How to Find a Therapist 101

Fall 2022 Workshop Packet GW CAPS
Welcome to How to Find a Therapist 101!

This packet is a one stop shop for everything you need to know to conduct a successful external therapeutic search in the DC area. There is a lot of information in this packet so please feel free to reference this packet at any time.

If you have questions, please email counsel@gwu.edu and I will do my best to help you out!

Remember that each person is unique and the care they need will also be unique. Take the time to find the right therapist for you and your unique needs. A great place to start is by asking yourself the question, “What are my goals for therapy?”

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How to Find a Therapist 101

Section 1

Behavioral Health Insurance
Finding a Mental Health Provider Using Your Private Insurance

Step 1  Find Your Insurance Card

Step 2  Call Your Insurance Company

Call the number on your card for mental health services.

- Mental health services are sometimes also called ‘behavioral health services’ by insurance companies.
- The number you call for mental health services might be different than the number you call for physical health benefits.
- The phone number is likely on the back of your card or can be found online.
- Get your Aetna Student Health ID card here.

Step 3  Get Information about Your Benefits

Ask your insurance company for assistance finding a mental health provider. This information can also be found on your explanation of benefits. Aetna Student Health (pg 20 for Behavioral Health)

- Most insurance companies require a payment for each visit you make to a provider. Ask how much you will pay per session; this is also called a ‘co-pay’.
- Ask how many sessions you are entitled to per year.
- Indicate what zip codes you are willing to travel to.
- If you are looking for someone to talk with, ask for a list of therapists.
- If you are looking for someone who can prescribe medication, ask for a list of psychiatrists or MDs.
- Relay if you have any specific preferences for a provider, like what kind of specialty the person has (e.g. depression, anxiety, etc.).
- You may also ask for instructions on how to get a list of names using the internet.
- You will need to ask about any required deductibles. Some plans have deductibles and others do not. A deductible is the amount of money that an insurance company may require the enrollee to pay out of pocket before the insurance benefits begin.
  - For example, a plan may have a $100 deductible for medicines, a $300 deductible for in–network providers and a $1000 deductible for out–of network providers. This is in addition to any required copays that begin after the required deductible has been met. Any money paid by the enrollee for these services should be recorded in the form of a receipt that is turned into the insurance company and applied to the deductible. Sometimes the pharmacy or clinician will submit these receipts and sometime the enrollee is required to submit these receipts. Check with your plan.
- Keep in mind that mental health benefits are often different than medical benefits.

Adapted from The UCLA Counseling Center (revised 09–01–22)
Step 4  

Call Providers Who Take Your Insurance

Start calling some of the providers on the list you were given by your insurance company. You may need to call more than one person if the first person you try doesn’t call you back in 24–48 hours. If you need a therapist and a psychiatrist, you will need to call people from both lists.

- Providers almost never pick up the phone. You will need to leave a message with your phone number and a good time to reach you.
- If you haven’t set–up your voicemail, this is a good time to do it, so that you don’t miss a call back. Most providers won’t email or text to set–up an initial appointment.
- When you leave a message or talk to the provider, ask if the provider is accepting new patients/clients, tell him or her what kind if insurance you have, and say something about what you are looking for support for.
- Often psychiatrists and neurologists are listed together under psychiatrist providers. While some neurologists are capable and comfortable prescribing some psychiatric meds, many others are not. Be sure to clarify that the provider is someone comfortable assessing and treating your condition.
- Psychology Today offers a helpful provider search that many clinicians post profiles to. You can visit the site at https://www.psychologytoday.com/.
- Many providers will offer a free phone consultation.

Insurance FAQ’s

1. How much will my appointments cost?
   The answer to this question will vary depending on your individual insurance plan. Call your insurance company to find out the answer. Inquire what your ‘co–pay’ is to see a therapist/psychiatrist and if there is a deductible that must be met first. A co–pay is the amount that you will be responsible for paying at each session. You can also ask how many sessions per year you are entitled to.

2. Will my parents know I’m going to a mental health provider if I am on their insurance plan?
   While confidentiality of mental health services is legally protected, some information (including date and type of appointments) may be conveyed in correspondence sent to the person who pays for your insurance. For more details, please speak to your insurance company and your provider.

3. Can I just look on the internet to find a provider that takes my insurance?
   If you decide to use the ‘Find a Provider’ feature on the website for your insurance company, be sure to enter your member number or plan name for a correct list of options. If you just go to the website of the main insurance company on your card, you might end up with a list of providers that don’t take your insurance. In addition, sometimes the main website might redirect you to a different website to search for mental health providers. Keep in mind that you should always confirm directly with your provider that he or she takes your specific insurance plan.
4. **What’s the difference between the kinds of therapists?**

Common licenses for psychotherapy providers are PhD and PsyD (psychologist with a doctorate), LCSW (Licensed Clinical Social Worker), and LMFT (Licensed Marriage and Family Therapist). Despite these different names, all of these providers work with clients with a variety of concerns. Psychiatrists (MD’s) prescribe medications, and some also provide therapy. If you think you need testing, including for ADHD or a Learning Disability, going to a PsyD or PhD who has expertise in assessment is the best option. Here are some more tips on choosing a therapist:

http://www.adaa.org/living-with-anxiety/treatment/questions-choosing-your-therapist

5. **What if I want to see someone who doesn’t contract with my insurance company?**

a. It will likely be more expensive to see an ‘out-of-network provider’ than a provider on your insurance company’s panel. Many insurance companies will not pay at all for you to see someone they do not contract with. However, you can ask your insurance company if your plan is a Preferred Provider Organization (PPO). If you do have a PPO, it is possible that your company will pay a portion of the fee for an out-of-network provider.

b. In DC, most psychiatrists and many specialized therapists are not associated with any insurance plans and are considered “out-of-network.” This can make finding a provider challenging. If you decide to see an out-of-network provider, be sure to ask your insurance company about any out-of-network provider deductibles; what percentage of the visits you will be expected to cover; what your insurance company considers to be usual & customary (U&C) charges for the zip code of your provider; number of sessions allowed per calendar year.

c. Generally, you will pay the out-of-network provider directly for their services for the full amount. You and the provider will determine if this will be paid after each session or at the end of the month. After you render payment, the provider should give you a receipt that includes the date, the type of service billing code, a diagnosis code, the fee charged and the amount paid by you. You will submit this receipt to your insurance company (sometimes the provider will submit this on your behalf.) The insurance company will reimburse you for the amount that your plan allows.

6. **What if I’m having an emergency?**

If you are having an emergency, always call 911 or go to your local emergency room. If you are a GWU student with an urgent matter and you have not yet found a community therapist, call our 24/7 help line at 202–994–5300.

7. **I still have questions. Who can I talk to at Colonial Health Center to help me?**

If you are unsure how to proceed, you can call Mental Health Services at 202–994–5300. If you have a MHS therapist, ask him or her for assistance. If you do not have a therapist but have psychiatrist at CHC, ask to speak with a case manager who can help you.

Adapted from The UCLA Counseling Center (revised 09–01–22)
**Allowed Amount**

Maximum amount on which payment is based for covered health care services. This may be called “eligible expense,” “payment allowance” or “negotiated rate.” If your provider charges more than the allowed amount, you may have to pay the difference. (See Balance Billing.)

**Appeal**

A request for your health insurer or plan to review a decision or a grievance again.

**Balance Billing**

When a provider bills you for the difference between the provider’s charge and the allowed amount. For example, if the provider’s charge is $100 and the allowed amount is $70, the provider may bill you for the remaining $30. A preferred provider may not balance bill you for covered services.

**Co-payment**

A fixed amount (for example, $15) you pay for a covered health care service, usually when you receive the service. The amount can vary by the type of covered health care service.

**Deductible**

The amount you owe for health care services your health insurance or plan covers before your health insurance or plan begins to pay. For example, if your deductible is $1000, your plan won’t pay anything until you’ve met your $1000 deductible for covered health care services subject to the deductible. The deductible may not apply to all services.

**Durable Medical Equipment (DME)**

Equipment and supplies ordered by a health care provider for everyday or extended use. Coverage for DME may include: oxygen equipment, wheelchairs, crutches or blood testing strips for diabetics.

**Emergency Medical Condition**

An illness, injury, symptom or condition so serious that a reasonable person would seek care right away to avoid severe harm.

**Emergency Medical Transportation**

Ambulance services for an emergency medical condition.

**Emergency Room Care**

Emergency services you get in an emergency room.

**Emergency Services**

Evaluation of an emergency medical condition and treatment to keep the condition from getting worse.

**Complications of Pregnancy**

Conditions due to pregnancy, labor and delivery that require medical care to prevent serious harm to the health of the mother or the fetus. Morning sickness and a non-emergency caesarean section aren’t complications of pregnancy.
Glossary of Health Coverage and Medical Terms

Excluded Services
Health care services that your health insurance or plan doesn’t pay for or cover.

Grievance
A complaint that you communicate to your health insurer or plan.

Habilitation Services
Health care services that help a person keep, learn or improve skills and functioning for daily living. Examples include therapy for a child who isn’t walking or talking at the expected age. These services may include physical and occupational therapy, speech-language pathology and other services for people with disabilities in a variety of inpatient and/or outpatient settings.

Health Insurance
A contract that requires your health insurer to pay some or all of your health care costs in exchange for a premium.

Home Health Care
Health care services a person receives at home.

Hospice Services
Services to provide comfort and support for persons in the last stages of a terminal illness and their families.

Hospitalization
Care in a hospital that requires admission as an inpatient and usually requires an overnight stay. An overnight stay for observation could be outpatient care.

Hospital Outpatient Care
Care in a hospital that usually doesn’t require an overnight stay.

In-network Co-insurance
The percent (for example, 20%) you pay of the allowed amount for covered health care services to providers who contract with your health insurance or plan. In-network co-insurance usually costs you less than out-of-network co-insurance.

In-network Co-payment
A fixed amount (for example, $15) you pay for covered health care services to providers who contract with your health insurance or plan. In-network co-payments usually are less than out-of-network co-payments.

Medically Necessary
Health care services or supplies needed to prevent, diagnose or treat an illness, injury, condition, disease or its symptoms and that meet accepted standards of medicine.

Network
The facilities, providers and suppliers your health insurer or plan has contracted with to provide health care services.

Non-Preferred Provider
A provider who doesn’t have a contract with your health insurer or plan to provide services to you. You’ll pay more to see a non-preferred provider. Check your policy to see if you can go to all providers who have contracted with your health insurance or plan, or if your health insurance or plan has a “tiered” network and you must pay extra to see some providers.

Out-of-network Co-insurance
The percent (for example, 40%) you pay of the allowed amount for covered health care services to providers who do not contract with your health insurance or plan. Out-of-network co-insurance usually costs you more than in-network co-insurance.

Out-of-network Co-payment
A fixed amount (for example, $30) you pay for covered health care services from providers who do not contract with your health insurance or plan. Out-of-network co-payments usually are more than in-network co-payments.

Out-of-Pocket Limit
The most you pay during a policy period (usually a year) before your health insurance or plan begins to pay 100% of the allowed amount. This limit never includes your premium, balance-billed charges or health care your health insurance or plan doesn’t cover. Some health insurance or plans don’t count all of your co-payments, deductibles, co-insurance payments, out-of-network payments or other expenses toward this limit.

Physician Services
Health care services a licensed medical physician (M.D. – Medical Doctor or D.O. – Doctor of Osteopathic Medicine) provides or coordinates.
Plan
A benefit your employer, union or other group sponsor provides to you to pay for your health care services.

Preauthorization
A decision by your health insurer or plan that a health care service, treatment plan, prescription drug or durable medical equipment is medically necessary. Sometimes called prior authorization, prior approval or precertification. Your health insurance or plan may require preauthorization for certain services before you receive them, except in an emergency. Preauthorization isn’t a promise your health insurance or plan will cover the cost.

Preferred Provider
A provider who has a contract with your health insurer or plan to provide services to you at a discount. Check your policy to see if you can see all preferred providers or if your health insurance or plan has a “tiered” network and you must pay extra to see some providers. Your health insurance or plan may have preferred providers who are also “participating” providers. Participating providers also contract with your health insurer or plan, but the discount may not be as great, and you may have to pay more.

Premium
The amount that must be paid for your health insurance or plan. You and/or your employer usually pay it monthly, quarterly or yearly.

Prescription Drug Coverage
Health insurance or plan that helps pay for prescription drugs and medications.

Prescription Drugs
Drugs and medications that by law require a prescription.

Primary Care Physician
A physician (M.D. – Medical Doctor or D.O. – Doctor of Osteopathic Medicine) who directly provides or coordinates a range of health care services for a patient.

Primary Care Provider
A physician (M.D. – Medical Doctor or D.O. – Doctor of Osteopathic Medicine), nurse practitioner, clinical nurse specialist or physician assistant, as allowed under state law, who provides, coordinates or helps a patient access a range of health care services.

Provider
A physician (M.D. – Medical Doctor or D.O. – Doctor of Osteopathic Medicine), health care professional or health care facility licensed, certified or accredited as required by state law.

Reconstructive Surgery
Surgery and follow-up treatment needed to correct or improve a part of the body because of birth defects, accidents, injuries or medical conditions.

Rehabilitation Services
Health care services that help a person keep, get back or improve skills and functioning for daily living that have been lost or impaired because a person was sick, hurt or disabled. These services may include physical and occupational therapy, speech-language pathology and psychiatric rehabilitation services in a variety of inpatient and/or outpatient settings.

Skilled Nursing Care
Services from licensed nurses in your own home or in a nursing home. Skilled care services are from technicians and therapists in your own home or in a nursing home.

Specialist
A physician specialist focuses on a specific area of medicine or a group of patients to diagnose, manage, prevent or treat certain types of symptoms and conditions. A non-physician specialist is a provider who has more training in a specific area of health care.

UCR (Usual, Customary and Reasonable)
The amount paid for a medical service in a geographic area based on what providers in the area usually charge for the same or similar medical service. The UCR amount sometimes is used to determine the allowed amount.

Urgent Care
Care for an illness, injury or condition serious enough that a reasonable person would seek care right away, but not so severe as to require emergency room care.
How You and Your Insurer Share Costs - Example

Jane’s Plan Deductible: $1,500  Co-insurance: 20%  Out-of-Pocket Limit: $5,000

**January 1st**
Beginning of Coverage Period

**December 31st**
End of Coverage Period

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Jane pays 100%  Her plan pays 0%

Jane hasn’t reached her $1,500 deductible yet
Her plan doesn’t pay any of the costs.

Office visit costs: $125
Jane pays: $125
Her plan pays: $0

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Jane pays 20%  Her plan pays 80%

Jane reaches her $1,500 deductible, co-insurance begins
Jane has seen a doctor several times and paid $1,500 in total. Her plan pays some of the costs for her next visit.

Office visit costs: $75
Jane pays: 20% of $75 = $15
Her plan pays: 80% of $75 = $60

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Jane pays 0%  Her plan pays 100%

Jane reaches her $5,000 out-of-pocket limit
Jane has seen the doctor often and paid $5,000 in total. Her plan pays the full cost of her covered health care services for the rest of the year.

Office visit costs: $200
Jane pays: $0
Her plan pays: $200
What Is an HMO?
A Health Maintenance Organization
By
Elizabeth Davis, RN

A health maintenance organization (HMO) is a type of health insurance that employs or contracts with a network of physicians or medical groups to offer care at set, and often reduced, costs. HMOs can be more affordable than other types of health insurance, but they limit your choices of where to go and who to see.

An HMO plan requires that you stick to its network of doctors, hospitals, and labs for tests, otherwise the services aren't covered. Exceptions are made for emergencies.

You also need to have a primary care physician, which is the doctor you'll see for checkups and most general care. With an HMO, a referral from a primary care physician is typically required before you go to any specialists or order medical equipment.

HMO
A health maintenance organization is a health insurance plan that controls costs by limiting services to a local network of doctors and facilities. HMOs usually require referrals from a primary care physician for any form of specialty care.

How HMOs Work
Understanding HMOs and how they work is critical for choosing a health plan during open enrollment, the yearly period when you can select or switch your health insurance, as well as for avoiding unexpected charges after you're enrolled.

You'll want to make sure that you follow the steps necessary to receive coverage from the HMO.

You Need a Primary Care Physician
Your primary care physician, usually a family practitioner, internist, or pediatrician, will be your main doctor and will coordinate all of your care in an HMO.

Your relationship with your primary care physician is very important in an HMO. Make sure you feel comfortable with them or make a switch.

You have the right to choose your own primary care physician as long as they are in the HMO’s network. If you don’t choose one yourself, your insurer will assign you one.

Referrals for Special Treatments Are Required
In most HMOs, your primary care physician will be the one who decides whether or not you need other types of special care and must make a referral for you to receive it.

With an HMO, you typically need a referral for the following:
- To see a specialist (including mental health care)
- To get physical therapy
- To obtain medical equipment, such as a wheelchair
The purpose of the referral is to ensure that the treatments, tests, and specialty care are medically necessary. Without a referral, you don’t have permission for those services and the HMO won’t pay for them.

The benefit of this system is fewer unnecessary services. The drawback is that you have to see multiple providers (a primary care physician prior to a specialist) and pay copays or other cost-sharing for each visit.

A copay is a set amount you pay each time you use a particular service. For example, you may have a $30 copay each time you see your primary care physician.

Referrals have long been a feature of HMOs, but some HMOs may drop this requirement and allow you to see certain in-network specialists without one. Become familiar with your HMO plan and read the fine print.

You Must Use In-Network Providers

Every HMO has a list of healthcare providers that are in its provider network. Those providers cover a wide range of healthcare services including doctors, specialists, pharmacies, hospitals, labs, X-ray facilities, and speech therapists.

Accidentally getting out-of-network care can be a very expensive mistake when you have an HMO. Fill a prescription at an out-of-network pharmacy or get your blood tests done by the wrong lab and you could be stuck with a bill for hundreds or even thousands of dollars.

It’s your responsibility to know which providers are in your HMO's network. And you can’t assume that just because a lab is down the hall from your doctor’s office, it is in-network. You have to check.

And sometimes out-of-network providers end up treating you without you even knowing about it—an assistant surgeon or an anesthesiologist, for example.

If you're planning any sort of medical treatment, ask lots of questions in advance in an effort to ensure that everyone who will be involved in your care is in your HMO's network.

Exceptions

There are some exceptions to the requirement to stay in-network. This can include:

- **You have a true medical emergency**, such as a life-threatening accident that requires emergency care.¹
- **The HMO doesn’t have a provider for the service you need.** This is rare. But, if it happens to you, pre-arrange the out-of-network specialty care with the HMO.
- **You’re in the middle of a complex course of specialty treatment** when you become an HMO member, and your specialist isn’t part of the HMO. Most HMOs decide whether or not you may finish the course of treatment with your current physician on a case-by-case basis.
- **You're out of the network region and need emergency care or dialysis.**

Recap

If you have an HMO and get care out-of-network or without getting a referral from your primary care physician, you won't receive coverage unless it's a medical emergency or another exception that's been approved by the HMO. You’ll be stuck paying the bill yourself.
Step-by-Step Guide to Out-of-Network Benefits

When looking for a therapist, you have the option to choose between in-network and out-of-network providers. In-network therapists have negotiated a contracted rate with your health insurance company; as a result, they are typically more affordable than out-of-network therapists.

While finding an in-network therapist is often the default choice, including out-of-network therapists can help expand your therapist search. This is especially true in big cities like DC and NYC, where therapists who take insurances tend to be booked to full capacity and have long wait times for appointments.

If the therapist you’re seeing is not in your insurance network, then you will have to pay the full price of the session upfront. Fortunately, depending on your plan, your insurance company may help reimburse a portion of the cost by mailing you a check. For example, most PPO and POS health plans offer partial reimbursement for out-of-network services.

Use the following steps to learn how out-of-network benefits work. Though navigating out-of-network benefits can be cumbersome, it can save you a lot of money in the long run. Even if you don’t fully understand the terms below, having the details upfront can help you figure out how payment works, and prevent any unexpected bills.

Guide-to-out-of-network-benefits

1. Check your out-of-network benefits

These are typically in the Summary of Benefits, included in a member information packet or on your insurance company website. Keep an eye out for these terms:

**Out-of-network deductible**: This is the amount of money you have to pay before you are eligible for reimbursement.

Let’s say your out-of-network deductible is $1,000, and your insurance company pays for 100% of services after you meet that amount. That means you’ll have to pay $1,000 out of pocket, after which you’ll have “met your deductible.”

In this scenario, if you spend $1,500 on therapy services, you’ll have to pay $1,000 out of pocket (e.g. $100 at each session for 10 sessions), but the remaining $500 will be reimbursed to you in the form of a check (mailed to you after you submit your claim).

Deductibles reset every calendar year, and any health expense you pay out-of-pocket contributes to meeting it.

**Coinsurance**: This is the percentage of the service fee that you’re ultimately responsible for paying.

Let’s say your therapist charges $100 per session. If your coinsurance is 25%, you’re only responsible for paying $25. (Note: You’ll need to pay the full $100 upfront. Your insurance will send you a check for $75 after the session, once you’ve met the deductible and submitted a claim.)
Some insurance companies determine an “allowed amount,” which caps the session fee that they’ll cover. If your insurance has determined $100 is their “allowed amount” per session, at a 25% coinsurance rate, your insurance company will still only reimburse you up to $75, no matter what the therapist’s session fees are.

In other words, if your insurance has an allowed amount of $100 but your therapist’s session fees are $200 per session, you won’t get reimbursed more; you’ll still be reimbursed $75, and will be ultimately responsible for $125.

2. Call your insurance company to verify your benefits

The best way to be absolutely sure of your benefits is to clarify with your insurance company member services line. You can find this phone number on the back of your insurance card.

Ask these questions when speaking to your insurance company about benefits:

*How much of my deductible has been met this year?*

*What is my out-of-network deductible for outpatient mental health? (Outpatient means treatment outside a hospital.)*

*What is my out-of-network coinsurance for outpatient mental health?*

*Do I need a referral from an in-network provider to see someone out-of-network?*

How do I submit claim forms for reimbursement? (Claims are forms that are sent to your insurance company to receive reimbursement for sessions you paid for out of pocket.)

3. Ask your therapist for a Superbill

When you’re looking for a therapist, ask if they are willing to submit claims to your insurance company for reimbursement. While some therapists offer this, typically, the client is responsible for submitting claims (learn more about different billing options here.)

Your therapist will provide you a document called a Superbill that you send directly to your insurance company at the end of each month. The Superbill details how many sessions you’ve had, and the total fee.

4. Receive out-of-network reimbursement!

You’ll need to pay your therapist the entire session fee at the time of service, but depending on your specific plan, your insurance company will mail you a check to reimburse a portion of that cost.
How to Find a Therapist 101
Section 2
How to Find a Good Therapist
How Do I Find a Good Therapist?

While there are a lot of therapists offering their services, finding someone you like takes dedicated effort, especially if you have never seen a therapist before. Many professions offer therapy. In addition to psychology, some of these include psychiatry, social work, and counseling.

Here are some of the more important issues you should consider:

- Is the therapist licensed? Each state is responsible for making sure therapists are competent to provide their services. Only those with proper training receive a license.
- If you have health insurance, will it cover the therapy from this provider?
- Are there limits to the number of sessions covered by your insurance?

Two websites for locating psychologists include the Psychologist Locator on the website of the American Psychological Association (locator.apa.org) and the National Register (findapsychologist.org). Your state psychological association may be another source of potential names. Another way to find a therapist is to ask friends or your physician to suggest someone they trust.

While it is not too difficult to find the name of a therapist, it may take more time to find a therapist that you consider to be “good.” Here are some helpful hints:

- Call the therapist on the phone and find out if the therapist is familiar with evidence based treatment for your concerns and if your therapist uses evidence based treatment in their practice. These are treatments that have been tested scientifically and shown to be effective. Evidence based treatment (e.g. for depression, anxiety, panic attacks, bedwetting for children, obsessive compulsive behavior) is based on published research of controlled studies meeting acceptable criteria.
- Ask whether the therapist has had experience in dealing with your concerns. Some therapists specialize in working with children or families, adults or older adults. Some may have lots of experience with the problems that concern you. Find out, if possible, how much experience they have had.
- Find out in advance what the fees will cost you, the charge for missed sessions and, if possible, how long therapy might take.
- Find out where the therapist is located and what hours are available for your treatment and if the therapist will see you in an emergency. Is the therapist located in a clinic, community mental health center, medical school, independent practice or other setting?
- Find out what kind of therapy your potential therapist is likely to provide (for example, long term versus short term, individual or group therapy, what theoretical orientation) and see if that fits your expectations.
- Remember that choosing a therapist is a very personal matter. There is no one therapist that is good for everyone. It is important that you feel a sense of trust and that this therapist can help you.

After you have gathered all of this information (or as much as you have been able to obtain), give yourself a little time to think about all this. You may want to set up initial appointments with 1-2 potential therapists and see how comfortable you are with them. Take the time to find the right therapist for you.
How to Find a Therapist 101

Section 3

Teletherapy Apps: The Good and the Bad
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<th>Name</th>
<th>Website</th>
<th>Cost</th>
<th>Services Available</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Talkspace</td>
<td><a href="https://www.talkspace.com/">https://www.talkspace.com/</a></td>
<td>Rate: $69 - $129 per week. Prices vary depending on features.</td>
<td>Therapy</td>
<td>Subscription Based.</td>
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<td>Betterhelp</td>
<td><a href="https://www.betterhelp.com/">https://www.betterhelp.com/</a></td>
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<td>LiveHelp Online</td>
<td><a href="https://livehealthonline.com/psychology/">https://livehealthonline.com/psychology/</a></td>
<td>$80-95 dollars per session</td>
<td>Therapy, Medical, Psychiatric</td>
<td>Anthem Blue Cross and Blue Shield, Empire Blue Cross and Empire Blue Cross Blue and Shield acceptes</td>
</tr>
<tr>
<td>Headspace</td>
<td><a href="https://www.headspace.com/">https://www.headspace.com/</a></td>
<td>Free version available. Headspace Plus: $12.99 per month with a free 7-day trial, or get 14 days free with a $69.99 annual subscription. There are also student and family plans</td>
<td>Meditation and Mindfulness</td>
<td>Not therapy but can help with symptoms of anxiety, stress, insomnia, and more!</td>
</tr>
<tr>
<td>Calm</td>
<td><a href="https://www.calm.com/">https://www.calm.com/</a></td>
<td>Free version available. $69.99 a year or $14.99 a month. Calm also offers a lifetime membership for $399.99</td>
<td>Meditation and Mindfulness</td>
<td>Not Therapy. Meditation, sleep and relaxation app</td>
</tr>
<tr>
<td>AmWell Therapy</td>
<td><a href="https://patients.amwell.com/services/online-therapy/">https://patients.amwell.com/services/online-therapy/</a></td>
<td>The cost of the visit varies from $109 to $129 based on the experience and credentials of the therapist.</td>
<td>Therapy, Psychiatry, Urgent Care</td>
<td>Psychologists and counselors are here to help you with life's challenges. Sign up now to speak with the provider of your choice. Accepts some insurance for Urgent Care</td>
</tr>
<tr>
<td>Teladoc</td>
<td><a href="https://www.teladoc.com/">https://www.teladoc.com/</a></td>
<td>The cost for services varies depending on the visit type you are requesting. Can be very low cost!</td>
<td>Therapy Mediation management, Medical care</td>
<td>Covered by some insurances including Aetna</td>
</tr>
</tbody>
</table>
How to Find a Therapist 101

Section 4

Low Cost Therapy Resources
Low-Cost Therapy Resources

The Center Clinic
GWU Professional Psychology Program (PsyD)
1922 F Street, NW, Suite #103
Washington, DC 20052
(202) 994-4937
Monday – Thursday: 8:00 AM – 8:00 PM; Friday: 8:00 AM – 4:00 PM
http://psyd.columbian.gwu.edu/center-clinic

The Meltzer Center: Psychological and Community-Based Services
GWU Department of Psychology (PhD)
2125 G Street, NW, #101 K
Washington, DC 20052
(202) 994-9072
Monday – Friday: 9:00 AM – 5:00 PM
https://meltzercenter.wordpress.com/

Art Therapy Clinic
GWU Columbian College of Arts and Sciences
413 John Carlyle Street, Second Floor
Alexandria, VA 22314
(703) 548-1358
Monday – Friday: 9:00 AM – 8:00 PM
http://arttherapy.columbian.gwu.edu/art-therapy-clinic

The Women’s Center
1025 Vermont Ave NW, Suite 310
Washington, DC 20005
(202) 293-4580
Day and Evening appointments available
http://thewomenscenter.org/

Community Counseling Services Center (CCSC)
GWU Graduate School of Education and Human Development
2134 G Street, NW
Basement level, B-11 for Reception
Washington, DC 20052
(202) 994-8645
1925 Ballenger Avenue (Garage Entrance)
413 John Carlyle Street (Street Entrance)
Suite 250
Alexandria, VA 22314
(703) 299-9148
Day and Evening appointments available
https://gsehd.gwu.edu/ccsc

The Meyer Treatment Center
Washington School of Psychiatry
5028 Wisconsin Avenue, Suite 400
Washington, DC 20016
(202) 537-6050
Monday – Friday: 8:00 AM – 8:00 PM
http://www.wspdc.org/0101treatment.html

James J. Gray Psychotherapy Training Clinic
American University
Asbury Building, North Wing, Room 228
4400 Massachusetts Avenue
Washington, DC 20016
(202) 885-1702
Day and Evening appointments available
http://www.american.edu/cas/psychology/psychotherapy/

NOTE: This list is not an endorsement of any individuals or organizations. Individual inquiry should be made regarding fees, services, compatibility with your insurance carrier, and credentials.
<table>
<thead>
<tr>
<th>Capital Therapy Project</th>
<th>Finances</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location</strong></td>
<td>Cost per Session: $85 - $90</td>
</tr>
<tr>
<td>1350 Connecticut Avenue NW, Suite 825 Washington, DC 20036</td>
<td>Pay By: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Visa</td>
</tr>
<tr>
<td>(202) 760-2546</td>
<td><strong>Accepted Insurance Plans</strong></td>
</tr>
<tr>
<td></td>
<td>Out of Network</td>
</tr>
<tr>
<td><strong>Specialties</strong></td>
<td>Are you looking for affordable, warm and caring, scientifically-based therapy? The Capital Therapy Project provides reduced-fee individual therapy. We love helping young adults in their 20s and early 30s to feel better and reach their potential. Yet, therapy in DC is too expensive for many. That's why our fees are approximately 60% less than typical therapy fees in DC @ $90 for individuals.</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Our masters-level therapists (who are working on their PhDs in Psychology) embody hope for a better future. They -- like the team of experienced psychologists and counselors who guide their work -- believe that people stop believing in their potential too soon. If we can change that, we will.</td>
</tr>
<tr>
<td>Depression</td>
<td><strong>(Re)Discover Better</strong></td>
</tr>
<tr>
<td>Relationship Issues</td>
<td>Have you let go of your dreams? We'll help you break down barriers to reconnect with what's possible in life, love, and career.</td>
</tr>
<tr>
<td></td>
<td><strong>Forward-Thinking Therapy</strong></td>
</tr>
<tr>
<td></td>
<td>Every treatment plan is customized to meet your individual needs and backed by data to achieve the best results.</td>
</tr>
<tr>
<td></td>
<td><strong>Seeing Yourself. Clearly.</strong></td>
</tr>
<tr>
<td></td>
<td>We want you to build a life-long appreciation for your strengths and compassion for yourself when you stumble.</td>
</tr>
<tr>
<td></td>
<td>Our therapists embody hope for a better future. We believe that people don't recognize their strengths often enough, and that they stop believing in their potential too soon. If we can change that, we will.</td>
</tr>
<tr>
<td></td>
<td>We partner with leading DC therapists and use advanced evidence-based practice to help our clients through tough times, encouraging them towards their potential. This philosophy inspires us to be therapists at the Capital Therapy Project.</td>
</tr>
</tbody>
</table>

**Additional Low Cost Resources**
<table>
<thead>
<tr>
<th>The Wendt Center for Loss and Healing</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location</strong></td>
</tr>
<tr>
<td>4201 Connecticut Ave., NW, Suite 300</td>
</tr>
<tr>
<td>Washington, DC 20008</td>
</tr>
<tr>
<td>Tel: 202.624.0010</td>
</tr>
<tr>
<td>2041 Martin Luther King Jr. Ave., SE, Suite 234</td>
</tr>
<tr>
<td>Washington, DC 20020</td>
</tr>
<tr>
<td>Tel: 202.610.0066</td>
</tr>
<tr>
<td><strong>Website</strong></td>
</tr>
<tr>
<td>To become a client, please call: 202.204.5021</td>
</tr>
<tr>
<td><strong>Specialties</strong></td>
</tr>
<tr>
<td>Grief</td>
</tr>
<tr>
<td>Trauma</td>
</tr>
<tr>
<td>Sexual Assault</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Finances</th>
</tr>
</thead>
<tbody>
<tr>
<td>Through our office and community-based service sites across the area, and with a focus on the needs of the underserved, the Wendt Center is a unique and critical resource for thousands of children, adults and families each year. Services are provided on a sliding scale basis according to need, or free under grants for those who qualify. Many insurances accepted.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>About</th>
</tr>
</thead>
<tbody>
<tr>
<td>Since 1975, the Wendt Center for Loss and Healing has helped people in the Greater Washington area rebuild a sense of safety and hope after experiencing a loss, life-threatening illness, violence or other trauma. Nationally recognized for our expertise in grief, trauma and mental health, we provide an array of holistic services for children, teens, adults, families, and our local communities.</td>
</tr>
</tbody>
</table>

| Individual and Group Therapy are at the heart of our work. Our programs range from providing support to adults grieving the loss of a loved one or facing life-threatening illness to highly specialized treatment for children and adults victimized by violence and suffering the consequences of trauma. |

| C.H.I.L.D. | (Child Healing to Improve Learning and Development) offers a holistic set of healing services for children and teens, including Camp Forget-Me-Not/Camp Erin DC, a free, annual, therapeutic grief camp, and our school-based Resilient Scholars program. |

| HOPES | provides healing services to crime victims (survivors of domestic violence, sexual assault, trafficking, homicide, and other violent crime) at our offices or at partner sites. |

| RECOVER | located at the DC Office of the Chief Medical Examiner (OCME) since 1999, where we have provided support and psycho-education to individuals who must come in to identify a deceased loved one. As the OCME has shifted away from requiring in-person identifications, our RECOVER program now focuses on structured support groups for family members as well as support sessions for OCME staff. |

| Community Outreach and Crisis Intervention includes community healing events, education/training, and crisis response services. |
Open Path Collective
https://openpathcollective.org/

Open Path Psychotherapy Collective is a non-profit nationwide network of mental health professionals dedicated to providing in-office and online mental health care—at a steeply reduced rate—to individuals, couples, children, and families in need. As long as there is a financial need, our lifetime membership will allow you to see anyone in our network for the rates listed above. This is our guarantee. A lifetime membership only costs $59.

Example clinicians below. Search for a great clinician for you [here](https://openpathcollective.org/)

<table>
<thead>
<tr>
<th>Erika Bugaj</th>
<th>Finances</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychotherapist - LICSW (DC), LCSW-C (MD)</td>
<td>Open Path Cost (per session)</td>
</tr>
<tr>
<td>Location</td>
<td>Individual Counseling</td>
</tr>
<tr>
<td>Dandelion Psychotherapy, PLLC</td>
<td>$30-$60</td>
</tr>
<tr>
<td>4000 Albemarle St NW</td>
<td>Couples and Family Counseling</td>
</tr>
<tr>
<td>Suite 500</td>
<td>$30-$80</td>
</tr>
<tr>
<td>Washington, DC 20016</td>
<td>Website</td>
</tr>
<tr>
<td>202-531-5385</td>
<td>Specialties</td>
</tr>
<tr>
<td>Adjustment to College</td>
<td>Adjustment to Change / Life Transitions</td>
</tr>
<tr>
<td>Family Conflict</td>
<td>Stress</td>
</tr>
<tr>
<td>Location</td>
<td>Locations</td>
</tr>
<tr>
<td>Family Educational Support Services</td>
<td>Phone: 202-507-6922</td>
</tr>
<tr>
<td>Online Therapy</td>
<td>Website: <a href="http://www.familyeducationsupportservices.org">www.familyeducationsupportservices.org</a></td>
</tr>
<tr>
<td>Washington, DC 20007</td>
<td>Specialties</td>
</tr>
<tr>
<td>Multicultural Concerns</td>
<td>Stress</td>
</tr>
<tr>
<td>Inadequacy</td>
<td>Behavioral Issue</td>
</tr>
</tbody>
</table>

Phyllis Randle
Clinical Social Worker/Therapist - LCSW-C

<table>
<thead>
<tr>
<th>Location</th>
<th>Finances</th>
</tr>
</thead>
<tbody>
<tr>
<td>Washington, DC</td>
<td>Open Path Cost (per session)</td>
</tr>
<tr>
<td>Online Therapy</td>
<td>Individual Counseling</td>
</tr>
<tr>
<td>Washington, DC 20007</td>
<td>$30-$60</td>
</tr>
<tr>
<td>Behavioral Issue</td>
<td>Couples and Family Counseling</td>
</tr>
<tr>
<td>Stress</td>
<td>$30-$80</td>
</tr>
<tr>
<td>Multicultural Concerns</td>
<td>On behalf of Family Educational Support Services (FESS) I am delighted that you are considering choosing us to serve your therapy needs. We look forward to assisting you with restoring your life to its intended form and purpose. Our core belief is: “You have a purpose that is propelled by your realization and use of your talents, gifts, strengths, and weaknesses.” For this we assist you with eliminating the emotions, thoughts, behaviors, and social nuances that temporarily hinder your fulfillment of purpose in your life. Imagine your life without these stresses weighing you down.</td>
</tr>
</tbody>
</table>
| **Tyffany Kidd**  
Licensed Professional Counselor – MS, NCC, LPC | **Finances**  
Open Path Cost (per session)  
Individual Counseling  
$30-$60  
Couples and Family Counseling  
$30-$80 |
|---|---|
| **Location**  
Washington, DC 20016  
(202) 902-9698  
[Website](#) | I am a Licensed Professional Counselor who is National Board Certified in Counseling. I provide a safe and supportive environment for you to explore challenges that are present in your life. You may be dealing with loneliness, inner-conflict, anxiety, depression, sadness, grief, anger, or other feelings that come along when dealing with life transitions and I can help you. Whatever the feelings are, I can help you with processing your emotions and guiding you through living a more authentic life. The therapeutic relationship is an opportunity for you to build the blocks you need to get through whatever problems you are encountering and envisioning and seeing hope that will help you live a more prosperous life.  
I have experience working with adults and the elderly. My Areas of experience include Career and Personal Counseling (PTSD, Crisis Intervention & Management, Relationship Issues, Anxiety, Depression and other mood disorders). I am certified as a Myers Briggs (MBTI) and Strong Interest Practitioner and can also help with career development. This meaningful work has given me the opportunity to provide compassionate, supportive and quality counseling services to individuals, couples and families with a diverse range of backgrounds and needs. |
| **Specialties**  
Depression  
Anxiety  
Career Counseling |  |

| **Antoinette Lancaster**  
Counselor – LPC, LCPC, NCC, MAC, SAP | **Finances**  
Open Path Cost (per session)  
Individual Counseling  
$30-$60  
Couples and Family Counseling  
$30-$80 |
|---|---|
| **Location**  
Diversified Lifestyle Services  
137 National Plaza  
300 National Harbor, MD 20745  
1300 I Street, NW  
Suite 400E  
Washington, DC 20005  
[Website](#) | I am committed to helping people reach their full potential. I practice an integrated approach that is rooted in Cognitive Behavioral Theory (CBT). I believe that people are inherently good. Despite that goodness bad things may happen that can alter their course in life. I view life as a journey; filled with ups and downs, and positive and negative experiences. I believe early childhood experiences shape one’s core personality; and sometimes unresolved issues such as trauma, grief and/or attachment issues complicate one’s ability to reach their full potential. |
| **Specialties**  
Life Transitions  
Relationship Issues  
Anxiety  
Depression |  |
How to Find a Therapist 101

Section 5

Therapist Matching Services
Want to use an online service that will help match you with a local therapist? Use Sondermind!

<table>
<thead>
<tr>
<th>Sondermind</th>
<th>Finances</th>
</tr>
</thead>
<tbody>
<tr>
<td>Therapist Matching Service</td>
<td>Accepted Insurance Plans</td>
</tr>
<tr>
<td><strong>Contact Information</strong></td>
<td><strong>DC</strong></td>
</tr>
<tr>
<td><strong>Website</strong></td>
<td>Aetna • Anthem BCBS • CareFirst • Cigna • United Healthcare (Optum, Oscar, and all affiliates)</td>
</tr>
<tr>
<td>844-257-1461</td>
<td><strong>MD</strong></td>
</tr>
<tr>
<td>Mon-Fri 7am-7pm MT</td>
<td>Anthem BCBS • CareFirst • Medicare • United Healthcare (Optum, Oscar, and all affiliates) • VA Community Care Network</td>
</tr>
<tr>
<td>Saturdays 8am-5pm MT</td>
<td><strong>VA</strong></td>
</tr>
<tr>
<td>Get matched with a Therapist</td>
<td>Anthem BCBS • CareFirst • Cigna • Medicare • United Healthcare (Optum, Oscar, and all affiliates) • VA Community Care Network</td>
</tr>
</tbody>
</table>

We match you based on specialty, availability, location, treatment approaches, insurance, and more. Our network of licensed mental healthcare professionals cover a wide variety of mental health issues and practice areas.

Our goal is to find you a match as fast as possible. Once we gather your preferences we will immediately search for a match in our system. We normally can find your matches within 24 - 48 hours. If you request a match on a weekend, you will be matched on the next business day. Once the therapist we matched you with accepts you as a client, it usually takes 1-2 days for them to reach out to schedule your first appointment.

**How it Works**
Answer a few questions
Take a brief questionnaire to help us find the best therapist for you.

Receive your matches
Our team contacts providers in our network to find the best match for you. Want more options? Request a rematch at any time!

Make an appointment
Schedule an in-person or video session with your therapist.

Save money with insurance
We’ll save you money by only selecting our therapists who take your insurance.
Alma
Therapist Matching Service

Contact Information
Website
info@helloalma.com
care@helloalma.com

Browse Provider Directory
Get Matched with a Therapist

Finances
Providers in the Alma community determine their own policies around payment, including setting their own rates and deciding which insurances to accept. Depending on your budget and insurance, Alma can help you find a therapist in the community who fits your needs.

Accepted Insurance Plans
United Healthcare, Aetna, Oxford Health Plans, Oscar, Harvard Pilgrim, AllSavers UHC, Cigna, Empire Blue Cross Blue Shield, Fidelis, Horizon Blue Cross Blue Shield, Wellfleet, Medicare, UMR, Humana, Emblem Health, Beacon Health Options, 1199, POMCO, Optimum, Anthem, MagnaCare, Multiplan. NYSHIP, Husky, Meritain, Anthem Blue Cross Blue Shield, Always, MVP Health Care, Healthfirst, Magellan, Allied Benefit Systems

At Alma, we’re pioneering a new model for mental health care — one that gives providers the autonomy of a private practice with the support of the Alma platform.

The client experience
Providing an exceptional experience for clients, from search to sessions, and handling every interaction with humility and empathy.

Learning and development
Engaging in continuing education, training opportunities, and self-reflection, with regular feedback from clients and peers.

Diversity, equity & inclusion
Taking care to build a culturally competent practice and participating in initiatives that foster an inclusive environment for providers and clients.
How to Find a Therapist 101
Section 6
Commonly Referred to DMV Therapists
# CAPS Featured Therapy Practice

## Fall 2022

<table>
<thead>
<tr>
<th><strong>Georgetown Psychology</strong></th>
<th><strong>Finances</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Locations</strong></td>
<td><strong>Accepted Insurance Plans</strong></td>
</tr>
<tr>
<td><strong>DC Office</strong></td>
<td>Aetna Student Health, Out of Network</td>
</tr>
<tr>
<td>Georgetown</td>
<td><strong>View all therapists here</strong></td>
</tr>
<tr>
<td>1054 31st Street</td>
<td><strong>About</strong></td>
</tr>
<tr>
<td>Suite 312</td>
<td>Whether it’s turning chaos into calm, or anxiety into action, we understand that in unprecedented times like these – we can all use a little extra support. Our goal is to help you own your life rather than being overwhelmed by it.</td>
</tr>
<tr>
<td>Washington, DC 20007</td>
<td><strong>At Georgetown Psychology, our support goes beyond what is clinically expected and offers our clients an integrative approach to care. We bring our 25+ years of experience, expertise, and vast network of resources to finding solutions that specifically address your and/or your family’s unique needs.</strong></td>
</tr>
<tr>
<td>Phone: 202.333.6251</td>
<td>And we get it – one size doesn’t fit all. That’s why we offer in-person, online, and group therapy to help you solve life’s challenges where, and when, it works for you.</td>
</tr>
<tr>
<td><strong>Website</strong></td>
<td>Whether you are here advocating for yourself, or are a parent advocating for your child, we understand that it’s impossible to have all the answers, all the time. By acknowledging that things don’t feel “right” – you’ve already taken the first step toward better mental health.</td>
</tr>
<tr>
<td><strong>MD Office</strong></td>
<td>Health and well-being is a lifelong journey and we have dedicated our practice to supporting our clients at all ages and stages. We provide therapy services across the lifespan: to children, teens, and adults.</td>
</tr>
<tr>
<td>Bethesda</td>
<td>Our experienced team of therapists has varied specialties and uses integrated and individualized approaches to best serve the needs of each client. Working together, we will find a plan of action to make things better today than they were yesterday.</td>
</tr>
<tr>
<td>8120 Woodmont Avenue</td>
<td><strong>Teletherapy</strong></td>
</tr>
<tr>
<td>Suite 660</td>
<td>Authorized to practice online therapy in the following states:</td>
</tr>
<tr>
<td>Bethesda, MD 20814</td>
<td>AL, AZ, AR, CA, CO, DC, DE, GA, IL, KS, KY, ME, MD, MN, MO, NE, NV, NH, NC, NJ, OH, OK, PA, SC, TN, TX, UT, VA WV, WI</td>
</tr>
<tr>
<td>Phone: 301.652.5550</td>
<td><strong>Specialties</strong></td>
</tr>
<tr>
<td><strong>VA Office</strong></td>
<td>Trauma Informed Therapy</td>
</tr>
<tr>
<td>McLean</td>
<td>Anxiety</td>
</tr>
<tr>
<td>355 Beverly Road</td>
<td>Depression</td>
</tr>
<tr>
<td>Suite 320</td>
<td>CBT</td>
</tr>
<tr>
<td>McLean, VA 22101</td>
<td>ACT</td>
</tr>
<tr>
<td>Phone: 703.556.6655</td>
<td>EMDR</td>
</tr>
<tr>
<td><strong>Teleservey</strong></td>
<td>Testing and Evaluation Services</td>
</tr>
<tr>
<td>Authorized to practice online therapy in the following states:</td>
<td>LGBTQIA Affirming Services</td>
</tr>
<tr>
<td><strong>About</strong></td>
<td></td>
</tr>
</tbody>
</table>
| **Saqueita Jackson**  
Licensed Professional Counselor, LPC | **Finances**  
Cost per Session: $125  
**Accepted Insurance Plans**  
Aetna, BCBS | BlueCross and BlueShield, CareFirst |
|---|---|---|
| **Location**  
AllCare Conversations  
3500 Wisconsin Avenue  
Washington, DC 20016  
[Website](https://www.allcarefamilymed.com)  
(410) 696-7411  
saqueita@allcarefamilymed.com | | |
| **Specialties**  
Anxiety  
Depression  
Relationship Issues | | |

I am a Licensed Professional Counselor that is trained to implement various therapeutic approaches. I am an eclectic Therapist that believes in a person-centered approach by tailoring treatment to the specific needs of my clients. I enjoy incorporating a Cognitive Behavioral therapeutic approach, and evidenced based treatment models to support adults, children, and families. I offer a safe, collaborative, and judge-free zone to support the needs and goals of the clients that I support.

I believe that people should not be bound by earlier experiences and by providing healthy tools and strategies will promote strength, and resiliency. Despite having obstacles people can grow, mature, and achieve positive change. I am passionate about supporting clients overcome adversities and strengthen their abilities to cope/manage with life stressors.

I particularly enjoy promoting healthy relationship dynamics, as well as teaching mindfulness, and meditation. I find it important to collaborate with my clients to support their growth and development. Please visit the website to book in for your free 10min phone consultation.

| **Angela C Johnson**  
Licensed Professional Counselor, EdD, LPC | **Finances**  
Cost per Session: $120 - $150  
Sliding Scale: Yes  
Pay By: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Paypal, Visa  
**Accepted Insurance Plans**  
Aetna, BCBS | BlueCross and BlueShield, Blue Care Network, CareFirst, Cigna, Magellan, Out of Network |
|---|---|---|
| **Location**  
Angela C. Johnson  
1050 Connecticut Ave NW  
Suite 500  
Washington, DC 20036  
202.527.9120  
[Website](https://www.aspirecounselingdc.com)  
angela@aspirecounselingdc.com | | |
| **Specialties**  
Anxiety  
Depression  
Trauma and PTSD | | |

I believe that by mastering our past we have the power to change our future. I use integrative approaches to assist clients with identifying their strengths and overcoming barriers that are impeding their happiness and emotional well being. I firmly believe that if we change our thoughts we can change our lives and my goal is to assist you through the process to lasting change.

I received my Master’s in Counseling Psychology from Wayne State University in Detroit, MI and currently pursuing a Doctorate in Counselor Education and Supervision. My areas of focus includes: Anxiety, Depression, Bereavement, Grief/Loss, Relationship Issues, Domestic Violence, Sexual Abuse, PTSD, Adjustment Disorder, Anxiety and Mood Disorders.
<table>
<thead>
<tr>
<th>Natalie V Setliff</th>
<th>Finances</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marriage &amp; Family Therapist, MS, LMFT</td>
<td>Cost per Session: $200 - $275</td>
</tr>
<tr>
<td>Location</td>
<td>Sliding Scale: Yes</td>
</tr>
<tr>
<td>District Counseling and Wellness Center, PLLC</td>
<td>Pay By: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Paypal, Venmo, Visa</td>
</tr>
<tr>
<td>126 O Street NW</td>
<td>Accepted Insurance Plans</td>
</tr>
<tr>
<td>Washington, DC 20037-1007</td>
<td>Aetna, Cigna, Georgetown University Student Health Insurance, Humana, Optum, UHC UnitedHealthcare UBH United Behavioral Health, Out of Network</td>
</tr>
<tr>
<td>202-714-5773</td>
<td>Website</td>
</tr>
<tr>
<td><a href="#">Website</a></td>
<td><a href="#">Website</a></td>
</tr>
<tr>
<td>Specialties</td>
<td>Your search for inner peace is closer to fulfillment than you may realize. You have just made the first step toward healing, by looking for information that can help you make life changes and live the life you desire. Most of us expect to have a life surrounded by loving, intimate and meaningful relationships. Sometimes our expectations do not meet the reality of our lives. I will help you uncover your true potential and lead a life that is worth celebrating. I am here to listen and work with you during your journey towards healing and living the life you want.</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Ms. Setliff is the owner and founder of District Counseling and Wellness Center (DCWC). Natalie has experience providing individual, couple, family, and group therapy to all ages. As a therapist, she provides a safe, supportive, nonjudgmental setting where you can freely express your emotions and work toward your goals.</td>
</tr>
<tr>
<td>Peer Relationships</td>
<td>Natalie believes that change occurs through feeling understood and will utilize your strengths to help develop new ways of connecting, coping and navigating the challenges of your life. Her therapeutic approach is integrative, with its roots in systemic family therapy, solution-focused models, motivational interviewing/mindfulness, cognitive behavioral therapy, psychoeducation, and emotionally focused therapy</td>
</tr>
<tr>
<td>Depression</td>
<td><a href="#">Website</a></td>
</tr>
<tr>
<td>Jason Deramo</td>
<td>Finances</td>
</tr>
<tr>
<td>Clinical Social Work/Therapist, LCSW</td>
<td>Cost per Session: $125</td>
</tr>
<tr>
<td>Location</td>
<td>Accepted Insurance Plans</td>
</tr>
<tr>
<td>AllCare Conversations</td>
<td>Aetna, BCBS</td>
</tr>
<tr>
<td>9940 Main Street</td>
<td>Website</td>
</tr>
<tr>
<td>Fairfax, VA 22031</td>
<td><a href="#">Website</a></td>
</tr>
<tr>
<td>(202) 301-5577</td>
<td><a href="mailto:jason@allcarefamilymed.com">jason@allcarefamilymed.com</a></td>
</tr>
<tr>
<td>(Also licensed in DC)</td>
<td><a href="#">Website</a></td>
</tr>
</tbody>
</table>
| Specialties | I tailor my services to each client and their unique needs, always from the humanistic approach. That means that I see my clients first and foremost as human beings, having what we would consider a human experience. Clients experiencing anxiety, depression, relationship issues, job issues, or really any other type of discomfort will benefit from my integration of mindfulness and meditative practices into their treatment, alongside the use of building the psychological tools that empower them to create measurable changes to their circumstances.

I believe in the inherent wisdom and strength within all human beings and I utilize a number of approaches to reveal that wisdom and strength within my clients. My person centered approach includes acceptance and commitment therapy, cognitive behavioral therapy, dialectical behavioral therapy, psycho-dynamic therapy, and existential therapy.

I understand the strength it requires to reach out for help, and assure you that in our initial discussion, you will experience me as judgment free and respectful. We all need greater support from time to time, and I consider my role to be one of supporting you in creating the life you desire, and quite frankly, feeling better. |
Branden Vazquez
Licensed Professional Counselor, LPC

Location
Thriveworks Counseling
529 14th Street Northwest
Suite #1170
Washington, DC 20045
Website
202-221-8410

Specialties
Anxiety
Stress
Relationship Issues

Finances
Cost per Session: $99

Accepted Insurance Plans
Aetna | Aetna Coventry, BCBS | BlueCross and BlueShield, CareFirst, Cigna, Humana, Magellan, MultiPlan, UnitedHealthcare UHC | UBH

Branden Vazquez is a licensed Professional Counselor in Washington, DC who has over 5 years of experiences that include working with young adults and adults who are feeling emotionally challenged with anxiety, men’s issues, work-life balance and life changes. He received his Master of Arts in Forensic Psychology from The Chicago School of Professional Counseling, DC campus.

Branden's therapeutic approach focuses on collaborative and strength based models that encourage and assist clients to develop perseverance through the use of techniques that build mental flexibility, increase self-worth and confidence.

Branden's goal is to establish a collaborative, comfortable, and caring relationship. Branden’s approach assists you in building on your current strengths to meet your goals and fostering growth and independence to allow you to arrive at your destination at your own comfort level.
| **Shonda J Pertilla**  
Licensed Professional Counselor, MA, LPC, CRC | **Finances**  
Cost per Session: $150 - $250  
Pay By: Cash, Health Savings Account, Mastercard, Paypal, Visa  
**Accepted Insurance Plans**  
Aetna | Aetna Coventry, AmeriHealth, Anthem, BCBS | BlueCross and BlueShield  
Beacon | Beacon Health Options, Blue Cross, Blue Shield, CareFirst, Cigna, Coventry, EmblemHealth, Humana, MVP Health Care, Magellan, Medicaid, Performance Plus EAP, UniCare, Out of Network  
We all carry within us a dream, a purpose, a strength that flows, like water through our veins and every part of our being. It even flows through fear, pain, disappointment and all sorts of perceived failure. It gives meaning to life. It heals. It inspires. DreamWell LLC was born out of my dream to facilitate healing and to positively impact the lives of others. I hope to empower and support you in addressing the issues that have interrupted the flow of your personal and professional life and dreams.  
Over the past 10 years I have supported hundreds of people facing various mental and physical limitations to overcome them and focus more on realizing their highest potential. My expertise in disabilities significantly broadens my understanding of persons facing a variety of issues.  
In practice, I am a mental health professional with a unique specialty in disabilities. If you are experiencing mental or physical limitations that are significantly disabling to you and your family, you are familiar to me. You will be received with compassion and understanding. |
| **Location**  
1140 3rd St NE, Suite 200, Washington, DC 20002  
(202) 550-0846  
info@dream-well.com  
Website |  |  |
| **Specialties**  
Women's Issues  
Spirituality  
Relationship Issues |  |  |

| **Tamara Ince**  
Ince Counseling  
Clinical Social Work/Therapist, LICSW, LCSW-C, LCSW, EAS-C, SAP | **Finances**  
Cost per Session: $200 - $250  
Pay By: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Visa  
**Accepted Insurance Plans**  
Aetna, AmeriHealth, Amerihealth Medicare Supplement, BCBS | BlueCross and BlueShield  
Blue Care Network, CareFirst, Cigna, Cigna Medicare Advantage, Magellan, Medicaid, Medicare, Optum, UnitedHealthcare UHC | UB  
It is normal to be an imperfect being. Everyone has struggles, low moments, or even sometimes have to divert off course due to unexpected life events. But when it’s your own thoughts and feelings that are impeding your ability to achieve what you define as "satisfaction" in life- you must take the time to stop, reflect, and possibly change either your approach or alter your perspective. Feel free to book a consultation. However, you do not have to engage a consultation to schedule an in-person session. https://www.timetrade.com/book/3FLKG  
Whether its your views on money, how you perceive life (past, present and future), how you view yourself in context with others, how you relate to others (partners and peers), how you see yourself as a parent, how you feel you have been perceived in the workplace,....let's talk.  
We offer a 15 min FREE phone consultation in which you can self-schedule by accessing our website. The consultation serves to offer you an opportunity to ask questions about our practice and determine whether we are a fit. We do not engage in counseling via the consultation. |
| **Location**  
Ince Counseling  
1717 Rhode Island Avenue  
Suite 620  
Washington, DC 20036  
833-968-8255  
Website  
info@incecounseling.com |  |  |
| **Specialties**  
Anxiety  
Trauma and PTSD  
Depression |  |  |
| **Over the Rainbow, LLC**  
Licensed Professional Counselor, PsyD, LPC, LCPC, EAS-C | **Finances**  
Cost per Session: $50 - $200  
Sliding Scale: Yes  
Pay By: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Visa |
|---|---|
| **Location**  
Over the Rainbow, LLC  
1801 Columbia Rd NW  
Suite 102  
Washington, DC 20009  
202-506-3240  
Website  
OTR@overtherainbowllc.com | **Accepted Insurance Plans**  
Aetna, AmeriHealth, Anthem, BCBS | BlueCross and BlueShield, Blue Cross, Blue Shield, CareFirst, Cigna, Coventry, Humana, Magellan, TRICARE, Tricare Certified Out of Network  
The mission of OTR is to provide ethical and professional clinical services to those overcoming trauma and those struggling within their self and relationships. OTR’s commitment to our patients is to empower, support, and guide them on a journey of healing and growth. Our clinicians are integrative in their treatment approaches in order to effectively meet our patients’ needs. Licensed to practice in VA, DC, and MD. We do at times have a wait for new clients due to most cases being long term. Please let us know if you are public safety/first responder, or deploying or leaving for assignment soon for further intake information.  
OTR provides treatment using an integrated approach that best fits each person with a psychodynamic, family systems or cognitive behavioral framework. OTR provides clinical training/supervision & contract services to outside agencies. Also specializing in public safety & humanitarian aid workers and EAS-C certified (Employee Assistance Specialist-Clinical). |
| **Specialties**  
Trauma and PTSD  
Domestic Abuse  
Relationship Issues  
Ethnicity: Black and African American |  |
| **Barbara J. Brown**  
Psychologist, PhD | **Finances**  
Cost per Session: $200 - $250  
Sliding Scale: Yes  
Pay By: American Express, Cash, Check, Discover, Mastercard, Visa |
|---|---|
| **Location**  
Capitol Hill Consortium for Counseling & Consultation  
650 Pennsylvania Avenue, SE  
Suite 440  
Washington, DC 20003  
(202) 544-5440  
capitolhillmentalhealth@gmail.com  
Website | **Accepted Insurance Plans**  
APS Healthcare, Aetna | Aetna Coventry, AmeriHealth, Amerigroup, BCBS | BlueCross and BlueShield, Beacon | Beacon Health Options, Beech Street, CareFirst, Cigna, Coventry, Health Net, Kaiser (Out-of-Network), Low fee therapy clinic, MHN | Health Net, Magellan, Military OneSource, MultiPlan, NCPPO, PHCS Network, UnitedHealthcare UHC | UBH, Out of Network |
| **Specialties**  
Trauma and PTSD  
Depression  
Relationship Issues | Founder of Capitol Hill Consortium for Counseling & Consultation. We have a multicultural staff to serve children, adolescents, and adults. We believe that psychotherapy is one of the most precious gifts you can give yourself. It is the process of self-discovery, self-enlightenment, and self-empowerment. We focus on the whole person and the bio-psycho-social-spiritual aspects of the self. Those who have undergone the process are often healthier than those who have not. Visit our website ccccmentalhealth.com or call 202-544-5440 for an appointment.  
Our outpatient mental health psychotherapy practice provides individual, couples, family, and group psychotherapy for children, adolescents, and adults across the life span. We believe strongly in serving the needs of the community and accept most insurances. We have 3 locations: Capitol Hill in DC, Crystal City, VA, and Annapolis, MD. |

| **Nina Boyd**  
Licensed Professional Counselor, LPC | **Finances**  
Cost per Session: $125 |
|---|---|
| **Location**  
1710 Rhode Island Ave NW, Washington DC, 20036  
202-787-1979  
Website | **Accepted Insurance Plans**  
Aetna, CareFirst, BCBS Blue Cross and BlueShield |
| **Specialties**  
Relationship Issues  
Depression  
Anxiety | I offer counseling tailored to the unique needs of the individuals I serve. My specialty areas include trauma healing, anxiety, depression, life stressors, transitions, increasing mindfulness, and self-esteem. I also support clients with relationship and communication difficulties. Alongside traditional therapy methods, I offer Expressive Arts Therapy which involves using a mix of media such as music, writing, film, books/stories, art, dance/movement, games, play, and other media to conduct therapy and connect with clients.  
I am a strong believer in therapy being a collaborative, healing, and restorative experience. I welcome the unique qualities that make up each individual and believe that these “unusual” qualities are hidden strengths that can be honed to navigate life in a healthy, manageable way.  
I am experienced in providing therapy to adolescents, young adults, adults, and family using creative approaches tailored to each individual. I pride myself in being multiculturally sensitive, a kink-affirming therapist, and an LGBTQ+ advocate. All sessions currently take place virtually. Currently have openings for new clients with morning availability. |

| Joanne Frederick | Finances  
| Licensed Professional Counselor, EdD, NCC, LPC, LCPC | Cost per Session: $150 - $180  
| Location | Sliding Scale: Yes  
| JFL & Associates Counseling Services, LLC  
| 1050 Connecticut Ave  
| Washington, DC 20036  
| (301) 686-7420 | Pay By: American Express, Cash, Check, Health Savings Account, Mastercard, Paypal, Visa  
| Website | Accepted Insurance Plans  
|  | Aetna, BCBS | BlueCross and BlueShield, Blue Cross, Blue Shield, CareFirst, Cigna, Out of Network  
| Specialties  
| Depression  
| Anxiety  
| HIV/AIDS | Are you feeling stressed out or overwhelmed? I can work with you to explore emotional, behavioral, and relational problems. I specialize in the areas of depression, anxiety, and relationships.  
| My approach to therapy is Cognitive Behavioral and Humanistic. I focus on your goals and together we form a relationship that is supportive, reflective and honest. I have 22 years of counseling experience and have trained others to become effective counselors and therapists.  
| I believe that everyone needs emotional support and guidance at some point in their life. Now is the time for you to receive that support. I am ready and interested in working with you!  
| Sudha Purihella  
| Licensed Professional Counselor, LPC | Finances  
| Location | Cost per Session: $150 - $160  
| 1629 K Street Northwest  
| Suite 300  
| Washington, DC 20006  
| Website | Pay By: Cash, Health Savings Account, Mastercard, Paypal, Visa  
| 703-349-2772  
| info@sahayatherapy.com | Accepted Insurance Plans  
| Aetna, BCBS | BlueCross and BlueShield, Blue Cross, Blue Shield, CareFirst, Cigna, ComPsych, Humana, Optum, UHC UnitedHealthcare | UBH United Behavioral Health  
| Specialties  
| Anxiety  
| Depression  
| Marital and Premarital | I believe that each individual that seeks therapy makes an important decision to create a change. I understand that asking for help and taking the first step feels difficult. I am qualified with professional and life experience for 30 years to assist you in making the desired change. I am sincerely committed, enthusiastic, dedicated, and available to assist you to take charge and create that positive desired outcome to discover the road to recovery. My mission is to provide quality psychotherapy and recovery services for late teens, adults, couples, and families for them to reach their fullest potential and personal growth.  
| I specialize in Individual, Marriage, and Family Therapy serving late teens, adults, couples suffering from psychological, substance use issues and co-occurring disorders. My treatment modalities are HIPAA compliant, sincere and with a distinctive style. My approach is Client-centered, Humanistic, Solution-Focused, Psychodynamic, and Cognitive Behavioral.  
| In my approach to Individual Psychotherapy, I empathize and understand the perception of what can seem like a daunting task to speak about painful memories from your past. In my practice, I believe in establishing initial rapport and focus on safety and security first, then gradually Individualize my work with the client to create the desired change.  

**M&K Counseling Associates Inc**  
Licensed Professional Counselor, LPC-DC, LPC-VA, LCPC-MD  

**Location**  
M&K Counseling Associates  
4414 5th St. NW  
Washington DC, 20011 (202) 670-3017  
support@mkcounselingdc.com  

**Website**  

**Specialties**  
Anxiety  
Depression  
Relationship Issues  

**Finances**  
Cost per Session: $250+  
Sliding Scale: Yes  
Pay By: Cash, Check, Mastercard, Paypal, Visa  

**Accepted Insurance Plans**  
Aetna, BCBS | BlueCross and BlueShield, Blue Cross, Blue Shield, CareFirst, Cigna, Optum, UnitedHealthcare UHC | UBH, Out of Network  

M&K Counseling Associates Inc is a psychotherapy group practice in DC and VA. The goal of our practice is to improve functioning and mental well-being for adults, youth, couples, and families in the DMV area. Individualized services are available to meet most client needs including services for: depression, anxiety, stress, trauma, mental disorders, alcohol and substance abuse issues, career and school challenges, youth and adolescent behavioral issues, relationship issues, and life-span issues.  

We have therapists who specialize working with the following populations: LGBTQIA+ individuals, people who have English as a second language, trauma survivors, adolescents and youth, people who have autism, and individuals from diverse cultural backgrounds. We are looking forward to working with you!  

Please visit our website at https://mkcounselingdc.com/ to schedule an intake today.  

---  

**Paul B. Sheesley,**  
M.A, LPC, LCPC, LCADC  

**Location**  
1555 Connecticut Avenue Northwest  
Suite 401  
Washington, DC 20009  
(410) 245-4547  
info@paulsheesleylcpc.com  

**Website**  

**Specialties**  
Depression  
Trauma and PTSD  
Marital and Premarital  

**Finances**  
Cost per Session: $100 - $225  
Sliding Scale: Yes  
Pay By: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Visa  

**Accepted Insurance Plans**  
APS Healthcare, Aetna | Aetna Coventry, Allegiance, Anthem, BCBS | BlueCross and BlueShield, BHS | Behavioral Health Systems, Beacon | Beacon Health Options, Blue Care Network, Blue Cross, Blue Shield, CareFirst, Cigna, Magellan, Medicaid, MultiPlan, Optum, UnitedHealthcare UHC | UBH, Out of Network  

Therapy isn't education, and it's not advice-giving. Because people are different, elements of therapy require different healing for different people. It's the ability to speak your mind safely to someone who listens, listens intelligently, and cares is important. I believe a successful counseling experience depends on the therapist ability to understand and respect the unique concerns, background, and context of each patient. I am committed to achieving such an understanding in every counseling relationship.  

I monitor the latest developments in my areas of expertise to ensure you receive the most effective treatment available. I work closely with patients to define specific treatment goals, tailor appropriate treatment plan, and monitor progress to ensure goals are achieved. My area of focus is working with individuals, couples, and families.  

My work with individuals, couples, and families is drawn from psychodynamic, emotionally focused, cognitive behavioral theories using a variety of thoughtful and targeted interventions. My clinical work also draws on schema therapy as an effective treatment approach to both individuals and couples.
| **Erik Norman**  
Resident in Counseling, MA, QMHP-A, RIC | **Finances**  
Pay By: Mastercard, Visa |
|---|---|
| **Location**  
Better Morning Inc.  
4545 42nd Street Northwest  
Ste 105  
Washington, DC 20007  
[Website](#)  
202-536-4414  
[contact@bettermorninginc.com](mailto:contact@bettermorninginc.com) | **Accepted Insurance Plans**  
Aetna | Aetna Coventry, Anthem, BCBS | BlueCross and BlueShield, BHS | Behavioral Health Systems, Beacon | Beacon Health Options, Blue Cross, Blue Shield, CareFirst, Cigna, ComPsych, Coventry, GEHA, Health Net, HealthKeepers, Humana, MHN | Health Net, MHNet Behavioral Health, Magellan, Medicaid, Medicare, Military, OneSource, MultiPlan, Optima, Optum, TRICARE, UnitedHealthcare UHC | UBH, Virginia Premier |
| **Specialties**  
Anxiety  
Depression  
Coping Skills | |

I will work with you to achieve healthy relationships with yourself, family and friends. I will also assist you in understanding your diagnosis, medications, thoughts and other key factors to help you better navigate through life’s ups and downs. I use a holistic approach to health. Ideally clients will progress and heal through therapeutic interventions including Art Therapy, CBT and meditation. Engaging in practices for holistic health are encouraged including spiritual, emotional, mental, physical and social health.

My specialty is art therapy. I have learned and completed over 100 different art therapy interventions and am continuing to learn art therapy through courses offered by Shelly Klammer. Through art therapy, person centered therapy and growing holistically. You can progress in all areas of your life and continue to do so after therapy has concluded.

I utilize Humanistic psychology and Person-Centered care with my clients. That means there is no judgement here, only a concern for meeting you where you are at and helping you get to where you want and need to be.

| **Christian Johnson**  
Clinical Social Work/Therapist, LCSW-C, LICSW | **Finances**  
Cost per Session: $99 |
|---|---|
| **Location**  
Thriveworks Counseling  
1010 Wisconsin Avenue Northwest  
Suite 340  
Washington, DC 20007  
202-221-8410  
[Website](#) | **Accepted Insurance Plans**  
Aetna | Aetna Coventry, BCBS | BlueCross and BlueShield, Beacon | Beacon Health Options, CareFirst, Cigna, ComPsych, Humana, Magellan, Medicare, MultiPlan, UnitedHealthcare UHC | UBH |
| **Specialties**  
Men's Issues  
Depression  
Stress | |

Christian Johnson is a Licensed Clinical Social Worker in Washington, DC, and the State of Maryland. He has 8 years of experience providing therapy and clinical interventions with adults, children, and families in stress management, depression, anxiety, life skills, trauma, autism spectrum disorder, and grief and loss. He completed his Bachelor(s) of Arts in Psychology and American Ethnic Studies, with a Minor in Music at the University of Washington-Seattle, and additional studies in Music Education at the University of the District of Columbia. He received his Master of Social Work from Howard University.

Christian uses person-centered, solution-focused, and cognitive-behavioral approaches to help you tell your story, and he integrates useful mindfulness and expressive arts (music and writing) interventions in his practice. You deserve to be completely heard and fully accepted. Christian wants to create a useful space with you to give your inner mind the time it deserves, and develop strategies to deal with day-to-day discomfort as you work toward being the best and most free version of yourself.
| Erika Bugaj | \begin{itemize} 
| Clinical Social Work/Therapist, MA, MSW, LICSW, LCSW-C | \end{itemize} |
| Location | Dandelion Psychotherapy, PLLC 4000 Albemarle St, NW Suite 500 Washington, DC 20016 |
| Website | [hello@dandelionpsychotherapy.com](mailto:hello@dandelionpsychotherapy.com) |
| Specialties | Trauma and PTSD, Anxiety, Depression |
| Finances | Cost per Session: $175 - $220 | Pay By: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Paypal, Visa |
| Accepted Insurance Plans | BCBS | BlueCross and BlueShield, Blue Cross, Blue Shield, CareFirst, Out of Network |
| I have been both a teacher and clinical social worker in various capacities. I work especially well with younger people ages 12 & up: adolescents/teens, college-age students, and young professionals. I enjoy supporting single/solo as well as partnered moms who are expectant, new, and experienced, through the perinatal period and beyond. I work with complex attachment systems, with adoptees and their families. Other groups I specialize in working with are individuals who identify as LGBTQIA, survivors of trauma, and those going through transitions such as separation/divorce. I am the director of a growing group practice comprised of therapists who provide compassionate counseling to meet the diverse needs of busy Washington, DC families raising children. We love supporting our clients via our team approach, throughout the lifespan of the family. I strive to help you find the best fit for your own journey. I see clients local to the DC/MD/VA area, in my office in Washington, DC. I am also licensed in Maryland (MD), and New York (NY) and offer video counseling services for clients residing in those states. Please text or call 202-531-5385 or email me at [erika@dandelionpsychotherapy.com](mailto:erika@dandelionpsychotherapy.com) |

| Roshni Chatterjee | \begin{itemize} 
| Licensed Professional Counselor, LPC, LCPC | \end{itemize} |
| Location | 4000 Albemarle Street Northwest Suite 200A Washington, DC 20016 |
| Website | [roshni@dandelionpsychotherapy.com](mailto:roshni@dandelionpsychotherapy.com) |
| Specialties | Anxiety, Depression, Trauma and PTSD |
| Finances | Sliding Scale: Yes | Pay By: Cash, Check, Health Savings Account |
| Accepted Insurance Plans | BlueCross and BlueShield, Cigna, Out of Network |
| I believe that every person deserves to live a rewarding, productive and symptom-free life. This can become challenging as we encounter obstacles that can often become debilitating. I offer a range of highly personalized services that address a person's specific needs at different life stages. Central to my work is helping individuals who are struggling with overwhelming life challenges or mental illnesses. Using different counseling approaches, I help them understand their barriers, and work towards a more balanced fulfilling life. I am credentialed as a Licensed Professional Counselor in DC, and MD, and a Certified Clinical Trauma Professional (CCTP). In addition I am certified in Illness Management Recovery (IMR) and Mental Health First Aid. I have extensive training in working with problems related to mental illness, addictions and am a trained specialist in trauma informed care. I am committed to offering quality services to all individuals and offer a sliding scale to include young professionals, college students and uninsured folks. I also offer weekend slots. |
| **Meg Cusack**  
Clinical Social Work/Therapist, JD, LICSW  
**Location**  
Cusack Counseling, LLC  
910 17th Street, NW  
Suite 300  
Washington, DC 20006  
[Website](http://www.cusackcounseling.com)  
(202) 441-5148  
meg@cusackcounseling.com  
**Specialties**  
Mood Disorders  
Substance Use  
Career Counseling | **Finances**  
Cost per Session: $125 - $200  
Sliding Scale: Yes  
Pay By: Cash, Check  
**Accepted Insurance Plans**  
BCBS FEP PPO and HMO, BCBS | BlueCross and BlueShield, Care First PPO and HMO, Out of Network  
My clients are often facing a full range of personal and professional challenges - I offer them a space for processing with dignity, strength and maturity. I bring to my clients objectivity, insight, candor, resourcefulness, commitment and compassion so that they work safely to relieve anxiety or stress, improve mood and physical health, re-examine career goals, enhance personal relationships, address and heal from trauma injuries, resolve serious impairment of work performance and emotional stability from addictive behaviors, strengthen personal interests and reengage in life.  
Psychotherapy is a personal and unique journey, built upon a solid and trusting relationship with a therapist. I offer my clients compassion, non-judgment and curiosity as well as unique professional and personal experience which encourages them to reflect upon beliefs and feelings so that they can experience richer lives.  
I bring to my clients professional degrees in law and social work, and have extensive and varied experience in clinical settings including the DC Bar Lawyer Assistance Program and Washington Hospital Center inpatient psychiatry, with prior professional experience as a lawyer, and Special Agent with the U.S. Secret Service.

| **Anna D'Avanzo**  
Clinical Social Work/Therapist, MSW, LICSW  
**Location**  
1808 Hobart Street Northwest  
Washington, DC 20009  
[Website](http://www.annadavanzo.com)  
**Specialties**  
Anxiety  
Depression  
Trauma and PTSD | **Finances**  
Cost per Session: $120 - $150  
**Accepted Insurance Plans**  
Aetna | Aetna Coventry, Optum, Out of Network  
Adolescence and young adulthood are some of the most formative and also challenging years of our lives. Your path forward might not always feel obvious or smooth. As a therapist, I provide a safe and empathetic environment for you to explore what matters to you most. The people I work with face challenges including life changes around school, college, and careers, anxiety, depression, relationship issues, family conflict, and parent-child conflict. I also have years of experience helping clients work through past trauma. I also welcome the chance to work with the family members of my clients, if that is the right fit for you. My therapy sessions are a safe and empathetic environment to explore what matters most to you right now. I utilize a combination of cognitive behavioral therapy, mindfulness, and aspects of play and art therapy in my sessions with clients of all ages. Clients often find these exercises to be both grounding and healing in our work together.  
Whatever brought you here, you are not alone in your experience. I believe strongly that therapy is one of the best ways to start healing. It can be intimidating to start with a new therapist – I invite you to give me a call so we can get to know each other and see if we’ll be a good fit. I am based in Washington DC and currently offering virtual sessions.
| **Orna Goldwater, PhD**  
Psychologist, PhD, HSP | **Finances**  
Cost per Session: $175 - $250  
Sliding Scale: Yes  
Pay By: Cash, Check, Health Savings Account, Mastercard, Paypal, Visa |
|------------------------|------------------------|
| **Location**  
Orna Goldwater, PhD  
(Teletherapy Practice)  
1629 K Street  
Suite 300  
Washington, DC 20006  
202-299-4009  
[Website](#) | **Accepted Insurance Plans**  
Aetna | Aetna Coventry, BlueCross and BlueShield, Medicare, Medicare Patients are required to pay a full CoPay, Out of Network |
| **Specialties**  
Depression  
Trauma and PTSD  
Family Conflict | **I** am a Collaborative Psychologist, working with individuals, families, and couples. I treat Depression, postpartum, marital conflicts, and I coach parents to enhance parenting skills. Therapy works when we develop complete honesty, mutual respect, optimism, and realistic goals. I use Mindfulness, Emotionally Focused Therapy (EFT), and nonverbal tools to treat trauma and anxiety. In response to COVID-19 I am expanding my work using Tele-Psychology. In order to access this feature: text me at: 202-299-4009 or go to [https://orna-goldwater.clientsecure.me](https://orna-goldwater.clientsecure.me) |
| | **I** treat mental health problems and coach patients to develop skills that are needed to enhance life. I work in the context relationships since: problems whether learned or inherited, impact more than one person. Pessimism, hopelessness, and passivity maintain problems. Learned Optimism and active problem solving provide opportunities for change. **Sense of humor is a valuable tool I use. Humor can help develop creativity and flexibility. When we approach our reality with humility and humor, we can experience gratitude, compassion, acceptance, and forgiveness for self, others as well as the universe. I see problems as opportunities to learn and expand our skills.** |

| **Becky Granatstein**  
Clinical Social Work/Therapist, LCSW-C | **Finances**  
Sliding Scale: Yes |
|------------------------|------------------------|
| **Location**  
A Caring Place  
13508 Rippling Brook Drive  
Silver Spring, MD 20906  
301-379-8983  
[ACaringPlace@aol.com](mailto:ACaringPlace@aol.com)  
[Website](#) | **Accepted Insurance Plans**  
Aetna | Aetna Coventry, Anthem, Beacon Health Options, BlueCross and BlueShield, CareFirst, Cigna, GEHA, Magellan, MultiPlan, Optum, UnitedHealthcare UHC | UBH |
| **Specialties**  
Anxiety  
Self Esteem  
Depression | **My clients tell me that I am a down to earth, shock proof therapist who genuinely cares... I have been doing therapy for many years so I can tailor therapy to your individual needs.... I help reduce depression, anxiety, social isolation and teach skills to better handle life's stresses. We may take a cognitive behavioral approach or an arts based approach to improving the quality of your life.... Help is on the way!** |
| | **Please go to my website: [www. ACaringPlace.info](http://www.ACaringPlace.info) to see what clients are saying. I help people who have relationship issues. I help people who are depressed. I help people with life adjustment issues. I help people look at life.** |
| | **Easy free parking. Very Relaxed. Informal. Nonjudgmental. Previous practice in residential treatment center.** |
**Micki Duran**  
Pre-Licensed Professional, LGPC, Med, MA  

**Location**  
Reignite Psychological & Consulting Services, LLC  
2001 Benning Road Northeast  
Washington, DC 20002  
[Website](#)  

**Specialties**  
Depression  
Anxiety  
Life Transitions  

---  

**Finances**  
Cost per Session: $175 - $250  
Sliding Scale: Yes  
Pay By: American Express, Cash, Check, Health Savings Account, Mastercard, Visa  

**Accepted Insurance Plans**  
AmeriHealth, CareFirst, Cigna, Humana, Medicaid, Medicare, Optum, TRICARE, UnitedHealthcare UHC | UBH  

I work with clients who are navigating discovering who they are as a person; who struggle with being heard or expressing themselves in interpersonal relationships; who have had difficult experiences that may make them feel overwhelmed to think of, let alone discuss. It can be difficult to even know where to start, and that is okay. I commend and welcome clients who are taking that first unsure step in therapy, or are continuing treatment to continue their journey towards a more fulfilling and enjoyable life.  

I strive to understand a person through their experiences, their own thoughts and feelings, and external factors, which mainly is through a multicultural and feminist lens. I have experience working with LGBTQ+ individuals, veterans, and other minorities.  

Congratulations on seeking therapy, it is significant. I look forward to getting to know you and building a safe, nonjudgmental, supportive relationship to help you reach your goals.

---  

**Katie Burner**  
Clinical Social Work/Therapist, LICSW  

**Location**  
Counseling at Dupont  
1555 Connecticut Avenue, NW Suite 500 West  
Washington, DC 20036  
[Website](#)  
202-734-3703  
info@counselingatdupont.com  

**Specialties**  
Anxiety  
Depression  
Trauma/ PTSD  

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**Finances**  
Pay By: American Express, Check, Discover, Mastercard, Visa  

**Accepted Insurance Plans**  
BCBS | BlueCross and BlueShield, CareFirst  

"The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled... it is only in such moments, propelled by our discomfort, that we are likely to step out of ruts and start searching for different ways and truer answers" (M. Scott Peck). Life sometimes leaves us feeling uncomfortable, unhappy, or unfulfilled. When you struggle with knowing how to change, therapy can provide a safe environment where you recognize your strengths and learn skills to make the changes you desire  

I am a Licensed Independent Clinical Social Worker (LICSW) with over seven years of experience in counseling adults. I specialize in issues of anxiety, depression, work-stress, relationship-stress, attachment issues, addictions, and trauma.  

My therapeutic approach is to create a compassionate and non-judgmental space to address the difficulties that brought you to therapy. I use a number of therapeutic modalities to tailor therapy to your needs, and will work alongside you to create meaningful goals.
Monica P. Band  
Licensed Professional Counselor, CRC, NCC, ACS, CCC, CCCE  
Location  
Mindful Healing Counseling Services, LLC  
20 F Street Northeast  
Office 722 & 757  
Washington, DC 20002  
Website  
(571) 549-1226  
drmonicapband@gmail.com  
Specialties  
Anxiety  
Relationship Issues  
Trauma and PTSD  
Finances  
Cost per Session: $165 - $200  
Sliding Scale: Yes  
Pay By: American Express, Cash, Check, Discover, Mastercard, Visa  
Accepted Insurance Plans  
Blue Cross, Blue Shield, BlueCross and BlueShield, CareFirst, TRICARE  
The mind and body are connected. Sometimes, our body will tell us something is wrong before we allow ourselves to feel it. I specialize in providing counseling for grief, loss, anxiety, depression, and relationship issues with a focus on this connection. I help individuals and couples heal from difficult and past trauma. I also offer career counseling services. Above all, I value our therapeutic relationship and your culture. I take time and care in getting to know what's important to you. I provide both in-person and telehealth counseling for the Virginia and Washington D.C. communities.  
I use mindfulness, humanistic, psychodynamic, and existential techniques. This requires us to explore past feelings and patterns. My goal is to collaboratively work with you to explore and challenge your unwanted feelings, negative/intrusive thoughts, and destructive behaviors to help you move forward in your relationships, work, and personal life.  
I have served the greater Northern Virginia area for 10 years as a mental health professional. I have worked in crisis, community based, and university settings. I am also a Clinical Supervisor in which I teach and supervise graduate students becoming future counselors.

Therapeutic Links Behavioral Health Services  
Elizabeth Mohler  
Clinical Social Work/Therapist, LICSW  
Location  
2000 P St. NW  
Suite 410  
Washington, DC 20036  
(202) 644-8904  
info@tlinksdc.com  
Website  
Specialties  
Anxiety  
Depression  
Trauma and PTSD  
Finances  
Cost per Session: $150 - $250  
Pay By: American Express, Discover, Health Savings Account, Mastercard, Visa  
Accepted Insurance Plans  
AmeriHealth, Amerigroup, Anthem, Blue Cross, Blue Shield, BlueCross and BlueShield, CareFirst, CareFirst BlueChoice, Cigna, Out of Network  
Have you experienced a recent or past traumatic event? Do you have trouble expressing how you feel? I have advanced training in working with survivors of trauma, and extensive experience working with families who struggle to communicate effectively. I use the therapeutic relationship to create a safe space for clients to explore thoughts and feelings in order to set goals and move forward. Primarily using Cognitive Behavioral Therapy (CBT) and Mindfulness techniques, individuals are able to heal from past experiences and to lead satisfying and productive lives.  
I am a member of a dynamic team at Therapeutic Links. We have a staff of licensed therapists and counselors who provide specific experience and expertise on a wide range of issues and specialties. Visit us at www.tlinksdc.com.  
Call or email us today to schedule your appointment! Weekend and Evening Appointments are available.
<table>
<thead>
<tr>
<th>Aisha Marie Martin</th>
<th>Finances</th>
</tr>
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<tr>
<td>Clinical Social Work/Therapist, LICSW, LCSW-C, MSW</td>
<td>Cost per Session: $150 - $250</td>
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<tr>
<td><strong>Location</strong></td>
<td>Pay By: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Visa (There is a $5 fee for credit card and debit card transactions)</td>
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<tr>
<td>Woodley Park Clinical Services</td>
<td><strong>Accepted Insurance Plans</strong></td>
</tr>
<tr>
<td>3000 Connecticut Ave, NW</td>
<td>Aetna</td>
</tr>
<tr>
<td>Suite 410</td>
<td>I believe everyone has the ability to learn new ways to cope and view their personal situation differently. Therapy is a place where you can access your most authentic self and allow the therapeutic process to guide healing. Through creating a safe, comfortable and trusting environment clients will be able to share honestly and receive genuine feedback. My approach is supportive and client centered. You are the expert of your past and together we will explore patterns of thoughts, feelings and behaviors to establish improved ways of being and building relationships with others to help shape your future. I offer individual, couples and family therapy. I work with children and adults. Through my work with elementary school students, I am able to reach younger children through play therapy and sandtray therapy. I am also trained in CBT, Grief and Trauma Interventions and Solution Focused Therapies. I specialize in group therapy and provide supervision. About me: I hold an MSW in Social Work from Rutgers University in 2001 where I specialized in children and families. I am licensed in Maryland and the District of Columbia. I look forward to working the children, individuals and families to help foster personal growth.</td>
</tr>
<tr>
<td>Washington, DC 20008</td>
<td><strong>Website</strong></td>
</tr>
<tr>
<td><a href="mailto:info@woodleyparkclinical.com">info@woodleyparkclinical.com</a></td>
<td>Washington Psychological Wellness is passionate about helping people live the lives they have envisioned by bringing values of honesty, kindness, humor and compassion to the practice. Therapy can inspire change, create greater self-awareness and improve one’s life and relationships. Our clinicians provide a comfortable and collaborative environment in which you can take risks and explore different ways of thinking, feeling and being. Our aim is to help you gain clarity about the underlying causes of problems, provide strategies to help you cope and empower you to trust your inner voice and live each day authentically. Our clinicians see individuals for a range of issues including anxiety, depression, unsatisfying relationships, LGBTQ issues, overwhelming emotions, self-esteem, academic challenges, family discord, lack of motivation as well as workplace challenges. We also specialize in conducting individually tailored psychological assessments, evaluations and reports. We believe in the uniqueness of each individual. Together, we will draw on integrative and holistic therapy approaches to find the best solutions to meet your goals. In your sessions, we will address daily obstacles, unconscious emotional challenges, and learn to confront our negative thoughts. Feel free to contact us for a complimentary phone consultation!</td>
</tr>
<tr>
<td>202-248-3382</td>
<td><strong>Specialties</strong></td>
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<tr>
<td>240-670-4052</td>
<td>Child/Adult</td>
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<td><strong>Website</strong></td>
<td>Anxiety</td>
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<td><strong>Website</strong></td>
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<td>Psychotherapy and Assessments</td>
<td>Cost per Session: $125 - $220</td>
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<tr>
<td>845-F Quince Orchard Boulevard</td>
<td>Pay By: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Paypal, Visa</td>
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<tr>
<td>Gaithersburg, MD 20878</td>
<td><strong>Accepted Insurance Plans</strong></td>
</tr>
<tr>
<td>(301) 769-5878</td>
<td>Blue Cross, Blue Shield, BlueCross and BlueShield, CareFirst, Out of Network</td>
</tr>
<tr>
<td><a href="mailto:info@washington-pyschwellness.com">info@washington-pyschwellness.com</a></td>
<td>Washington Psychological Wellness is passionate about helping people live the lives they have envisioned by bringing values of honesty, kindness, humor and compassion to the practice. Therapy can inspire change, create greater self-awareness and improve one’s life and relationships. Our clinicians provide a comfortable and collaborative environment in which you can take risks and explore different ways of thinking, feeling and being. Our aim is to help you gain clarity about the underlying causes of problems, provide strategies to help you cope and empower you to trust your inner voice and live each day authentically. Our clinicians see individuals for a range of issues including anxiety, depression, unsatisfying relationships, LGBTQ issues, overwhelming emotions, self-esteem, academic challenges, family discord, lack of motivation as well as workplace challenges. We also specialize in conducting individually tailored psychological assessments, evaluations and reports. We believe in the uniqueness of each individual. Together, we will draw on integrative and holistic therapy approaches to find the best solutions to meet your goals. In your sessions, we will address daily obstacles, unconscious emotional challenges, and learn to confront our negative thoughts. Feel free to contact us for a complimentary phone consultation!</td>
</tr>
<tr>
<td><strong>Specialties</strong></td>
<td>Anxiety</td>
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<tr>
<td></td>
<td>Depression</td>
</tr>
<tr>
<td></td>
<td>Life Transitions</td>
</tr>
</tbody>
</table>
Your health and well-being is a lifelong journey and we have dedicated our practice to support our clients at all ages and stages of human development. We provide therapy services across the lifespan: to children, teens, and adults. Our experienced team of psychologists and clinical social workers have varied specialties and use integrated and individualized approaches to best serve the needs of each client. We are highly trained professionals with expertise in the areas of human behavior, mental health assessment, cognitive and diagnostic testing, and behavior change.

We work with patients of all ages to help them experience less distress, make good decisions, manage stress, communicate more effectively, enjoy healthy relationships, and adapt well to the demands of their lives.

Counseling or psychotherapy is the practice of spending private time with a trained therapist to help diagnose and treat mental and emotional problems, to promote personal integration and growth during difficult times, or to address the effects of losses and traumas from many years passed. Therapy can take various forms—cognitive behavioral therapy (CBT), mindfulness-based cognitive therapy, Acceptance and Commitment Therapy (ACT) psychodynamic therapy, expressive/play therapy, or a combination of these—but at the center of each is the safe, caring and supportive relationship between a mental health professional and their client.

Reach out to one of our therapists, Ms. Claudia Bailey, Dr. Karen Fitzgerald, Dr. Travis Flower, Dr. Brian Levine, Ms. Rita Romano, Dr. Yorvska Salazar, Dr. Valerie Ward
| **Washington Nutrition and Counseling Group** |
| **Clinical Social Work/Therapist, LCSW** |

**Location**
Washington Nutrition & Counseling Group, LLC
1200 G Street Northwest
Suite 800
Washington, DC 20005
[info@washnutrition.com](mailto:info@washnutrition.com)

**Website**
703-552-2722

**Specialties**
- Anxiety
- Depression
- Eating Concerns

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| **Finances** |

Our Mental Health Therapists are preferred providers with Aetna, BCBS and United Healthcare. Our Registered Dietitian Nutritionists are all preferred providers with Aetna, BCBS, Medicare, United Healthcare, and Cigna. Most of these plans have mental health and nutrition benefits. For more details about your benefits, including number of sessions covered, co-pays and deductibles information, please contact your insurance company. Please note that the type of nutrition or mental health therapy coverage you have will depend on your specific plan contracted by your employer.

**Accepted Insurance Plans**
Aetna | Aetna Coventry, Anthem, BCBS | BlueCross and BlueShield Beacon | Beacon Health Options, Blue Cross, Blue Shield, CareFirst GEHA, MultiPlan, Optum, UnitedHealthcare UHC | UBH, Out of Network

Are you struggling with depression, anxiety, bipolar disorder, or have experienced trauma? Have you self-medicated in an attempt to manage your emotions? You can expect supportive, practical help in overcoming trauma, the treatment of mood disorders, and recovery from substance abuse and behavioral addictions. Therapy will be tailored to your needs, using the tools that work best for you, including Acceptance and Commitment Therapy (ACT), Cognitive Restructuring (a core technique from Cognitive Behavioral Therapy), and learning stress reduction skills. In therapy, you can build lasting alternatives to unhealthy family dynamics.

In therapy, you will be heard. We will work to unlock your potential and meet your needs. As we identifying and reduce the beliefs and behaviors that are holding you back you can start moving forward. Stress reduction is an important part of emotional wellness. Bentley can help you manage anxiety through the practice of meditation, Tai Chi, and Yoga.

In therapy, you can expect to be seen as a full, whole person - and to get practical, holistic help on your path to personal growth and healing. Outside of the office, I am involved in the visual arts and music. I will help you tap your creativity and strengths to build a healthy sense of self. Reach out today and start your journey. I am here to help.
If you don’t know where to start—ThriveWorks might be a good match for you!

**Thrive Works DC, VA, and MD**

[https://thriveworks.com/](https://thriveworks.com/)

Find a Counselor

**Locations**

**Washington DC**

202-221-8410

Georgetown, Metro Center, Union Station

[Schedule in DC Here](#)

**Virginia**

804-552-5015

[Schedule in VA Here](#)

Alexandria, Alexandria (Franconia), Arlington, Blacksburg, Charlottesville, Charlottesville (Downtown), Chesapeake, Chesterfield, Fredericksburg, Hanover, Harrisonburg, Lynchburg, Manassas, McLean, McLean (Elm Street), Midlothian, Newport News, Norfolk, Reston, Richmond, Richmond (Shockoe Bottom), Richmond (West Broad Street), Roanoke, Short Pump, Sterling, Virginia Beach, Virginia Beach (Great Neck), Williamsburg, Woodbridge

**Maryland**

410-881-6922

[Schedule in MD Here](#)

Annapolis, Baltimore, Baltimore (Boston Street), Baltimore (Midtown), Bethesda, Columbia, Frederick, Germantown, Glen Burnie, Nottingham, Owings Mills, Silver Spring, Towson

**Finances**

We are in network with most insurance plans. If we accept your insurance, the out-of-pocket cost is typically just a copay.

Usually $15-$40 per session (most commonly $20).

If you’re not using insurance, fees range from ~$65-$140 per session.

At Thriveworks, we also have an enrollment fee to cover premium services that insurance won’t pay for.

Enrollment fees varies by office, but the most common price is $99 for the first month, and then just $10 a month ongoing.

**Accepted Insurances**

*Dependent on individual therapists*

Blue Cross

Anthem

Optum

United Healthcare

Aetna

Cigna

Humana

Medicaid

and many others

**Services Offered**

Addiction Counseling

Anxiety and Depression Therapy

Child Therapy

Couples Therapy

Christian Counseling

Life Coaching

Psychologists

Medication Management

Trauma Therapy

Both teletherapy and in person sessions available depending on location.
How to Find a Therapist 101

Section 7

Minority Resources
<table>
<thead>
<tr>
<th>Practice Name</th>
<th>Areas Served</th>
<th>Insurance</th>
<th>Phone Number</th>
<th>Email</th>
<th>Website</th>
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<tr>
<td>The Therapy Nook</td>
<td>MD</td>
<td>CareFirst, BCBS</td>
<td>301-535-1239</td>
<td><a href="mailto:tyra@thetherapynook.com">tyra@thetherapynook.com</a></td>
<td><a href="http://www.thetherapynook.com">www.thetherapynook.com</a></td>
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<tr>
<td>Higher Ground Behavioral Health</td>
<td>VA</td>
<td>Anthem, Optima, Optima, VA Premiere, and Cigna</td>
<td>804-220-5600</td>
<td><a href="mailto:dhuntam@healingreflections2021.com">dhuntam@healingreflections2021.com</a></td>
<td>healingreflections2021.com</td>
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<tr>
<td>Therapeutic Counseling &amp; Consulting</td>
<td>VA</td>
<td>Aetna, Anthem, Cigna, Optima, UHC, Medicaid</td>
<td>804-322-9955</td>
<td><a href="mailto:appointment@therapeuticcounseling.org">appointment@therapeuticcounseling.org</a></td>
<td><a href="http://www.therapeuticcounseling.org">www.therapeuticcounseling.org</a></td>
</tr>
<tr>
<td>Amplify Counseling</td>
<td>VA</td>
<td>Self Pay</td>
<td>800-799-7233</td>
<td><a href="mailto:moreinfo@amplifycounselingandcoaching.com">moreinfo@amplifycounselingandcoaching.com</a></td>
<td><a href="http://www.amplifycounselingandcoaching.com">www.amplifycounselingandcoaching.com</a></td>
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<tr>
<td>Reynolds &amp; Rubino</td>
<td>VA</td>
<td>BCBS PPO, Anthem PPO, CareFirst</td>
<td>703-547-3509</td>
<td>-</td>
<td><a href="http://www.rpsychgroup.com">www.rpsychgroup.com</a></td>
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<tr>
<td>The Butterfly Group</td>
<td>DC</td>
<td>BCBS, Anthem</td>
<td>202-780-7359</td>
<td>-</td>
<td><a href="https://thebutterflygroup.clientsecure.us">https://thebutterflygroup.clientsecure.us</a></td>
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<tr>
<td>FIT Counseling</td>
<td>DC/MD/VA</td>
<td>Self Pay</td>
<td>301-661-3481</td>
<td>-</td>
<td>fit-counseling.com</td>
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<tr>
<td>Methods Therapy, LLC</td>
<td>MD</td>
<td>CareFirst, UHC, Cigna</td>
<td>301-899-6222</td>
<td><a href="mailto:admin@methodstherapyllc.com">admin@methodstherapyllc.com</a></td>
<td><a href="http://www.methodstherapyllc.com">www.methodstherapyllc.com</a></td>
</tr>
<tr>
<td>Joie de Vivre Therapy</td>
<td>MD/VA</td>
<td>Self Pay</td>
<td>410-973-7639</td>
<td><a href="mailto:erickaleonard@joiedevivretherapy.com">erickaleonard@joiedevivretherapy.com</a></td>
<td><a href="http://www.joiedevivretherapy.com">www.joiedevivretherapy.com</a></td>
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<tr>
<td>CART</td>
<td>DC/MD/VA</td>
<td>Optum(UHC), Highmark (BCBS)</td>
<td>267-270-2340</td>
<td>-</td>
<td>landonfreeman.com</td>
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<td>iRise Behavioral Health</td>
<td>DC/MD</td>
<td>MD Medicaid, CareFirst, Sliding Scale</td>
<td>301-351-0035</td>
<td><a href="mailto:admin@irishebh.com">admin@irishebh.com</a></td>
<td>irisebh.com</td>
</tr>
<tr>
<td>Landon-Freeman</td>
<td>DC/MD/VA</td>
<td>UHC, Aetna, BCBS</td>
<td>267-270-2340</td>
<td>-</td>
<td>landonfreeman.com</td>
</tr>
<tr>
<td>Eirene Counseling</td>
<td>VA</td>
<td>Anthem, Aetna, Cigna, Optum, EAP</td>
<td>804-237-0358</td>
<td><a href="mailto:info@eirenecounseling.com">info@eirenecounseling.com</a></td>
<td><a href="http://www.eirenecounseling.com">www.eirenecounseling.com</a></td>
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<tr>
<td>Reflections Counseling &amp; Consulting</td>
<td>MD</td>
<td>BCBS</td>
<td>410-849-9485</td>
<td><a href="mailto:info@reflectionllc.org">info@reflectionllc.org</a></td>
<td><a href="http://www.reflectionllc.org">www.reflectionllc.org</a></td>
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<tr>
<td>Traphouse Therapy</td>
<td>MD/DC/VA</td>
<td>Carefirst BCBS, John Hopkins EHP, Cigna</td>
<td>240-200-4068</td>
<td><a href="mailto:Ishears@traphousetherapy.com">Ishears@traphousetherapy.com</a></td>
<td><a href="http://www.traphousetherapy.com">www.traphousetherapy.com</a></td>
</tr>
<tr>
<td>Think Happy Live Healthy</td>
<td>VA</td>
<td>United, BCBS</td>
<td>703-942-9745</td>
<td><a href="mailto:info@thinkhappylivehealthy.com">info@thinkhappylivehealthy.com</a></td>
<td><a href="http://www.thinkhappylivehealthy.com">www.thinkhappylivehealthy.com</a></td>
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<td>Transformation Space Therapeutic Services, LLC</td>
<td>VA</td>
<td>UHC, Anthem BCBS, Cigna</td>
<td>571-308-3572</td>
<td><a href="mailto:kthomas@transformationspacetherapeuticservices.com">kthomas@transformationspacetherapeuticservices.com</a></td>
<td><a href="http://www.transformationspacetherapeuticservices.com">www.transformationspacetherapeuticservices.com</a></td>
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<tr>
<td>Center for Inclusive Therapy &amp; Wellness</td>
<td>DC/MD +32 states</td>
<td>Self Pay</td>
<td>678-561-4187</td>
<td><a href="mailto:e.inclusivetherapywellness@gmail.com">e.inclusivetherapywellness@gmail.com</a></td>
<td><a href="http://www.inclusivetherapywellness.com">www.inclusivetherapywellness.com</a></td>
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<tr>
<td>Guiding Insight, LLC</td>
<td>DC/MD/VA</td>
<td>Self Pay</td>
<td>-</td>
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<td><a href="http://www.guidinginsightllc.com">www.guidinginsightllc.com</a></td>
</tr>
<tr>
<td>Shrink Me Not, LLC</td>
<td>DC</td>
<td>Cigna, BCBC Carefirst, Self Pay</td>
<td>202-810-9249</td>
<td><a href="mailto:infornot@shrinkmenot.com">infornot@shrinkmenot.com</a></td>
<td><a href="http://www.shrinkmenot.com">www.shrinkmenot.com</a></td>
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<tr>
<td>Embraced Strength Therapy Services</td>
<td>DC/MD</td>
<td>Carefirst, John Hopkins, Cigna, EAP</td>
<td>240-855-5428</td>
<td><a href="mailto:tifani@embracedstrength.com">tifani@embracedstrength.com</a></td>
<td><a href="http://www.embracedstrength.com">www.embracedstrength.com</a></td>
</tr>
<tr>
<td>Believe Psychological &amp; Consulting Services</td>
<td>DC/MD</td>
<td>Anthem HMO/PPO, Carefirst</td>
<td>540-212-9708</td>
<td><a href="mailto:drbatts@believepsyce.com">drbatts@believepsyce.com</a></td>
<td><a href="http://www.believepsyce.com">www.believepsyce.com</a></td>
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<tr>
<td>Master Plan Therapy</td>
<td>VA</td>
<td>Self Pay/LoveLand &amp; Lynn Clients</td>
<td>703-982-0918</td>
<td><a href="mailto:hello@masterplanttherapy.com">hello@masterplanttherapy.com</a></td>
<td><a href="http://www.masterplanttherapy.com">www.masterplanttherapy.com</a></td>
</tr>
<tr>
<td>Nancy Crespo-Richardson</td>
<td>VA</td>
<td>Anthem, BCBS, Aetna,</td>
<td>571-358-9265</td>
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<td>ncrounselingservices.com</td>
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<td>Imara Counseling Services</td>
<td>MD</td>
<td>Carefirst BCBS/Cigna</td>
<td>240-581-1500</td>
<td><a href="mailto:info@imaracounseling.com">info@imaracounseling.com</a></td>
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<td>DC/MD</td>
<td>Self Pay</td>
<td>301-892-3110</td>
<td><a href="mailto:sitwithme@amarachitherapy.com">sitwithme@amarachitherapy.com</a></td>
<td><a href="http://www.amarachitherapy.com">www.amarachitherapy.com</a></td>
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</table>
BIPOC Therapy Resources

*Are you a young person of color? Feeling down, stressed or overwhelmed? Text STEVE to 741741 and a live, trained Crisis Counselor will receive the text and respond to you quickly to provide support.*

**Virtual Directories**

- **Inclusive Therapists**: virtual directory of culturally competent and social justice-oriented therapists; includes list of therapists currently offering reduced-fee teletherapy

- **Clinicians of Color Directory**: virtual directory of mental health clinicians with diverse racial and ethnic backgrounds

- **Melanin & Mental Health Directory**: virtual directory of culturally competent mental health clinicians for Black & Latinx/Hispanic communities

- **Black Emotional And Mental Health (BEAM) Virtual Therapist Network**: Virtual directory of Black wellness providers including mental health therapists

- **Boris Lawrence Henson Foundation Resource Directory**: Virtual directory of mental health providers, programs and resource materials for the Black community

- **Black Mental Health Alliance Database**: Virtual directory of culturally competent and patient-centered licensed mental health professionals for the Black community, offering confidential referrals

- **Therapy for Black Girls Directory**: Virtual directory of culturally competent therapy providers for Black women and girls, searchable by location. Fellowships and financial assistance are available through the Loveland Foundation

- **Therapy for Black Men Directory**: Virtual directory of clinicians providing therapy for Black Men

- **My Black Therapist DMV**: Virtual directory of Black clinicians providing therapy in the DC, Maryland, and Virginia areas

- **Aakoma Project**: generating knowledge in collaboration with the BIPOC communities.

- **Inclusive Therapist**: Inclusive Therapists offers a safer, simpler way to find a culturally responsive, LGBTQ+ affirming, social justice-oriented therapist.

**Therapy Vouchers**: Many organizations provide vouchers which subsidize a significant proportion of therapy costs. Please read more about the programs to determine your eligibility.

- **The Loveland Foundation Therapy Fund** [https://thelovelandfoundation.org/loveland-therapy-fund/](https://thelovelandfoundation.org/loveland-therapy-fund/)
- Talk Naija Therapy Fund: https://talknaija.org/therapy-fund/
- Black Journalists Therapy Relief Fund: https://www.iwmf.org/bjtrf/
- A Therapist Like Me Psychotherapy Voucher Program: https://www.atherapistlikeme.org/psychotherapy-vouchers
- Free Black Therapy: https://www.freeblacktherapy.org/
- Black Men Heal: https://blackmenheal.org/individual-psychotherapy/
- Mental Health Liberation BIPOC: https://mentalhealthliberation.org/
Asian Therapy Resources

- **National Asian American Pacific Islander Mental Health Association**: List of mental health and behavioral service providers for Asian Americans, Native Hawaiians, and Pacific Islanders across 50 U.S. states

- **South Asian Mental Health Initiative & Network Provider Directory**: Virtual directory of South Asian mental health providers

- **Asian Mental Health Collective Directory**: Virtual directory of Asian, Pacific Islander, and South Asian American mental health providers

- **Asian Mental Health Project**

- **Asians For Mental Health**

- **South Asian Therapists Directory**

- **Bridges**: “Place where Asian, Pacific Islander and South Asian Americans (AAPISA) can find clinicians and other community members who have a shared cultural identity.”

- **Asian’s Do Therapy**: “This site answers a lot of questions about what to do whether you are new to the concept of therapy, or ready to begin therapy. There are also various stories of Asian Americans sharing how therapy has impacted their lives.”

- **Asian/Pacific Islander Domestic Violence Resource Project (DVRP)**

- **Asian Pride Project**: Uses storytelling for, “social justice and advocacy for Asian LGBTQ folx. On their website you'll find videos, portraits, essays and more celebrating the journeys, triumphs and struggles of LGBTQ individuals and Asian American and Pacific Islander (AAPI) families.”
BIPOC Therapy Resources

- **Inclusive Therapists**: Virtual directory of culturally competent and social justice-oriented therapists; includes list of therapists currently offering reduced-fee teletherapy

- **Clinicians of Color Directory**: Virtual directory of mental health clinicians with diverse racial and ethnic backgrounds

- **Melanin & Mental Health Directory**: Virtual directory of culturally competent mental health clinicians for Black & Latinx/Hispanic communities

  *Are you a young person of color? Feeling down, stressed or overwhelmed? Text STEVE to 741741 and a live, trained Crisis Counselor will receive the text and respond to you quickly to provide support.*

Latinx Therapy Resources

- **Therapy for Latinx**: Virtual directory of therapists for the Latinx community

- **Latinx Therapy**: Virtual directory of mental health providers for Latinx community
LGBTQ+ Therapy Resources

- **QTPoC Mental Health Practitioner Directory**: Virtual directory of mental health practitioners across the country for queer and trans people of color, provided by the National Queer and Trans Therapists of Color Network
  - Curated resources such as hotlines, online support groups, and organizations for queer and trans people of color also available

- **Resources for Members of the LGBTQ+ Community**: Virtual directory of psychiatrists, therapists, text and chat services, and online communities specifically geared towards the LGBTQ+ community, provided by NAMI Massachusetts

- **Asylum Connect Catalog**: Free virtual platform that matches LGBTQ+ asylum seekers with vetted legal, medical, mental health and social services

- **Give Us The Floor**: Nation-wide support groups for LGBTQ+ youth to build healthy connections, practice self-expression, and enhance psychological wellness

- **LGBT Hotline**: Serving the lesbian, gay, bisexual, transgender, queer and questioning community by providing free and confidential peer-support and local resources.
  - 1-888-843-4564

- **The Trevor Project**: 1-866-488-7386 or text “START” to 678678. Standard text messaging rates apply. Available 24/7/365. Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning—LGBTQ—young people under 25

- **DeHQ: LGBTQ Helpline for South Asians**

- **Whitman Walker**: Offers affirming community-based health and wellness services in DC. Multiple locations for general health, dental services, HIV/STI testing, PrEP, etc. Behavioral health services are located at 1525 14th St NW and Max Robinson Center. Services include behavioral assessments, gender affirming counseling, group psychotherapy, peer support services, substance use treatment, individual psychotherapy, and psychiatry.

- **Young Queer Women Surviving Trauma Support Group-Whitman Walker**
  The Young Queer Women Surviving Trauma Support Group offers a safe space to talk for queer victims of crime or trauma between the ages of 18 and 24. Must self-identify as a queer woman (or navigate the world as such). Must have experienced or witnessed a crime (no police report required). Group topics: Creating safe spaces to explore shared experiences and identities, Discussing current anxiety and fears. Learning skills to help regain a sense of safety, control, and connection. Call 202-321-3597 email stthomas@whitman-walker.org to get more info
How to Find a Therapist 101

Section 8

Higher Level Specialists
### The Body Image Therapy Center

**Location**
The Body Image Therapy Center  
9192 Red Branch Rd  
Suite 270  
Columbia, MD 21045  
240-722-1041  
[Website](#)

**Additional Location**
The Body Image Therapy Center  
2639 Connecticut Ave NW  
Suite 251  
Washington, DC 20008

### Finances

We are in-network with most insurances and can often arrange single case agreements for those who do not have coverage for care with us. In most cases, you will be responsible for your deductible and co-pays.

Please call us so we can verify your insurance information. As a courtesy to prospective patients our admissions staff will, with your consent, contact your insurance carrier to obtain a quote of insurance benefits. We will share this information with you to help you make an educated decision about your treatment options and what your insurance will cover.

Our staff will also coordinate insurance coverage and payment for all treatment authorized by your insurance company.

### About

**Who we treat:**
Adults of all genders ages 18 and up struggling with anorexia, bulimia, binge eating disorder (aka compulsive overeating), compulsive exercise, and muscle dysmorphia.

**PHP Program Hours:**
Patients attend Monday through Friday  
Group meets from 10 a.m. to 4 p.m. and include two snacks and lunch daily  
Two individual therapy sessions, nutrition counseling, psychiatric review, and medical review occur weekly

**IOP Program Hours:**
Patients attend Monday through Thursday and step down to three nights a week as they prepare to step down to outpatient.  
IOP group meets from Monday through Thursday, 5 pm to 8:15 pm.  
Individual, family therapy and nutrition counseling is also provided once a week.

**IOP Treatment includes:**
Group therapy  
Individual therapy*  
Family therapy (optional for adult clients, required for adolescent clients)  
Nutrition education and counseling*  
Supervision of therapeutic meal each session  
Weekly medical and psychiatric follow ups*  
Coordination of care with an outpatient team if applicable  
These services are billed separately and may not be in-network even if the IOP group programs are.

**IOP Groups Include:**
Dialectical Behavioral Therapy (DBT)  
Cognitive Behavioral Therapy (CBT)  
Nutrition Therapy  
Stress management  
Mindfulness training  
Art Therapy  
Goal setting  
Weekly meal planning
**The Ross Center**

**Location**
5225 Wisconsin Avenue NW, Suite 400
Washington, DC 20015
202-363-1010

**Website**

**Specialties**
- Anxiety
- OCD
- Depression
- Insomnia
- PTSD
- Life Transitions
- Substance Abuse
- Behavioral Addictions

**Also Offers**
- Medication Management

**Finances**

Fees are based on your clinician’s credentials and level of training. You’ll find that our fees are consistent with other high quality competitors in our area.

Like many mental health practices in our area, we are out-of-network and do not participate in any insurance plans. However, many of our patients are able to get some level of reimbursement from their insurance carrier for out-of-network benefits. Although we do not bill insurance carriers directly, we can provide you with the receipts necessary if you choose to submit to your insurance. You may want to contact your insurance company to verify your mental health benefits prior to engaging in treatment. Patients often use their Health Care Flexible Spending Accounts (FSA) to set aside pre-tax dollars to pay for mental health not covered by insurance.

**About**

**The Ross Center is Here to Help**

You don’t need to live with excessive worry, fear, or stress. Using proven treatment techniques, we can help you feel better and overcome your anxiety.

Anxiety is the most common mental health disorder, affecting an estimated 40 million American adults and one in eight children. It often develops from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.

**Anxiety is highly responsive to treatment.**

Even if your anxiety is coupled with other conditions such as depression, ADHD, or eating disorders, our clinicians know how to treat you so that your symptoms will improve and you’ll learn to think and behave differently.

If therapy alone is not sufficient to treat your anxiety, we can prescribe and manage medication to supplement treatment. All of our clinicians incorporate the latest scientific techniques into our treatment plans for maximum impact. We’ll choose the right mix of treatment so you can overcome fear and worry and get back to living the life you want.

**Specialists for All Your Mental Health Needs**

With experts in a variety of disorders, we’re able to match you with the clinician who is most experienced in treating your specific issues. All of our therapists are highly regarded in their field, with extensive experience and training to provide top-notch, effective treatment. Individual therapy sessions can take place in our offices, in the real-life situations where you experience anxiety, or in your home when necessary. We offer extended evening and weekend hours for your convenience.

**Custom Designed Treatment Plans**

After a thorough assessment, your therapist will design an individualized treatment plan that addresses your symptoms and concerns. Therapy sessions are flexible, ranging from twice weekly to bi-weekly depending on your needs and goals. You’ll learn practical skills and strategies to manage your symptoms, and gain insight and self-confidence as you achieve positive change.
Washington Anxiety Center of Capitol Hill

Location
519 9th St SE
Washington, DC 20003
(202) 768-6494
admin@washingtonanxietycenter.com

Website

Specialties
Separation Anxiety Disorder
Social Anxiety Disorder
Specific Phobia
Obsessive-Compulsive Disorder
Generalized Anxiety Disorder
Panic Disorder
Trichotillomania
Adjustment Disorder
Major Depressive Disorder
Attention-Deficit Hyperactivity Disorder
Medical Anxiety

Finances
At this time, we accept credit, check or cash for payment. We do not accept insurance of any kind or form.

We believe in following best clinical practice without insurance companies potentially dictating the terms of treatment. However, we do fill out receipts with diagnostic and service-based codes that can be submitted to insurance on your own, if you choose to do so.

Due to our highly specialized nature (CBT, exposure therapy, and working with children and adults), in our experience, our particular sample of patients have had relatively successful reimbursements rates (approximately 60-90%) for the cost of the sessions. We encourage you to check in with your particular insurance provider/plan to see what percent is reimbursable for out-of-network services. We are happy to provide some general guidance in this process.

To inquire about the cost of clinical services, please email admin@washingtonanxietycenter.com

Availability
We are working hard to IMMEDIATELY schedule new patients. Please contact us if you are interested in making an appointment.

Sessions will be offered both in office and via teletherapy June 2021

Who we are
The Washington Anxiety Center of Capitol Hill is a psychology outpatient center that focuses on the treatment of anxiety, depressive, and behavioral disorders in ALL AGES (children, adolescents, young adults, adults, older adults, and families).

We employ cognitive-behavioral treatments to treat these disorders, with a special emphasis on exposure-based therapies.

About CBT

CBT is an evidence-based treatment employed for the treatment of anxiety, depressive, and obsessive-compulsive spectrum disorders. It involves examining and challenging how our thought processes can contribute to and maintain feelings of anxiety and depression, how feelings of isolation and inactive interests can increase feelings of depression, and it focuses on how we can gradually confront the places, situations, or people that we fear so our fear reduces in the present and future.

Currently, only a small percentage (some studies estimate around 15%) of clinical psychologists are trained in exposure therapy. Exposure therapy is the most evidence-based treatment for anxiety. Exposure therapy comes in two iterations: gradual and flooding. It involves either a graduated, systematic approach to confronting one's fears or facing the main fear directly. Most patients opt for the gradual approach, but both approaches are effective.
The Viva Center
Trauma Informed Treatment Center

Location
1633 Q St., NW
Suite 200
Washington, DC 20009
info@vivapartnership.com
Schedule an initial consultation

Additional Location
4023 Chain Bridge Rd Ste. 7
Fairfax, VA 22030

Specialties
Trauma and PTSD
EMDR
Anxiety
Depression

Finances
Our rates are based on a system where our more experienced clinicians have higher rates commensurate with their market value. The following represent costs for a 45-minute session.

Expert Clinician: $255
Supervisor: $225
Licensed Independent Clinician: $195
Licensed Graduate Clinician: $180
Intentional Matching Interview (IMI) with Trained Facilitator: $120

Accepted Insurance Plans
Out of Network

About
The Viva Center was founded by Julie Lopez, PhD, LICSW, in 2010. An adult adoptee with extensive work in trauma, Dr. Julie saw firsthand how many people went through life feeling alone, ashamed, or even hopeless because of common mental health concerns. She knew she needed to create a safe space where people could learn that their feelings were totally normal—and that they had the innate power to heal.

Over the years, more therapists came to Viva, united by the desire to end the stigma against mental illness and to promote happiness and health across DC. They saw the powerful ripple effect of healing; as one client improved, they passed that growth on to those around them. Because of this, we truly believe that helping others with their emotional health is the key to healing the world.

Welcome to our community. We’re glad to have you here.

Our Core Beliefs
1. You have the power to heal
2. The health of your mind and body are completely connected
3. You deserve advanced, evidence-based treatment
4. Different people have different therapeutic needs and strengths. Whether you’re someone who enjoys expressing yourself creatively, connecting with your body, practicing mindfulness, or participating in brain-based therapies that require little conversation, you can heal
5. Band-aids aren’t enough. You want treatment that resolves your issues, not just their symptoms
6. Acts of discrimination, including racism, homophobia, transphobia, sexism, ageism, ableism, and more, are antithetical to the ideals of wellness and healing.

Each of our therapists is trauma-informed with experience not only in talk-therapy, but in brain and body-based approaches like EMDR, Brainspotting, Trauma-Informed Yoga, and more. They come from diverse backgrounds, with experience in emergency rooms, art studios, law offices, and crisis centers. Two things they have in common: they love to learn, and they love to support people as they heal.

All of our therapists are fully licensed and receive regular, ongoing supervision and training to ensure that they provide you with the best possible care.
# The Trauma Resilience and Education Center of Greater Washington DC

## Location
1350 Connecticut Ave NW
Washington, DC 20036, USA
admin@trecdcpsychotherapy.org
1-888-844-TREC

## Website
[Website](#)

## Specialties
- Trauma
- Post Traumatic Stress Disorder
- Insomnia

## Finances
The fee for an individual session (either 50 or 80 min sessions) ranges depending on provider. Please submit a contact request if you are interested in learning more about our prices. Group sessions range depending on the type of group. Most groups last approximately 90 mins. Payment is due at the time of the session.

We do offer low fee services for situations where cost is a barrier to treatment. These low fee services are limited, but please contact us to discuss availability.

## Accepted Insurance Plans
Out of Network

We are the Trauma Resilience and Education Center of Greater Washington, DC (TREC DC); a collective of psychotherapists, educators, and researchers with decades of experience dedicated to providing evidence-based and trauma-informed services. We serve adolescents and adults who have experienced trauma and are struggling to return to a life they value living.

Types of trauma that we work with include experiences that involved sexual assault, abuse, accidents, racism and inequality, harassment or discrimination, natural disasters, developmental trauma, trauma from infertility or birth trauma, medical trauma, war or combat, witnessed trauma, exposure to trauma due to one's line of work, such as journalists and medical providers, as well as many other experiences that can be traumatic. We are an inclusive practice and strive to provide culturally humble treatment, supervision, and consultation.

At TREC DC we are committed to providing evidence-based and trauma-informed treatment, education, supervision/consultation, and research in order to facilitate the healing, growth, and understanding of how trauma impacts individuals, groups, and communities. Trauma does not occur in a vacuum and we seek to understand how the broader socio-political context impacts those who have experienced trauma and/or are traumatized by the systems in which they live. Our approach aims to destigmatize mental health therapy within an empowering and affirming context.

We provide psychotherapy that integrates, affirms, and celebrates an individual’s identity, including race, gender, sexual orientation, religion, personal experience, and relationship to community in the healing process. We are committed to learn, grow, educate, listen, and consistently strive to be allies to historically marginalized individuals and communities. One of our founding principles is to continually educate ourselves and others and join with community organizations and leaders to promote efforts that prevent trauma and promote justice and healing.
Center for Motivation and Change

Location
300 New Jersey Ave
Suite 900 N.W.
Washington, DC 20001
(212) 683-3339
Website

Specialties
Addiction
Trauma and PTSD
Mood Disorders

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Finances
Pay By: ACH Bank transfer, American Express, Cash, Check, Health Savings Account, Mastercard, Visa, Wire

Accepted Insurance Plans
Out of Network

Who We Are
The Center For Motivation and Change (“CMC”) is a unique outpatient private group practice with locations in NYC, Long Island, and DC. We are staffed by a team of experienced psychologists who are driven by an optimism about people’s capacity to change as well as a commitment to the science of change. Our clinicians are all deeply trained in research-supported therapies that target substance use/compulsive behaviors patterns as well the mental health issues that often accompany these problems such as Post-traumatic Stress Disorder (PTSD)/complex trauma and anxiety/mood disorders.

What We Do
The cornerstone of our clinical approach is motivational: Helping people change must include each individual finding personal and compelling reasons for change, as well as a pathway they can truly endorse. While there are clear and specific tools (e.g., CBT, DBT, mindfulness) to be used in making change, they are not effective unless you have made the often very difficult decision to use them. In providing a respectful and challenging focus on personal motivation and values, CMC clinicians help clients find and engage in a change process that is life-enhancing and long-lasting.

Individualized Care
We can honestly say that every client at CMC:DC is engaged in a treatment process that is designed specifically for them. Services range from group programs to weekly individual therapy, substance specific programming as well as treatment options that address trauma, relationship issues, anxiety and depression. The family services are equally flexible and concerned significant others can participate in a range of services regardless of whether their loved one is in treatment with us or not. All services are grounded in the most effective treatments science has to offer and clients can take advantage of a variety of supports to help them reach their goals.
How to Find a Therapist 101

Section 9

Hotlines and Additional Resources
Hotlines and Resources

- **Anxiety and Depression Association of America (ADAA)** provides information on prevention, treatment and symptoms of anxiety, depression and related conditions (240-485-1001)
- **Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)** provides information and referrals on ADHD, including local support groups (800-233-4050)
- **Depression and Bipolar Support Alliance (DBSA)** provides information on bipolar disorder and depression, offers in-person and online support groups and forums (800-826-3632)
- **International OCD Foundation** provides information on OCD and treatment referrals (617-973-5801)
- **National Center of Excellence for Eating Disorders (NCEED)** provides up-to-date, reliable and evidence-based information about eating disorders (800-931-2237)
- **Schizophrenia and Related Disorders Alliance of America (SARDAA)** offers Schizophrenia Anonymous self-help groups and toll-free teleconferences (240-423-9432)
- **Sidran Institute** helps people understand, manage and treat trauma and dissociation; maintains a helpline for information and referrals (410-825-8888)
- **Treatment and Research Advancements for Borderline Personality Disorder (TARA)** offers a referral center for information, support, education and treatment options for BPD (888-482-7227)
- **Veterans Crisis Line**: 1-800-273-8255 provides support for Veterans
- **LGBT Hotline**: Serving the lesbian, gay, bisexual, transgender, queer and questioning community by providing free and confidential peer-support and local resources. 1-888-843-4564
- **The Trevor Project**: 1-866-488-7386 or text “START” to 678678. Standard text messaging rates apply. Available 24/7/365. Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning—LGBTQ—young people under 25

Finding Treatment

- **Psychology Today** offers a national directory of therapists, psychiatrists, therapy groups and treatment facility options
- **SAMHSA Treatment Locator** provides referrals to low-cost/sliding scale mental health care, substance abuse and dual diagnosis treatment (800-662-4357)
- **Good Therapy**
- **HRSA**: If you don’t have insurance or are unable to cover the cost of copays, consider Federally Qualified Health Centers, community-based centers that offer mental health and substance abuse services, or a local clinic at a university or hospital that offers clinician-supervised sessions with therapists in training.
- **American Association for Marriage and Family Therapy**
- **Inclusive Therapists**: Connect easily with clinicians of color or LGBTQ clinicians
- **Zencare**: offers a national directory of therapists, psychiatrists, therapy groups and treatment facility options

Suicide And Crisis

- **The Suicide Prevention Lifeline** connects callers to trained crisis counselors (988)
- **The American Foundation for Suicide Prevention** provides referrals to support groups and mental health professionals, resources on loss, and suicide prevention information (888-333-2377)
Hotlines and Resources

Financial Assistance
- **Allsup** provides non-attorney representation when applying for SSDI (800-279-4357)
- **HealthCare.gov** provides specific information about coverage options in your state, including private options, high-risk pools and other public programs (800-318-2596)
- **Needhelppayingbills.com** provides information on state and local assistance programs, charity organizations and resources that provide help paying bills, mortgage assistance, debt relief and more
- **NeedyMeds** provides information on available patient assistance programs (800-503-6897)
- **Partnership for Prescription Assistance** helps qualifying individuals without prescription drug coverage get the medications they need

Advocacy And Legal
- **Legal Services Corporation** provides civil legal aid to low-income Americans. Use their website to find programs in individual states. Scroll to the bottom of their website to find locate legal aid near you
- **National Bar Association** provides a directory of state and local bar associations to help find legal representation
- **National Disability Rights Network** protects the civil rights of individuals with disabilities, particularly in hospitals and state prison systems. Click on the map on the right-hand side of their website to locate the agency near you

Community Support Services
- **Clubhouse International** provides a directory of clubhouses. Clubhouses provide opportunities for education, employment and social activities. Click the 'International Directory' tab on their website to find contact information for local clubhouses
- **www.homelessshelterdirectory.org** provides a national directory of homeless shelters, assistance programs, soup kitchens and more
- **Job Accommodation Network** provides resources and guidance on workplace accommodations and disability employment issues. Their website includes a directory of state vocational rehabilitation offices (800-526-7234)

Research & Statistics
- **National Institute of Mental Health (NIMH)** provides information on statistics, clinical trials and research. NAMI references NIMH statistics for our website and publications (866-615-6464)