburg VA 22401 or
PO Box 691, Fred, VA 22404
Phone: (540) 455-5057
Fax: (540) 301-2305
Email: crystalrjoneslcsw@gmail.com
Modality: individual
Ages: 17 to adult of 65
Interest areas: anger management; anxiety disorders; depression; life changes; mood disorders; spiritual issues; stress management; women’s issues

Special Techniques: mindfulness meditation

Special Populations: women
[Accepts Medicaid](#) and sliding scale clients but must inquire in office

Beatrice Kerr, LCSW (1/2016)

Center for Family Counseling
307 Lafayette Blvd Suite 202
Fredericksburg, VA 22401

Phone: (540) 361-1556

Fax: (540) 361-1557

Email; elviskerr@gmail.com

Modality: individual, couples

Ages: 17 - 100

Interest Areas: anger management; anxiety; bereavement; codependency; dissociative identity disorder; domestic violence; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; panic disorders; PTSD; relationship issues; sexual abuse; spiritual issues; stress management; trauma; women's issues

Specialized Techniques: EMDR

Special Populations: rape/sexual assault

[Accepts Medicare](#)

Arezoo Khanzadeh, LCP/PsyD (6/2016)

New Genesis Recovery Center

3516 Plank Road, Suite 6C

Fredericksburg, VA 22407

(540) 412-8330

(703) 209-7596

Email: azykhanpsyd@outlook.com

Modality: individuals, group

Ages: adults

Interest Areas: anxiety disorders; child abuse; cutting/self-injury; depression; dissociative identity disorder; gay/lesbian/transgender; head trauma; mood disorders; panic disorders; PTSD; stress management; trauma

Specialized Techniques: Psychological testing; parent competency evaluation

Special Populations: brain injury;

gay/lesbian; rape/sexual assault

Provides parent competency

Provides court-ordered psychology testing

Michele Kozlowski, LPC, LMFT (6/2016)

Aquia Counseling & Therapy

305 Hanson Avenue, Suite 170

Fredericksburg, VA 22401

(540) 361-4330

Fax: (540) 361-4331

Modality: individual, family

Ages: **child 5+, adolescent**, - 99

Interest Areas: adjustment issues:

adolescent issues; anger management; anxiety disorders; behavior issues; bereavement; child abuse; conflict management; depression; divorce; domestic violence; family issues; OCD; Panic disorders; parenting issues; relationship issues; sexual abuse; trauma; women's issues

Special Populations: **child/adolescent;**

autism spectrum disorders;

gay/lesbian/law enforcement families;

rape/sexual assault

Languages: German

Meredith Krause, PhD, LCP (2/2016)

Aquia Counseling & Therapy

385 Garrisonville Rd Suite 113

Stafford VA 22554

Phone: (540) 657-1228

Fax: (540) 657-1999

Modality: individual, couples

Ages: adult 18+, 90 +

Interest Areas: Adjustment issues; anxiety; ADD/ADHD; bereavement; codependency; conflict management; depression; divorce; elderly issues; gay/lesbian/ transgender; geriatric issues; grief; life changes; men's issues; mood disorders; OCD; panic disorders; PTSD; postpartum depression; relationship issues; stress management; trauma; women's issues

Special Populations: gay/lesbian/transgender; law enforcement families; military families/veterans

[Accepts Medicare](#)

Linda LaFave, LPC, LMFT (1/2016)
2217 Princess Anne Street, Suite 202-1
Fredericksburg, VA 22401
Phone: (540) 373-9574

Email: lmlafave@verizon.net

Modality: individual, couples, family

Ages: **adolescent 16+**, adult, older adult

Interest Areas: adjustment issues;
alcohol abuse (adult); anxiety;
bereavement; codependency;
depression; divorce; domestic violence;
drug abuse (adult); family issues;
gay/lesbian/transgender; grief; life
changes; men's issues; mood disorders;
postpartum depression; relationship
issues; sexual abuse; stress
management; substance abuse (adult);
trauma; women's issues

Special Populations: gay/ lesbian;
rape/sexual assault

Sylisa Lambert-Woodard, LCSW

Alliance Therapy Center
406 Chatham Square Suite 101
Fredericksburg VA 22405
(540) 373-9577

Interest Areas: *chemical dependency;
depression/affective disorders; dual
diagnosis; marital/couple's therapy;
minority issues*

Lisa LaPier, LCSW

Aquia Counseling & Therapy
305 Hanson Avenue, Suite 170
Fredericksburg, VA 22401
(540) 361-4330

Modality: individual, family

Ages: **child 8+**, **adolescent**; adult, older
adult

Interest Areas: *Adjustment issues;
adolescent issues; anger management;
anxiety; behavior issues; bereavement;
bipolar disorder; cutting/self-injury;
depression; family issues; grief; life
changes; mood disorders; OCD; panic
disorders; parenting issues; PTSD;
school problems; self-injury; stress
management; substance abuse; suicide
ideation; trauma*

Specialized Techniques: *CBIT for Tic
disorders*

Special Populations: **child/adolescent**

Frank J. Leonardi, PsyD (1/2016)

Peak Mental Health Services
4107-A Plank Road
Fredericksburg, VA 22407
Phone: (540) 548-2430
Fax: (540) 548-3816

Modality: individual, couples

Ages: adult 18 - 90

Interest Areas: adjustment issues;
alcohol abuse; anger management;
anxiety; ADD/ADHD; behavior issues;
bereavement; bipolar disorder;
codependency; cutting/self-injury;
depression; divorce; domestic violence,
drug abuse, dual diagnosis; elderly
issues; family issues;
gay/lesbian/transgender; geriatric issues;
grief; hoarding; impulse control; life
changes; men's issues; mood disorders;
OCD; panic disorders; pain management;
panic disorders; personality disorders;
PTSD; postpartum; relationship issues;
self-injury; sexual abuse; spiritual issues;
stress management; substance abuse;
suicidality, trauma; women's issues

Special Populations: military families/
veterans

Accepts Medicare; Worker's

Compensation; court-ordered treatment.

Marianne Redmond Lopez, LCSW

(5/2015)
Intuitive Journeys
500 Lafayette Blvd Ste 130
Fredericksburg VA 22401
(540) 300-1564 / 866-587-0064

Modality: individual, couples, family,
group

Ages: **child 3+**, **adolescent**, adult, older
adult

Interest Areas: adjustment issues;
adolescent issues; adoption; alcohol
abuse; anger management; anxiety;
ADD/ADHD; autism spectrum; behavior
issues; bereavement; bipolar disorder;
child abuse; child development;

codependency; conflict management; custody issues; cutting/self-injury; depression; developmental disorders; dissociative identity disorder; divorce; domestic violence; drug abuse; dual diagnosis; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; head trauma; impulse control; learning problems; life changes; men's issues; mood disorders; pain management; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; postpartum depression; psychosomatic disorder; psychotic disorders; relationship issues; schizoaffective disorder; schizophrenia; school problems; self-injury; sexual abuse; sexual dysfunction; stress management; substance abuse; trauma; women's issues

Special Techniques: Christian counseling if requested; medication management; play therapy; psychological testing

Special Populations: autism spectrum disorders; brain injury; **child/adolescent**; gay/lesbian; law enforcement families; military families/veterans; rape/sexual assault; transgender

Group: Substance; adolescents; couples; families; life skills; youth coaching camps

Languages: Spanish; Middle Eastern
Court-ordered psychological testing
Court-ordered treatment

Accepts Medicare & Medicaid

Gary Lupton, LPC, LMFT, LSATP

(2/2015)

Aquia Counseling & Therapy
385 Garrisonville Road, Suite 113
Stafford, VA 22554
(540) 657-1228

Modality: individual, couples & family

Ages: **adolescents 12+**, adult, older adult

Interest Areas: adjustment issues; **adolescent issues**; alcohol abuse; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; bipolar disorder; child abuse; codependency;

cutting/self-injury; dementia; depression; developmental disorders; divorce; domestic violence; drug abuse; dual diagnosis; family issues; forensic issues; gay/lesbian/transgender; grief; life changes; men's issues; mood disorders; OCD; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; psychotic disorders; relationship issues; schizoaffective disorder; schizophrenia; school problems; self-injury; sexual abuse; sexual dysfunction; substance abuse; suicide ideation; trauma

Special Populations: autism spectrum disorders; brain injury; **child/adolescent**; gay/lesbian; law enforcement families; military families'/veterans; rape/sexual assault; sex offenders

Court-ordered treatment

Accepts Worker's Compensation

Nadine Lupton, LCSW

Aquia Counseling & Therapy
385 Garrisonville Road, Suite 113
Stafford, VA 22554
(540) 657-1228

Modality: individual, couples, family

Ages: **child 3+**, **adolescent**, adult, older adult

Interest Areas: adjustment issues; **adolescent issues**; adoption; anger management; anxiety; behavior issues; bereavement; bipolar disorder; child abuse; child development; codependency; conflict management; depression; divorce; domestic violence; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; life changes; men's issues; mood disorders; parenting issues; physical abuse; PTSD; postpartum depression; relationship issues; school problems; sexual abuse; spiritual issues; stress management; trauma; women's issues

Specialized Techniques: play therapy; cognitive-behavioral; family therapy; trauma therapies; attachment treatment

Special Populations: **child/adolescent**;

military families/veterans; law enforcement families; rape/sexual assault Court-ordered treatment
Accepts Medicare

Lucy Lutterbie, LCSW (1/2016)
(540) 371-1727 by appointment only

Modality: individual, couples

Ages: **adolescent**, adult

Interest Areas: adjustment issues; **adolescent issues**; anger management; anxiety; codependency; conflict management; custody issues; depression; divorce; mood disorders; OCD; parenting issues; personality disorder; PTSD; relationship issues; school problems

Special Populations: **adolescent**

Accepts: Court-ordered treatment (co-parenting); sliding scale clients during initial phone call

William E. Lynch, PsyD, LCP (2/2015)
Child & Adolescent Psychological Services
4607 Harrison Road
Fredericksburg VA 22408
(540) 898-7995

Modality: individual

Ages: **child 4+**; **adolescent to 18**

Interest Areas: adjustment issues; **adolescent issues**; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; depression; drug abuse; family issues; grief; impulse control; learning problems; mood disorders; school problems; self-injury; suicide ideation

Specialized Techniques: play therapy; psychological testing

Special Populations: **child/adolescent**
Court-ordered treatment

Angela Manion, LPC (7/2015)
Waves of Grace Counseling
305 Hanson Avenue Suite 170
Fredericksburg VA 22401
(540) 361-4330

Modality: individual

Ages: **adolescent 13+**; adult, older adult

Interest Areas: adjustment issues; anxiety; codependency; depression; life changes; mood disorders; OCD; spiritual issues; women's issues

Specialized Techniques: **Christian counseling**; Rational Living Therapy/Cognitive Behavioral

Mary Mannhardt, MEd (1/2015)
Grace Counseling Center
1125 Heatherstone Drive
Fredericksburg VA 22407
(540) 548-4114

Modality: individual, couples, family

Ages: **adolescent 13+**; adult to 55

Interest Areas: adjustment issues; **adolescent issues**; anger management; anxiety; bipolar disorder; codependency; cutting/self-injury; depression; disability issues; dual diagnosis; eating disorders; family issues; grief; life changes; mood disorders; pain management; postpartum depression; relationship issues; self-injury; spiritual issues; suicide ideation; women's issues

Specialized Techniques: **Christian counseling**; cognitive behavior with eating disorders

Group: eating disorders

Renee Martin, LCSW (2/2016)
1320 Central Park Blvd Suite 220
Fredericksburg, VA 22401
Phone: (540) 548-4824

Modality: individual, couples, family

Ages: **adolescent 12+**, adult, older adult – no limit

Interest Areas: adjustment issues; anxiety; bereavement; bipolar disorder; codependency; depression; divorce; family issues; grief; life changes; men's issues; mood disorders; parenting issues; relationship issues; stress management; women's issues

Specialized Techniques: CBT
Accepts Medicare with secondary ins.

Teresa McCrossin, LCSW
1320 Central Park Blvd Suite 231

Fredericksburg VA 22401
(540) 785-1660
Fax: (540) 736-3274
Email: teresamccrossinlcsw@gmail.com
Modality: individual, couples, family
Ages: **adolescent 15+**, adult, older adult
Interest Areas: adjustment issues; adoption; anxiety; bereavement; codependency; depression; divorce; domestic violence; dual diagnosis; family issues; grief; life changes; OCD; pain management; panic disorders; parenting issues; PTSD; postpartum depression; psychosomatic disorder; relationship issues; sexual abuse; stress management; suicide ideation; trauma; women's issues
Special Populations: infertility, family building, postpartum depression, relief related to miscarriage/child loss
Accepts Medicaid and Medicare
Accepts sliding scale clients on an individualized basis.

Courtney McKane, M.A. LPC (03/2016)
Catholic Charities
1101 Stafford Avenue
Fredericksburg, VA 22401
Phone: (540) 371-1124
Fax: (540) 371-9038
Email: cmckane@ccda.net
Modality: Individual, couples
Ages: 13-85, **adolescent**
Interest Areas: Adjustment issues; **adolescent issues**; alcohol abuse; Alzheimer's; anxiety disorders; behavior issues; bereavement; bipolar disorder; codependency; conflict management; dementia; depression; dual diagnosis elderly issues; grief; mood disorders; parenting issues; relationship issues; **spiritual issues**; stress management; women's issues
Accepts: sliding scale clients

Elena Monti, LCSW
Bright Horizons Counseling
556 Garrisonville Rd Suite 2121
Stafford VA 22554

540-602-7615
Modality: individual, family, group
Ages: **child 2+, adolescent**, adult <40
Interest Areas: adjustment issues; **adolescent issues**; adoption; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; bereavement; bipolar disorder; child development; depression; developmental issues; divorce; family issues; grief; impulse control; mood disorders; OCD; parenting issues; PTSD; postpartum depression; school problems; stress management; trauma
Special Populations: autism spectrum disorder; **child/adolescent**; military families/ veterans
Court-ordered treatment

Sudhir Nagaraja, DO

4900 Hood Drive
Fredericksburg VA 22408
(540) 479-1319
Modality: individual
Ages: **adolescent 15+**, adult
Interest Areas: alcohol abuse; Alzheimer's; anxiety; ADD/ADHD; autism spectrum; behavior issues; bipolar disorder; codependency; cutting/self-injury; dementia; depression; divorce; drug abuse; dual diagnosis; grief; head trauma; hoarding; impulse control; learning problems; life changes; men's issues; mood disorders; OCD; pain management; panic disorders; personality disorders; physical abuse; PTSD; postpartum depression; psychosomatic disorder; psychotic disorders; schizophrenia; school problems; self-injury; sexual dysfunction; **spiritual issues**; stress management; substance abuse; suicide ideation; trauma
Specialized Techniques: medication evaluation/management; acupuncture; suboxone
Special Populations: brain injury; military families/ veterans
Court-ordered treatment

Genevieve Nehrt, PsyD

Centre Pointe Health Psychological Services
3920 Plank Road Suite 120
Fredericksburg VA 22407
(540) 242-4141

Modality: individual, family, group

Ages: child 4+, adolescent – adult 21

Interest Areas: adolescent issues;
alcohol abuse; anger management;
anxiety; ADD/ADHD; behavior issues;
bipolar disorder; codependency; conflict
management; cutting/self-injury;
depression; drug abuse; eating disorders;
family issues; impulse control; life
changes; mood disorders; parenting
issues; personality disorders; PTSD;
school problems; self-injury; stress
management; substance abuse; suicide
ideation

Specialized Techniques: play therapy;
psychological testing

Special Populations: child/adolescent

Daniel P. Nelson, LPC (3/2015)

1406 Princess Anne Street
Fredericksburg VA 22401
(540) 369-3549

Modality: Individual, couples

Ages: child 8+, adolescent, adult, older
adult

Interest Areas: adjustment issues;
adolescent issues; anxiety; behavior
issues; bereavement; bipolar disorder;
child abuse; codependency; conflict
management; cutting/self-injury;
depression; disability issues; domestic
violence; drug abuse; family issues;
gay/lesbian/transgender; grief; men's
issues; mood disorders; OCD; panic
disorders; parenting issues; PTSD;
relationship issues; self-injury; stress
management substance abuse; suicide
ideation; trauma

Special Populations: child/adolescent;
gay/lesbian; law enforcement families;
military families/veterans

Denis Nissim-Sabat, PhD, LCP (3/2015)

2217 Princess Anne Suite 201-1
Fredericksburg, VA 22401
(540) 371-6875

Modality: individual, couples, family,
group

Ages: adolescent 16+, adult to 80

Interest Areas: depression; divorce;
family issues; gay/lesbian; mood
disorders; OCD; panic disorders;
psychotic disorders; stress management

Special Populations: gay/lesbian

Group: Separation and Divorce

Accepts Medicaid & Medicare

Accepts Worker's Compensation

Roger Pasternak, PhD, LCP (9/2016)

Mental Health Resources
412 Chatham Square Office Park
Fredericksburg, VA 22405
(540) 899-9826

Modality: Psychological evaluations only

Ages: child 4+, adolescent, adult

Accepts Medicaid & Medicare

Accepts Worker's Compensation

Nicole Pernod, Psy. D. (9/2016)

CVHS (Central Virginia Health Services)
1965 Jefferson Davis Hwy.
Fredericksburg, VA 22401
Phone: (540) 735-0560
Fax: (540) 735-0567
nicolepernod@cvhs.org
www.cvhsinc.org

Modality: individual, couples, family,
group

Ages: child 5+, adolescent and adult

Interest Areas: adjustment issues;
adolescent issues; alcohol abuse; anger
management; anxiety; ADD/ADHD;
behavior issues; bereavement; bipolar
disorder; child abuse; child development;
conflict management; custody issues;
cutting/self-injury; depression;
developmental disorders; dissociative
identity; divorce; domestic violence; drug
abuse; dual diagnosis; eating disorders;
elderly issues; family issues; forensic
issues; gay/lesbian/transgender; geriatric

issues; grief; learning problems; life changes; men's issues; mood disorders; OCD; pain management; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; postpartum depression; psychosomatic disorder; psychotic disorders; relationship issues; schizoaffective disorder; schizophrenia; school problems; self-injury; sexual abuse; **spiritual issues**; stress management; substance abuse; suicidality; trauma; women's issues

Special Populations: **child/adolescent**; gay/lesbian; intellectual disabilities; law enforcement families; rape/sexual assault; transgender

Languages: **Spanish**

Accepts: sliding scale to contact clinician by phone

Accepts Medicaid & Medicare

Tracy Perl, LPC, BCCC (6/2016)

Bright Horizons Counseling
556 Garrisonville Rd Suite 212
Stafford VA 22554

Phone: (540) 602-7615

Fax: (540) 628-0446

Email: tracyperl@yahoo.com

Modality: individual, couples, family

Ages: **3, child, adolescent**, adult - 133

Interest Areas: adjustment issues; **adolescent issues**; anxiety; ADD/ADHD; behavior issues; bipolar disorder; child abuse; child development;

codependency; conflict management; custody issues; cutting/self-injury; depression; dissociative identity disorder; domestic violence; dual diagnosis; family issues; mood disorders; OCD; panic disorder; parenting issues; personality disorders; physical abuse; PTSD; psychosomatic; psychotic disorders; relationship issues; schizoaffective disorder; schizophrenia; self-injury; sexual abuse; **spiritual issues**; stress management; suicidality; suicide ideation; women's issues

Specialized Techniques: **Christian counseling**

Special Populations: **child/adolescent**; law enforcement families; military families/veterans

Accepts: Custody evaluation; Court-ordered treatment; worker's comp; sliding scale to contact clinician by phone

Rajalla Prewitt, MD (6/2016)

Gaertner Psychiatric Adolescent & Adult Services

603 Jefferson Davis Hwy Suite 101

Fredericksburg VA 22401

(540) 372-2028

Fax: (540) 373-0945

www.gaertnerpsych.com

Modality: individual

Ages: **child 8+**, **adolescent** and adult

Interest Areas: **adolescent issues:**

ADD/ADHD; autism spectrum; child abuse; child development; depression; developmental disorders; dissociative identity disorder; family issues; impulse control; life changes; mood disorders; OCD; panic disorders; parenting issues; PTSD; psychosomatic disorder; psychotic disorders; schizophrenia; school problems; self-injury; suicidality; trauma; women's issues

Specialized Techniques: medication evaluation/management

Special Populations: **child/adolescent**

Accepts Medicare and Medicaid

Anna Rae, LPC, CSAC (1/2016)

Mental Health Resources

412 Chatham Square Office Park

Fredericksburg VA 22405

Phone: (540) 899-9826

Fax: (540) 373-3913

Modality: Individual, couples, family, group

Ages: **Adolescent 13+**, adult to 70

Interest Areas: adjustment issues;

adolescent issues; adoption; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; child abuse; codependency; conflict management; cutting/self-injury; depression; divorce; domestic violence;

dual diagnosis; family issues; grief; impulse control; men's issues; mood disorders; OCD; panic disorders; parenting issues; physical abuse; PTSD; postpartum depression; relationship issues; school problems; sexual abuse; stress management ; substance abuse; suicidality; trauma; women's issues
Specialized Techniques: neurofeedback

Special Populations: brain injury; child/adolescent; law enforcement families; military families/veterans; rape/sexual assault

Group: pelvic pain group
Accepts court-ordered treatment;
Medicaid; Worker's Compensation; sliding scale

Mark Reeves, LCSW (6/2016)
406 Chatham Square, Suite 102
Fredericksburg VA 22405
(540) 840-5808
Fax: (540) 373-6266

Email: mreeveslcsw@gmail.com

Modality: individual, couples

Ages: adolescent 13+, adult, older adult

Interest Areas: adjustment issues; alcohol abuse; anger management; anxiety; codependency; depression; divorce; drug abuse; family issues; men's issues; relationship issues; stress management; substance abuse

Special Populations: law enforcement families; military families/veterans

Faye Romano, PsyD
Heatherstone Center & Comprehensive
Psychological Services
1133 Heatherstone Drive Ste 102
Fredericksburg VA 22407
(540) 548-4222

Modality: Individual, couples, group

Ages: children 10+, adult, older adults

Interest Areas: adjustment issues; adolescent issues; Alzheimer's; anxiety; ADD/ADHD; bereavement; dementia; depression; disability issues; elderly issues; grief; head trauma; impulse control; learning problems; life changes;

mood disorders; relationship issues; stress management; trauma; women's issues

Specialized Techniques: psychological testing; neuropsychological testing; disability testing

Special Populations: brain injury; intellectual disabilities; military families/veterans

Michelle Rooker, LCSW (2/2015)
1406 Princess Anne Street
Fredericksburg VA 22401
(540) 845-0763

Modality: individual, couples

Ages: adolescent 13+, adult, older adult

Interest Areas: adjustment issues;

adolescent issues; alcohol abuse; anger management; anxiety; bereavement; bipolar disorder; codependency; cutting/self-injury; depression; divorce; domestic violence; drug abuse; dual diagnosis; eating disorders; elderly issues; family issues; grief; hoarding; life changes; mood disorders; OCD; pain management; panic disorders; personality disorders; physical abuse; PTSD; postpartum depression; psychosomatic disorder; relationship issues; self-injury; sexual abuse; spiritual issues; stress management ; substance abuse; trauma; women's issues

Specialized Techniques: Christian counseling

Special Populations: adolescent; brain injury; law enforcement families; military families/veterans; rape/sexual assault

Accepts Medicaid and Medicare

Christine Rothwell, PsyD
Centre-Pointe Health-Psychological Services
10 Leeland Rd Suite 104
Fredericksburg VA 22405
Mail: 3920 Plank Road Suite 120
Fredericksburg VA 22407
(540) 242-4141

Modality: individual, family

Ages: child 4+, adolescent, adult

Interest Areas: adjustment issues; adolescent issues; anxiety; ADD/ADHD;

codependency; depression; divorce; domestic violence; learning problems; life changes; mood disorders; relationship issues; schizoaffective disorder; school problems; stress management

Specialized Techniques: psychological testing

Special Populations: child/adolescent

Janine Rumberger, LCSW (1/2015)

Mariposa Counseling
420 Hudgins Road Suite 201
Fredericksburg, VA 22408
(540) 419-4842

Modality: individual

Ages: adult 18+

Interest Areas: adjustment issues; alcohol abuse; anxiety; bereavement; bipolar disorder; codependency; depression; drug abuse; dual diagnosis; grief; life changes; mood disorders; OCD; panic disorders; physical abuse; PTSD; sexual abuse; stress management; substance abuse; trauma; women's issues

Specialized Techniques: EMDR

Special Populations: rape/sexual assault

Robin Rutsky, LCSW, ACSW (6/2016)

Meridian Therapy Services
2601 Princess Anne Suite 101
Fredericksburg, VA 22401
(540) 368-3011
Fax: (301) 368-1000
Email: rrrsky@aol.com

Modality: individual, couples

Ages: adult 18+, - 110

Interest Areas: adjustment issues; anger management; anxiety disorders; ADD/ADHD; bereavement; bipolar disorder; conflict management; depression; divorce; elderly issues; family issues; geriatric issues; grief; life changes; men's issues; mood disorders; OCD; panic disorders; parenting issues; PTSD; postpartum depression; psychotic disorders; relationship issues; stress management; trauma; women's issues

Special Populations: military families / veterans

Provides court ordered treatment

[Accepts Medicaid \(secondary only\) and Medicare](#)

Larissa Ruuskanen, PsyD, LLC

LCP (1/2016)

2217 Princess Anne Suite 325

Fredericksburg VA 22401

Phone: (540) 412-8275

Fax: (888) 972-2289

Email: docruuskanen@gmail.com

Modality: individual, group

Ages: adult 18+

Interest Areas: adjustment issues; anxiety; bereavement; bipolar disorder; cutting/self-injury; depression; divorce; family issues; gay/lesbian/ transgender; life changes; mood disorders; postpartum depression; relationship issues; self-injury; sexual abuse; stress management; trauma

Specialized Techniques: Group Therapy

Special Populations: gay/lesbian /transgender

[Accepts Medicare](#)

Audra Sacher, LCP (9/2016)

Mental Health Resources
412 Chatham Square Office Park
Fredericksburg VA 22405

Phone: (540) 899-9826

Fax: (540) 373-3913

Modality: Individual, couples, family, group

Ages: adult 21 to 70

Interest Areas: adjustment issues; adoption; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; child abuse; codependency; conflict management; depression; divorce; domestic violence; dual diagnosis; family issues; grief; impulse control; men's issues; mood disorders; OCD; panic disorders; parenting issues; physical abuse; PTSD; postpartum depression; relationship

issues; sexual abuse; stress management; substance abuse; suicidality; trauma; women's issues

Special Populations:

Accepts court-ordered treatment;
[Medicaid](#); Worker's Compensation;
sliding scale

Mike Schell-Smith LCSW

Psychological and Life Skills Associates
601 Jefferson Davis Hwy Suite 101
Fredericksburg, VA 22401
(703) 490-0336

Modality: individual, couples, family, group

Ages: *child 4+*, *adolescent*, adult, older adult

Interest Areas: adjustment issues; *adolescent issues*; adoption; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; bereavement; bipolar disorder; child abuse; *child development*; codependency; conflict management; cutting/self-injury; depression; dissociative identity disorder; divorce; domestic violence; eating disorders; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; impulse control; life changes; men's issues; mood disorders; OCD; pain management; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; postpartum depression; psychosomatic disorder; relationship issues; school problems; self-injury; sexual abuse; sexual dysfunction; *spiritual issues*; stress management; suicide ideation; trauma; women's issues

Special Populations: Asperger's syndrome; autism spectrum disorders; *child/adolescent*; military families/veterans; law enforcement families; rape/sexual assault
Court-ordered treatment

[Accepts Medicare](#)

Melanie Sheppard, LPC

Mindful Health
4528 A-1 Plank Road
Fredericksburg, VA 22407
(address only updated 02/2016)
(540) 845-6940

Modality: individual, couples, family

Ages: *child 3+*, *adolescent*, adult

Interest Areas: adjustment issues; anger management; anxiety; ADD/ADHD; bereavement; bipolar disorder; conflict management; cutting/self-injury; depression; domestic violence; drug abuse; dual diagnosis; family issues; grief; mood disorders; panic disorders; physical abuse; PTSD; relationship issues; school problems; self-injury; sexual abuse; stress management; substance abuse; suicidality; trauma; women's issues

Specialized Techniques: play therapy; art therapy

Special Populations: *child/adolescent*; law enforcement families; military families/veterans; rape/sexual assault; grief –loss of pet

Court-ordered treatment

[Accepts Medicaid](#)

Margo Sills, LPC

Lotus of Life Counseling, LLC
1955 Jefferson Davis Hwy, Suite 100
Fredericksburg, VA 22401
(540) 693-0466

Modality: individual, couples, family, group

Ages: *adolescent 14+*, adult, older adult

Interest Areas: adjustment issues; *adolescent issues*; anger management; bereavement; conflict management; cutting/self-injury; depression; divorce; family issues; grief; life changes; parenting issues; relationship issues; self-injury; stress management

Special Populations: gay/lesbian; military families/veterans

GROUP: self-esteem

Michelle Sjolinder, PsyD
**NO NEW PATIENTS UNTIL FURTHER
NOTICE AS OF 4/26/16**

4020 Plank Road Unit A
Fredericksburg, VA 22407
(703) 732-3411

Modality: individual

Ages: adult 18+, older adult

Interest Areas: adjustment issues; anger management; anxiety; bereavement; codependency; conflict management; depression; divorce; domestic violence; forensic issues; grief; life changes; parenting issues; physical abuse; PTSD; postpartum depression; relationship issues; sexual abuse; stress management; trauma; women's issues

Specialized Techniques: forensic evaluation (some); psychological testing (some); risk assessments for violence & sex offenders

Special Populations: law enforcement families; military families / veterans; rape/sexual assault; sex offenders
Court-ordered psychological testing
Court-ordered treatment

Aracoma Smith, LCSW (6/2016)
3715 Latimers Knoll Court Ste 106
Fredericksburg, VA 22408
(540) 361-1844

Email: asmithlcsw@verizon.net

Website: www.aracomasmith.com

Modality: individual

Ages: **child 5+, adolescent**, adult, older adult (no limit)

Interest Areas: adjustment issues; **adolescent issues**; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; cutting/self-injury; depression; divorce; family issues; grief; impulse control; mood disorders; parenting issues; relationship issues; school problems

Special Populations: **child/adolescent**
Accepts Medicare

John Sohocki, PsyD (6/2016)

Centre Pointe Health
3920 Plank Road #120
Fredericksburg VA 22407
(540) 242-4141

Website: www.cphealth.org

Modality: individual, couples

Ages: 18 and older

Interest Areas: adjustment issues; anxiety; ADD/ADHD; bereavement; dementia; depression; elderly issues; family issues; forensic issues; gay/lesbian/transgender; geriatric issues; grief; life changes; men's issues; mood disorders; pain management; postpartum depression; psychosomatic disorder; relationship issues; sexual dysfunction; stress management

Accepts Medicare and Medicaid

Kathleen South, LCSW (1/1/16)

Family Counseling Centers for Recovery
11720 Main Street Suite 108
Fredericksburg VA 22408
540-735-9350

Modality: Individual

Ages: **13-18 adolescents**; 19-80 adults

Interest Areas: clients with substance abuse or dependency issues

Purpose: treatment of chemical dependency - outpatient

Services: Outpatient educational groups for substance abuse; outpatient intensive treatment groups for dependency; outpatient methadone & Buprenorphine treatment for prescription drug or heroin dependency

Fees: self-pay or insurance-based

Nadia Speziale, LPC (1/2016)

Bright Horizons Counseling Services, LLC
556 Garrisonville Rd., Suite 212
Stafford VA 22554

Phone: (540) 602-7615

Fax: (540) 628-0446

Email: nspeziale@bhcounseling.net

Modality: individual, family, group

Ages: **child 7+, adolescent**, adult -60

Interest Areas: adjustment issues; **adolescent issues**; adoption; anger management; anxiety; ADD/ADHD; behavior issues; child development; conflict management; cutting/self-injury; depression; divorce; dual diagnosis; family issues; gay/lesbian/transgender; grief; impulse control; life changes; mood disorders; OCD; panic disorders; parenting issues; PTSD; psychotic disorders; relationship issues; schizoaffective disorder; schizophrenia; school problems; self-injury; stress management; suicidality; trauma

Special Techniques: CBT working with sexual identity issues

Special Populations: autism spectrum disorders; **child/adolescent**; gay/lesbian; transgender

Accepts Court-ordered treatment

Sonia Stevens, LCSW (6/2016)

Mindful Health

4528 Plank Road

Fredericksburg, VA 22407

Mailing Address:

92 Olde Concord Road

Stafford, VA 22554

(540) 659-2676

Fax: (484) 842-6053

Email: brkthrinc@aol.com

Modality: individual, couples

Ages: 20-75

Interest Areas: adjustment issues; anger management; anxiety; bereavement; codependency; depression; divorce; gay/lesbian/ transgender; grief; life changes; panic disorders; PTSD; postpartum depression; relationship issues; sexual abuse; **spiritual issues**; trauma; women's issues

Specialized Techniques: EMDR;

Special Populations: gay/lesbian/transgender

Joanne Strawder, LCSW

Revelations Counseling & Consulting

2217 Princess Anne St. Suite 313-1

Fredericksburg, VA 22401

(540) 361-4330 To Make Appointment

Modality: individual, couples, family

Ages: **child 10+**, **adolescent**, adults, older adult

Interest Areas: adjustment issues; **adolescent issues**; anxiety; ADD/ADHD; behavior issues; bereavement; child development; depression; divorce; elderly issues; family issues; grief; life changes; mood disorders; parenting issues; relationship issues; school problems; spiritual issues; stress management

Specialized Techniques: **Christian counseling**

Special Populations: **child/adolescent**; military families/veterans

Accepts Medicare

Katherine Stutzman, PhD, LCP (06/2016)

Behavioral Healthcare of Fredericksburg

312 Progress Street, Suite 200

Fredericksburg, VA 22401

(540) 310-0797

Fax: (540) 310-0791

Email: bhfredericksburg@gmail.com

Modality: Individual

Ages: **child 9+**, **adolescent**, adult, 100+

Interest Areas: adjustment issues; Alzheimer's; anxiety; ADD/ADHD; Bipolar; dementia; depression; elderly issues; gay/lesbian/transgender; geriatric issues; grief; head trauma; life changes; mood disorders; OCD; pain management; panic disorders; physical abuse; PTSD; sexual abuse; stress management; trauma; women's issues

Specialized Techniques: psychological testing

Special Populations: brain injury
Court-ordered psychological testing

Accepts Medicaid and Medicare

Janet Suffel, LPC (2/2016)

Healing Hand Christian Counseling

1406 Princess Anne Street

Fredericksburg VA 22401

Phone: (540) 903-2219

Fax: (800) 730-1227

Email: janetsuffellpc@outlook.com

Modality: individual, family
Ages: children 4+, adolescent, adult-100
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; behavior issues; child abuse; depression; divorce; family issues; impulse control; mood disorders; parenting issues; spiritual issues; suicidality; trauma; women's issues
Specialized Techniques: Christian counseling; play therapy
Special Populations: child/adolescent; Accepts Medicaid, court-ordered treatment, sliding scale clients – discuss individually

Alison Sullivan, LCSW (1/2016)
307 Lafayette Blvd Suite 300
Fredericksburg, VA 22401
Phone: (540) 907-0991
Fax: (540) 899-3711
Modality: individual, couples, family
Ages: adult 18 -64
Interest Areas: adjustment issues; anxiety; bereavement; codependency; depression; divorce; grief; life changes; parenting issues; PTSD; relationship issues; spiritual issues; stress management; women's issues

Jeff Sumpolec, LPC (1/2016)
Victory Christian Counseling
1406 Princess Anne Street
Fredericksburg, VA 22401
Phone: (540) 371-8488
Fax: (540) 371-8428
Email: jsvictorycounseling@gmail.com
Modality: individual, couples, family
Ages: adolescent 12+, adult, older adult
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; bereavement; bipolar disorder; conflict management; depression; divorce; grief; men's issues; mood disorders; OCD; panic disorders; psychotic disorders; relationship disorders; schizoaffective disorder; schizophrenia; sexual dysfunction; spiritual issues; stress management

Specialized Techniques: Christian counseling

Eric Swift, LCP (1/2016)
Fredericksburg Psychological Services
1119 Caroline Street
Fredericksburg, VA 22401
Phone: (540) 371-2251
Fax: (540) 371-2930
Modality: individual, group
Ages: child 11+, adolescent, adult, older adult
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child development; cutting/self-injury; depression; developmental disorders; dissociative identity; elderly issues; gay/lesbian/transgender, geriatric issues, grief, life changes; men's issues; mood disorders; OCD, panic disorders; parenting issues; PTSD; relationship issues; school problems; self-injury; sexual abuse; stress management; trauma
Specialized Techniques: group
Special Populations: adolescent
Groups: men's issues; general therapy
Accepts Medicaid and Medicare

Terry Tackett, LCSW
Fredericksburg Christian Counseling Center
2300 Fall Hill Ave Suite 213
Fredericksburg VA 22401
(540) 371-2610
Modality: individual, couples, family
Ages: adolescent, adult
Interest Areas: adolescent/young adult problems; anxiety/panic disorders; depression/affective disorders; family therapy; marital/couple's therapy

Ruby Thomas, MD (02/2016)
Centre Pointe Health Specialties
3920 Plank Road, Ste 120
Fredericksburg VA 22407
Phone: (540) 242-4141
Fax: (540) 786-2396
Email:

ruby.thomas@centrepointhealth.com

Ages: 5 – 17

Interest Areas: Anxiety disorders; ADD/ADHD, Bipolar disorder, depression, developmental disorders, impulse control, mood disorders, OCD, panic disorders, PTSD

Specialized Techniques: Medication evaluation/management

Teri Thompson, LCSW (2/2016)

2217 Princess Anne St Suite 105-4

Fredericksburg, VA 22401

Phone: (540) 841-4065

Email: teri4scr@yahoo.com

Modality: individual, couples, family

Ages: child 4+, adolescent, adult to 80

Interest Areas: adjustment issues; alcohol abuse; anxiety; bereavement; bipolar disorder; child development; codependency; cutting/self-injury; depression; dissociative identity; divorce; drug abuse; dual diagnosis; family issues; grief; life changes; mood disorders; panic disorders; parenting issues; personality disorders; PTSD; relationship issues; school problems; self-injury; stress management; substance abuse; trauma; women's issues

Specialized Techniques: EMDR, motivational interviewing

Special Populations: child/adolescent; gay/lesbian; law enforcement families; military families/veterans; rape/sexual assault

Court-ordered treatment

Accepts Medicare

Accepts Worker's Compensation

Brian Towers, LMFT (3/2015)

Center for Family Counseling

307 Lafayette Blvd Suite 202

Fredericksburg, VA 22401

(540) 361-1556 x703

Modality: individual, couples, family

Ages: child 8+, adolescent, adult, older adult

Interest Areas: adjustment issues; adolescent issues; anger management;

anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child abuse; conflict management; custody issues; cutting/self-injury; depression; divorce; family issues; gay/lesbian/transgender; grief; impulse control; men's issues; mood disorders; OCD; panic disorders; parenting issues; relationship issues; school problems; self-injury; sexual abuse; spiritual issues; stress management; suicide ideation

Specialized Techniques: Christian counseling

Special Populations: child/adolescent; gay/lesbian,

Accepts: Medicare, Worker's Compensation, sliding scale

Robert T. Turner, LPC (1/2015)

Lighthouse Counseling

420 Hudgins Road Suite 201

Fredericksburg, VA 22408

(540) 907-9903

Fax: (866) 832-7890

Modality: individual, group

Ages: 18 + adult, older adult

Interest Areas: adjustment issues; adolescent issues; bipolar disorder; depression; divorce; drug abuse; dual diagnosis; elderly issues; family issues; forensic issues; grief; men's issues; mood disorders; PTSD; relationship issues; spiritual issues; stress management; substance abuse; trauma

Specialized Techniques: Substance Abuse Group Therapy Adult Coed

Group: Substance Abuse & Recovery Court-ordered treatment

Robyn Van Brunt, PhD (6/2015)

2217 Princess Anne St Suite B-8

Fredericksburg VA 22401

540-445-1125

Modality: individual

Ages: adult 18 to 99

Interest Areas: adjustment issues; anxiety; bipolar disorder; depression; gay/lesbian/transgender; life changes; mood disorders; panic disorders; PTSD; self-injury; sexual abuse; spiritual issues;

stress management; trauma; women's issues

Specialized Techniques: EMDR

Special Populations: gay/lesbian/transgender

Accepts Medicare

Kelly Carter Vandivert, LPC (2/2015)

Alliance Therapy

406 Chatham Square #102

Fredericksburg VA 22405

(703) 819-7538

Modality: individual, couples, family

Ages: child 5+, adolescent, adult, older adult

Interest Areas: adolescent issues; anxiety; ADD/ADHD; behavior issues; bipolar disorder; cutting/self-injury; depression; family issues; mood disorders; panic disorders; PTSD; postpartum depression; relationship issues; school problems; self-injury; spiritual issues; suicide ideation; trauma; women's issues

Specialized Techniques: Christian/spiritual counseling; play therapy; CBT; DBT

Special Populations: child/adolescent; military families/veterans
Court-ordered treatment

Accepts Medicaid, Worker's Compensation

Brian Vaughan (1/2016)

MS/Resident-in-training

SOULutions LLC

150 Olde Greenwich Drive Ste. 210

Fredericksburg, VA 22408

Phone: (540) 847-2876

Fax: (540) 371-4333

Modality: individual, couples, family, group

Ages: 8, adolescent, adult -75+

Interest Areas: adolescent issues, alcohol abuse, anger management, anxiety disorders; ADD/ADHD; autism spectrum, behavior issues; bereavement; child abuse; codependency; conflict management; custody issues; depression; divorce; domestic violence; drug abuse; gay/lesbian/transgender; grief, impulse control; life changes; men's

issues; mood disorders; parenting issues; physical abuse; PTSD; relationship issues; school problems; sexual abuse; spiritual issues; stress management; substance abuse; suicidality; trauma

Specialized Techniques: Christian counseling, sexual addiction

Special Populations: Autism spectrum disorders, child/adolescent, rape/sexual assault, sex offenders, transgender
Court-order treatment

Accepts sliding scale clients (upon calling)

Catherine Ward, PsyD (06/21/2016)

Neuropsychology & Complementary Medicine
608 William Street

Fredericksburg VA 22401

(540) 999-6221 or 540-771-2557

Modality: Individual

Testing Ages: child 3+, adolescent, adult, older adult

Therapy Ages: Adult and Older Adult

Therapy Interest Areas: Alzheimer's; ADD/ADHD; autism spectrum; dementia; developmental disorders; forensic issues; head trauma; learning problems; PTSD; psychosomatic disorder

Techniques: Biofeedback; CBT

Specialized Techniques: forensic evaluation; medication evaluation; psychological testing; disability testing

Other: neuropsychological evaluations; ADHD; Neurofeedback; cognitive rehabilitation; Pre-surgical Psychological Evaluations (Bariatric and Spinal Cord Stimulator); ADHD & TBI rehabilitation; Court-ordered psychological testing

Special Populations: Asperger's syndrome; autism spectrum disorders; brain injury; military families/veterans; law enforcement families; intellectual disabilities; rape/sexual assault; sex offenders; medical & neurological disorder

Court-ordered psychological testing; Custody evaluations;

Accepts: sliding scale on a case-by-case basis; Workers compensation;

Accepts Medicaid and Medicare

Theresa Weedon, LCSW (2/2016)

Weedon's Counseling

7851 Dolley's Court

King George, VA 22485

Phone: (540) 840-1756

Fax: (540) 301-6326

Email: tweedonlcsw@yahoo.com

Modality: Individual, couples, family

Ages: child 4+, adolescent; adult, older adult

Interest areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; bipolar disorder; codependency; conflict management; depression; divorce; domestic violence; dual diagnosis; family issues; grief; impulse control; learning problems; life changes; men's issues; mood disorders; OCD; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; postpartum depression; psychosomatic disorder; relationship issues; schizoaffective disorder; school problems; self-injury; sexual abuse; sexual dysfunction; spiritual issues; stress management; suicidality; trauma; women's issues

Specialized Techniques: Christian counseling; play therapy

Special Populations: autism spectrum disorders; child/adolescent

Court-ordered treatment

Accepts: sliding scale on a case-by-case basis

Dawn Weisenberger, MSW (1/2015)

Lighthouse Counseling

420 Hudgins Road Suite 201

Fredericksburg, VA 22408

(540) 621-3384

Modality: Individual, group

Ages: child 10+, adolescent, adult, older adult.

Interest areas: adjustment issues; adolescent issues; alcohol abuse; anxiety; behavior issues; bereavement;

drug abuse; dual diagnosis; grief; life changes; mood disorders; personality disorders; stress management; substance abuse; women's issues

Special Populations: chronic illness
Court-ordered treatment

Elaine K. Wescoat, LPC, LSATP (1/2016)

SOULutions

150 Olde Greenwich Dr, Suite 210

Fredericksburg, VA 22408

Phone: (540) 847-2876

Fax: (540) 371-4333

Modality: Individual, couples, family, group

Ages: adolescent 12+, adult 70+

Interest Areas: adjustment issues; alcohol abuse; anger management; anxiety disorders; codependency; depression; dissociative identity disorder; divorce; domestic violence - victim; drug abuse; dual diagnosis; family issues; grief; mood disorders; physical abuse - victim; PTSD; relationship issues; sexual abuse - victim; stress management; substance abuse; trauma

Specialized Techniques: EMDR; experimental, directive

Special Populations: rape/sexual assault

Group: Maintaining Recovery / Addictions

Accepts Court-ordered treatment

Carol Westphal, LCSW (1/2016)

3516 Plank Road Suite 5-C

Fredericksburg, VA 22407

Phone: (540) 786-3049

Fax: (540) 898-9436

Email: carmar864@comcast.net

Modality: individual, couples, family

Ages: adult 18 – 65

Interest Areas: adjustment issues; anxiety; codependency; depression; family issues; life changes; men's issues; mood disorders; panic disorders; parenting issues; PTSD; relationship issues; spiritual issues; stress management; trauma; women's issues

Specialized Techniques: Mindfulness-based Integrative; Client-Centered, CBT, MBCT, Insight-oriented, interpersonal therapy

Special Populations: military families/veterans

Elizabeth Wheatley, NP (6/2016)
Nurse Practitioner

Gaertner Psychiatric Adolescent & Adult Services

603 Jefferson Davis Hwy Suite 101

Fredericksburg VA 22401

(540) 372-2028

Modality: individual

Ages: 15+, adolescent and adult

Interest Areas: adjustment issues; adolescent; anxiety disorders; ADD/ADHD; behavior issues; bereavement; bipolar disorder; conflict management; custody issues; cutting/self-injury; depression; disability issues; dissociative identity; drug abuse; dual diagnosis; eating disorders; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; hoarding; impulse control; learning problems; life changes; mood disorders; OCD; panic disorders; parenting issues; personality disorders; PTSD; psychosomatic disorder; psychotic disorders; schizoaffective disorder; schizophrenia; school problems; sexual abuse; sexual dysfunction; substance abuse; suicidality; trauma; women's issues

Specialized Techniques: medication evaluation/management

Accepts Medicare and Medicaid

Donna Willett, LPC, LMFT (6/2016)

420 Hudgins Road Suite 201

Fredericksburg, VA 22408

(540) 891-0817

Email: dwillettllpc@comcast.net

Modality: individual, couples, family

Ages: adolescent 14+, - 80

Interest Areas: adjustment issues; adolescent issues; alcohol abuse;

anxiety; ADD/ADHD; behavior issues; bipolar disorder; codependency; depression; family issues; grief; parenting issues; physical abuse; postpartum depression; relationship issues; stress management; women's issues

Special Populations: adolescent; law enforcement families; military families/veterans

Sheryl Winkler, LCSW (6/2016)

Chancellorsville Counseling

2217 Princess Anne Suite 222-1

Fredericksburg, VA 22401

540-940-8933

Modality: individual, couples; family

Ages: child 10+, Adolescent; adult to 65

Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; behavior issues; codependency; conflict management; depression; developmental disorders; divorce; eating disorders; family issues; grief; life changes; mood disorders; parenting issues; PTSD; relationship issues; school problems; stress management

Special Populations: adolescent; law enforcement families; military families/veterans

Gayle Wolfe, PHD, LPC (1/2016)

3100 Fall Hill Avenue

Fredericksburg, VA 22401-3045

Phone: (540) 371-8946

Email: wolfarrington@aol.com

Modality: Individual, couples

Ages: Adult 18+, older adult, 100+

Interest Areas: adjustment issues; anger management; anxiety; bereavement; codependency; conflict management; depression; divorce; eating disorders; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; life changes; men's issues; mood disorders; panic disorders; physical abuse; PTSD; relationship issues; spiritual issues; stress management; women's issues

Specialized Techniques: guided
imagery and music

June C. Wright-Good, PsyD, LPC
Psychological Assessment Services
2601 Princess Anne Street Suite 101
Fredericksburg, VA 22401
(540) 368-3030

Modality: individual, couples, family
Ages: *child 4+, adolescent, adult, older
adult*

Interest Areas: adjustment issues;
adolescent issues; anxiety; ADD/ADHD;
behavior issues; bereavement; bipolar
disorder; *child development*; custody
issues; cutting/self-injury; depression;
disability issues; divorce; domestic
violence; dual diagnosis; eating disorders;
family issues; grief; head trauma; impulse
control; learning problems; mood
disorders; OCD; panic disorders;
parenting issues; physical abuse; PTSD;
relationship issues; school problems; self-
injury; stress management; women's
issues

Specialized Techniques: play therapy;
psychological testing; disability testing

Special Populations: autism spectrum
disorders; child/adolescent; military
families/veterans

Custody evaluations

Court-ordered psychological testing

Court-ordered treatment

Accepts Medicare

**Mental Health and Substance Use Services
in the private, public and nonprofit sectors in the greater Fredericksburg area**

**Alcoholics Anonymous
VAC District 30**

PO Box 3202
Fredericksburg VA 22402
Fredericksburg Hotline 540-752-2228
En Espanol 540-656-2882
www.aadistrict30va.org
www.aa.org

Bright Horizons Counseling Services

(01/2016)
556 Garrisonville Rd Suite 212
Stafford VA 22556
Phone: 540-602-7615
FAX: 540-628-0446
EMAIL: support@bhccounseling.net
WEBSITE: www.bhccounseling.net
Service Area: Stafford, Fredericksburg, PWC,
Spotsylvania
HOURS: Mon-Sat 8am – 8 pm
AGES: 4-60
FEES: most insurances, sliding scale if
necessary
PURPOSE: to provide excellent outpatient
mental health services, to be an advocate for
our clients
SERVICES: **child and adolescent**, individual,
couples, family, group counseling. art
therapy, meditation, specialty groups
LANGUAGES: English, **Spanish**

Catholic Charities-Fredericksburg Office

(01/2016)
1101 Stafford Avenue
Fredericksburg VA 22401
Phone: 540-371-1124
FAX: 540-371-9038
Email: lpompeii@ccda.net
WEBSITE: www.ccda.net
SERVICE AREA: City of Fredericksburg and
surrounding counties
HOURS: M-F 9am-5pm
AGES: **3+**
ELIGIBILITY: all
FEES: sliding scale based on income/
household size, near future insurance
PURPOSE: provide counseling services to
community and those in need
SERVICES: outpatient counseling –
individuals, couples, **child, adolescent**,

parent, group and family
LANGUAGES: English and **Spanish (Friday
only)**

**Catholic Charities - Colonial Beach
Satellite Office**

2 Irving Avenue (corner of Irving and
Boundary, next to St. Elizabeth of Hungary
Catholic Church)
Colonial Beach VA 22443
Wednesdays and Fridays
Individual, Child, Adolescent, Marital, Family,
Group, Psych Assessments available
Sliding scale available, many insurances
taken
Can call 540.371.1124 to schedule

Central Virginia Health Services

(9/2016)
1965 Jefferson Davis Hwy.
Fredericksburg, VA 22401
Phone: (540) 735-0560
FAX: (540) 735-0567
WEBSITE: www.cvhsinc.org
SERVICE AREA: City of Fredericksburg and
surrounding counties
HOURS:
AGES: **5+**
ELIGIBILITY: all
FEES: sliding scale based on income
PURPOSE: offers coordination of care
between behavioral health, medical, and
dental providers in order to improve overall
functioning, health status and sense of well-
being.
SERVICES: **child and adolescent**, individual,
couples, family, group counseling. The team
at CVHS can help with depression; anxiety;
eating disorders; substance abuse;
attachment problems; ADHD; trauma;
adjustment issues; stress and the interacting
effects of psychological factors and medical
conditions of obesity, quitting smoking;
coping with chronic illness; pain management
LANGUAGES: English, **Spanish**

Compass Counseling Services of NOVA

10707 Spotsylvania Ave Suite 102
Fredericksburg VA 22408
540-760-5708
Fax: 540-301-3608
WEBSITE: compassnova.com
SERVICE AREA: City of Fredericksburg and surrounding counties
HOURS:
AGES:
ELIGIBILITY:
FEES: **Medicaid** accepted
PURPOSE: services are family focused, utilizing solution-based strategies and focus on the strengths of the individual or family being served. Services are intended to stabilize, strengthen and support **children**, families and adults in the community.
SERVICES: intensive in-home services for **children** and families; mental health support for adults and **adolescents**; autism services; outpatient services; play therapy; psychological testing
LANGUAGES: **Spanish** speaking counselors available

Community Health Center of the Rappahannock Region

1965 Jefferson Davis Hwy
Fredericksburg VA 22401
PHONE: (540) 735-0560
FAX: (540) 735-0567
EMAIL: n/a
WEBSITE: <http://cvhsinc.org>
SERVICE AREA: City of Fredericksburg, Spotsylvania, Stafford and surrounding areas
HOURS: M/W/TR/FR 8:30-5:00; Tuesdays 10:30-7
AGES: **children, adolescents**, adults
ELIGIBILITY: Behavioral Health services not available for court-involved cases
FEES: Insurance (**Medicare and Medicaid** accepted); clinic operates on a sliding scale for uninsured
PURPOSE: CHCRR provided coordinated medical, dental and behavioral health services to the community
SERVICES: outpatient therapy for **children, adolescents**, and adults. Family and couple's therapy. Treatment of anxiety disorders, mood disorders, ADHD and behavioral disorders, trauma, and psychological factors affecting medical conditions (eg, pain

management). Multidisciplinary consultation and coordination; Psychiatric evaluations.
LANGUAGES: Interpretation service available for **Spanish**-speaking patients.

Dominion Day Services

2302 Jefferson Davis Hwy
Fredericksburg VA 22401
PHONE: (540) 371-8750
FAX: (540) 371-8751
EMAIL: no
WEBSITE: www.dominionyouthservices.com
SERVICE AREA: Caroline, Spotsylvania, Stafford and Fredericksburg
HOURS: office hours 9:00am-5:00pm; staff available 24 hours
AGES: all ages
ELIGIBILITY: varies per service, see website
FEES: Medicaid, FAPT
PURPOSE: provide mental health services for adults, **children** and families which prevent placement in a higher level of care
SERVICES: Intensive in-home services, mental health support services, mentoring, therapeutic day treatment, and Milepost 18 (transitional living program)
LANGUAGES: English and **Spanish**

Dominion Hospital

2960 Sleepy Hollow Road
Falls Church, VA 22044
(703) 538-2872
AGES: **age 5+**
PURPOSE: Dominion Hospital, located in Northern Virginia, provides behavioral health care through inpatient and outpatient services for children, adolescents and adults. We provide services to children as young as 5 years old through geriatric ages for psychiatric treatment. We offer 24/7 admissions to our acute psychiatric hospital as well as level of care assessments and admissions for our partial hospitalization programs and intensive outpatient treatment programs. We have specialized programming for self-injurious behavior, dual diagnosis treatment, and the only disease specific accredited programming for eating disorders on the east coast. We have a partnership with The Jason Foundation to offer free suicide prevention and awareness resources and trainings to the community. We are in network with most insurance companies to provide quality behavioral health care.

Family Counseling Centers for Recovery

11720 Main Street Suite 108
Fredericksburg VA 22408
PHONE: 540-735-9350
FAX: 540-735-9356
EMAIL: cadcock@fccr-va.com
WEBSITE: www.fccr-va.com
SERVICE AREA:
HOURS: 6:00am – 9:00pm Mon-Thurs;
6:00am-2:00pm Friday
AGES: **13-18 adolescents**; 19-80 adults
ELIGIBILITY: clients with substance abuse
or dependency issues
FEES: self-pay or insurance-based
PURPOSE: treatment of chemical
dependency - outpatient
SERVICES: Outpatient educational groups
for substance abuse; outpatient intensive
treatment groups for dependency; outpatient
methadone & Buprenorphine treatment for
prescription drug or heroin dependency

Family Preservation Services, Inc.

109 Olde Greenwich Drive, Ste 101
Fredericksburg, Virginia 22408
PHONE: 540-710-5810
FAX: 540-710-0203
E-MAIL: N/A
WEBSITE: N/A
SERVICE AREA: City of Fredericksburg,
Caroline, Culpeper, Fauquier, King George,
Spotsylvania, and Stafford Counties.

HOURS: Office hours: 8:00am-5:00pm,
Monday-Friday; Staff available 24 hrs a day.
AGES: All
ELIGIBILITY: Referrals come through local
Family Assessment and Planning Teams and
Court Services Unit.
FEES: Paid by FAPT/CPMT – Fees based on
service.
PURPOSE: To help prevent out of home
placement and reunite families.
SERVICES: Intensive in-home counseling;
case management; mentoring services,
mental health support, supervised visitation,
therapeutic day treatments (school based),
Autism services, **adolescent** sex offender
program, **teen** substance abuse program.

Family Solutions

608 Westwood Office Park
Fredericksburg VA 22401

PHONE: 877-582-6363

FAX: 540-710-5523

EMAIL: info@familysolution.net

WEBSITE: www.familysolution.net

SERVICE AREA: City of Fredericksburg,
Caroline, King George, Spotsylvania, Stafford

HOURS: 8:30-5:00; staff on call 24 hours

AGES: all

ELIGIBILITY: referrals are made by
individuals, parents, health care providers,
DSS, schools, FAPT, Court Service Units and
various community agencies

FEES: Varies based on services provided

PURPOSE: Provide quality, innovative
mental health services which maintain the
integrity of relationships and empower
individuals to access resources to promote
health, wellness, and independence.

SERVICES: Crisis intervention services,
intensive in-home services, mental health
support, therapeutic visitation for foster care,
customized services and Co-parenting
classes

Fredericksburg Counseling Services

305 Hanson Street, Suite 140
Fredericksburg, Virginia 22401
PHONE: (540) 373-2320
FAX: (540) 373-2320 (call first)
E-MAIL: FCSAgency@aol.com
WEBSITE: N/A
SERVICE AREA: City of Fredericksburg,
Caroline, King George, Spotsylvania,
Stafford, Eastern Orange and Westmoreland
HOURS: 9:00am-7:00pm, Monday and
Wednesday; 1:00pm-9:00pm, Tuesday and
Thursday. Closed Friday
AGES: **6** and older
ELIGIBILITY: No insurance; 200% or below
national poverty level; not part of court case.
FEES: No charge
PURPOSE: Provides counseling and other
related services to help people work toward
freedom from mental and emotional
problems, family and marital conflicts, as well
as other situations that affect quality of life.
SERVICES: Counseling; support groups;
depression and anxiety screening; education;
training, mental health screening, information
and referral. Produces INFO (Information
Needed For Others) monthly that lists support
groups in the region.

Intercept

101 Shenandoah Lane
Stafford VA 22554
PHONE: 540-318-4740 office
CRISIS: 804-980-5373
FAX: 540-318-6858
EMAIL: info@interceptyouth.com
WEBSITE: www.interceptyouth.com
SERVICE AREA: Fredericksburg, Caroline,
Stafford, northern Virginia
HOURS: depends on program; some 24/7
AGES: depends on program; some are all
ages; others for youth or adults
ELIGIBILITY: each program has its own
eligibility criteria; cal office for info
FEES: Medicaid; FAPT; 294; depends on
program
PURPOSE: to make a lasting positive impact
on those we serve – children, youth, adults
and families and the agencies that support
them
SERVICES: Crisis stabilization (non-
residential); intensive in-home; mental health
skill building; therapeutic day treatment;
treatment foster care
LANGUAGES: English

Intuitive Journeys, PLC

2217 Princess Anne St. Suite 211
Fredericksburg, VA 22401
8140 Ashton Ave., Suite 100
Manassas, VA 20109
PHONE: (540) 300-1564
FAX: (540) 300-1564
EMAIL: brouse@intuitivejourneysplc.com
WEBSITE: www.intuitivejourneysplc.com
SERVICE AREA: From Richmond to Fairfax
HOURS: Monday – Friday 9:00 am – 9:00 pm
Saturday/Sundays (By appointment)
9:00 am – 5:00 pm
AGES: ALL
ELIGIBILITY: Insurance and out of pocket
FEES: OOP; Accepts many insurance
providers
PURPOSE: Mental Health.
SERVICES: counseling; crisis intervention;
medical care/mental health

Lucy's – A Bilingual Life Skills Center

PO Box 42178
Fredericksburg, VA 22404
PHONE: (540) 372-7211
FAX: (540) 372-7223
E-MAIL: lucys1@verizon.net

WEBSITE: http://lucys1.com
SERVICE AREA: Culpeper, Fredericksburg,
Spotsylvania, Stafford, Warrenton and
surrounding areas
HOURS: 10:00AM – 6:00PM, Mon – Friday
AGES: All
FEES: Varies based on service provided
PURPOSE: Life skills education in Spanish
and English
SERVICES: anger management; stress
management; driver improvement courses;
notary public; translation of documents; basic
financial (budget set-up); life coaching /
mentoring; substance use/abuse
education; alcohol and drug testing

National Counseling Group, Inc.

10712 Ballantrye Drive
Fredericksburg, VA 22408
PHONE: 540-446-0007
FAX: 540-710-9299
EMAIL:
WEBSITE:
SERVICE AREA: City of Fredericksburg,
counties of Caroline, King George,
Spotsylvania, Stafford
HOURS:
AGES: Child, adolescent & adults
ELIGIBILITY:
FEES: some Medicare & Medicaid; FAMIS,
FAMIS Plus, FAPT
PURPOSE: SERVICES: Substance abuse;
intensive in-home (Medicaid); mentoring;
supervised visitation; groups; Court-ordered
evaluations

**New Directions Community Outreach
(01/2016)**

500 Lafayette Blvd Suite 205
Fredericksburg VA 22401
PHONE: 540-940-8921
FAX: 540-940-8922
EMAIL: ndcosnotes@yahoo.com
WEBSITE: www.ndcos.com
SERVICE AREA: all of planning district 16
HOURS: 8 AM – 5 PM
AGES: 4+ - 100
ELIGIBILITY: Medicaid and mental health
diagnosis
PURPOSE: provide counseling services for
children experiencing behavioral/emotional
challenges. Provide services for adults to
achieve and maintain community stability and
independence

SERVICES: intensive in-home services;
Mental Health skill building; mentoring
LANGUAGES: English

Rappahannock Area Community Services Board

WEBSITE: www.racsb.state.va.us

Fredericksburg Clinic

600 Jackson Street
Fredericksburg, VA 22401
Phone: 540-373-3223
Fax: 540-371-3753
Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Friday 8:00 a.m. – 5:00 p.m.; 24-hour

Spotsylvania County Clinic

7424 Brock Road
Spotsylvania, VA 22553
Phone: 540-582-3980
Fax: 540-582-6825
Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Closed Friday; 24-hour emergency services 540-373-6876

Stafford County Clinic

15 Hope Road
Stafford, VA 22554
Phone: 540-659-2725
Fax: 540-659-0736
Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Closed Friday; 24-hour emergency services 540-373-6876

Caroline County Clinic

19254 Rogers Clark Boulevard
Ruther Glen, VA 22546
Phone: 804-633-9997
Fax: 804-633-7031
Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Closed Friday; 24-hour emergency services 540-373-6876 or 804-633-4148

King George County Clinic

8470 St. Anthony's Road
King George, VA 22485
Phone: 540-775-9879
Fax: 540-755-3887
Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Closed Friday; 24-hour emergency services 540-373-6876 or 540-775-5064

AGES: **Infant/child**, **adolescent**, and adult

ELIGIBILITY: Services are provided to everyone regardless of insurance or ability to pay.

FEES: **Medicaid & Medicare**; Most Insurance; Sliding Scale based on ability to pay

PURPOSE: The Rappahannock Area Community Services Board is committed to

improving the quality of life for people residing in Planning District 16 with mental health, intellectual disability, and substance abuse problems, and to preventing the occurrence of these conditions. We do this through an integrated community-based system of care that is responsive to individual needs and choices. We respect and promote the dignity, rights, and full participation of individuals and their families.

SERVICES: Mental Health and Substance Abuse Services include: outpatient services (individual and group therapy/counseling; therapist specializing in working with deaf / hard of hearing; medication management; **psychiatry services**; linkage to community resources; placements to residential treatment for substance abuse services); case management services; crisis stabilization and detoxification at The Sunshine Lady House for Mental Health Wellness & Recovery; Day Support Services at Kenmore Club; Mental Health Residential Services (supervised apartments and supported living arrangements); specialized substance abuse services for women; access to Substance Abuse Residential Services; Drug Treatment Court; Jail-based and juvenile detention center-based services; Therapeutic Foster Care/Intensive in-home services; Virginia Wounded Warrior Program; Virginia Independent Clinical Assessment Program (VICAP) for children with Medicaid; Parent Education – Infant Development Program. Prevention Services include: DARE To Be You – Rappahannock Area; Healthy Families Rappahannock Area; Media Detective / Media Ready; Program for Teen Parents (Spotsylvania County); Project LINK; Rappahannock Area Kids on the Block; Second Step; and Too Good for Drugs™.

Virginia Wounded Warrior Program for Northwestern Health Planning Region I

Rappahannock Area Community Services Board, Fredericksburg Clinic
600 Jackson Street
Fredericksburg, VA 22401
PHONE: 540-373-3223, ext. 3085
FAX: 540-371-3753
HOURS: Monday-Friday 8 am – 5 pm or by appointment; 24-hour emergency services 540-373-6876
AGES: all ages

SERVICES: Assistant for combat veterans and their family members through support groups, referrals for services, and linkage to community resources
FEES: none

Rappahannock Council against Sexual Assault

3331 Shannon Airport Circle
Fredericksburg, VA 22408
PHONE: Admin 540-371-6771
Counseling 540-371-5502
24-hour hotline 540-371-1666
FAX: 540-371-9803
Ages: **3**
PURPOSE: Counseling for sexual assault/**child** sexual abuse, dating violence and stalking.
SERVICES: Free 24-hour hotline and medical accompaniment, legal advocacy, support groups, educational groups and parent groups. We offer longer-term trauma-informed counseling (art/play therapy, ITR, CBT) with licensed and certified therapists.
FEES: **Medicaid**, Criminal Injuries Compensation Funds, and other insurance

Safe Harbor Child Advocacy Center

P O Box 56
Fredericksburg VA 22404
PHONE: (540) 891-6280
FAX: (540) 891-6282
E-MAIL: pamelagarrett@safeharborva.org
WEBSITE: www.safeharborva.org
SERVICE AREA: City of Fredericksburg, counties of Spotsylvania, King George, and Caroline
HOURS: Office hours: 8:30am–5:00pm, Monday-Friday
AGES: **Infancy through age 17**
ELIGIBILITY: **child** victims who have been brought to Safe Harbor
FEES: None
PURPOSE: Therapy is provided to **child** victims of abuse who have been brought to Safe Harbor due to **child** abuse
SERVICES: Forensic interviews, medical examination, specialized trauma therapy, victim/caregiver support, case management
LANGUAGES: English, will accommodate for **Spanish**-speaking families/**children**

Today's Youth Services

10035 Sliding Hill Road

Ashland VA 23005
PHONE: (804) 368-8783
FAX: (804) 368-8784
E-MAIL: mmelvin@tysinc.org
WEBSITE: www.tysinc.org
SERVICE AREA: Petersburg, Richmond, Ashland, Fredericksburg
HOURS: 9-5
AGES: **3-18**
ELIGIBILITY: at risk of out of home placement, requires repeated interventions
FEES: **Medicaid**, FAPT
PURPOSE: to sustain the placement of at risk **youth** in the home and/or school and eliminate the need for repeated interventions by professionals
SERVICES: intensive in home and day treat
LANGUAGES: English

University of Mary Washington

1301 College Avenue
Fredericksburg VA 22401
PHONE: 540-654-1000

Vibrant Life Nutrition

1107 Heatherstone Drive
Fredericksburg VA 22407
PHONE: (540) 847-7706
FAX: n/a
EMAIL: Kelley@VLNutrition.com
WEBSITE: www.VLNutrition.com
SERVICE AREA: City of Fredericksburg, and surrounding area
HOURS: by appointment
AGES: **12 and** older
FEES: \$165 initial consultation; \$85 follow-up sessions
PURPOSE: assist individuals in healing their relationship with food, body and exercise. Individual counseling in nutrition for those overcoming eating disorders
SERVICES: Individual Nutrition counseling, Weight management workshops; public speaking.
LANGUAGES: English

Snowden at Fredericksburg (6/2016)

1200 Sam Perry Blvd
Fredericksburg, VA 22401
(540) 741-3900
Admissions: 800-362-5005
Free assessments & referrals; intensive outpatient treatment for adults with substance use; Mental Health day treatment for

adolescents and adults; inpatient services

Spotsylvania Regional Medical Center

(6/2016)

4600 Spotsylvania Pkwy
Fredericksburg, VA 22408
(540) 498.4540

Free assessments & referrals; inpatient services; partial hospitalization program

Virginia Home Based Counseling, PC

10401 Courthouse Road, Suite C
Spotsylvania, VA 22553
PHONE: (540) 270-0610
Allyson Smith, Regional Coordinator
FAX: (703)

EMAIL: Allyson.

WEBSITE: www.chooseyourprovider.org

SERVICE AREA: City of Fredericksburg, Counties of Caroline, King George, Spotsylvania, and Stafford

HOURS: 8:00am – 10:00pm

AGES: **4-21** intensive in-home and mentoring

ELIGIBILITY: Services are for **children and adolescents, ages 4-21**, who are at risk of being removed from their home or community due to a mental health concern.

FEES: All of our services are paid through **Medicaid** with no out-of-pocket expenses for client and family. Services paid through FAPT/CPMT may have co-payment on sliding scale established by the FAPT on or before date of services being approved.

PURPOSE: VHBC is an intensive in-home, family-focuses outreach program providing unconditional support through direct, intensive in-home services to individuals are at risk of an out-of-home placement due to mental or substance abuse issues. The goal of intensive in home services is to prevent out-of-home placement and reunite families. We provide services in the home between 5 to 10 hours per week.

SERVICES: VHBC provides assessments, crisis intervention and treatment, individual and family counseling, life skills training, therapeutic parenting techniques, communication and relationship enhancement, individualized case management, 24-hour emergency response. VHBC assist families dealing with **children** with mental and behavioral issues such as ADHD, PTSD, depression, autism, suicidal ideations, panic disorders, oppositional

defiance disorder, anxiety, etc.

LANGUAGES: English, Spanish, Hindi, Farsi, Urdu, Punjabi, Japanese, Thai and Amharic.

Virginia Support Services, PC

10401 Courthouse Road, Suite C
Spotsylvania, VA 22553

PHONE: (540) 270-0610

Allyson Smith, Regional Coordinator

FAX: (703) 368-8454

EMAIL: Allyson.Smith@chooseyourprovider.org

WEBSITE: www.chooseyourprovider.org

SERVICE AREA: City of Fredericksburg, Counties of Caroline, King George, Spotsylvania, and Stafford

HOURS: 8:00am – 10:00pm

AGES: **17** and older

ELIGIBILITY: **older adolescents** and adults with mental, behavioral or emotional impairments.

FEES: All of our services are paid through **Medicaid** with no out-of-pocket expenses for client and family.

PURPOSE: VSS provides behavioral and mental health training and supportive services to individuals with impairments in major life activities that have mental, behavioral or emotional disorders. This program focuses on facilitating the individual's functioning and prompting his/her autonomy.

SERVICES: VSS assists with activities of daily living, securing housing, addressing interpersonal issues, assisting with medication management, managing finances, developing self-help skills, coordination and transporting for medical or psychiatric appointments and increasing appropriate social skills. We support clients that are having issues with autism, depression, anxiety, isolation, bipolar, ADHD, PTSD, co-occurring issues, and others.

LANGUAGES: English, Spanish, Hindi, Farsi, Urdu, Punjabi, Japanese, Thai Amharic.