

MENTAL HEALTH PROVIDER LISTING

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

GENERAL INFORMATION

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

In order to provide accurate information to callers, MHAF maintains a listing of mental health professionals licensed by the State of Virginia who practice in the private sector in the City of Fredericksburg, and counties of Caroline, King George, Spotsylvania and Stafford. The provider listing reflects information as reported by professionals to MHAF since July 2010. Providers with incomplete information (modality, ages and interest areas is not in bold font) have not returned the update form.

Professionals are listed alphabetically by name, followed by their licensure and/or certification and practice information. All information was self-reported by providers. Interest areas are listed alphabetically to ease identification of providers who can meet one's specific needs.

The range of costs can vary by provider, thus fees are not included. Most providers can receive third-party payments; individuals are encouraged to contact their own health insurance carriers for coverage benefits/limitations.

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

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

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

Mental Health HelpLine

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

Monday – Friday 9:00 am – 5:00 pm

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

A service of




Coming Soon!! Web-based Service

An online mental health referral service with multiple search options is currently being constructed that will allow identification of licensed practitioners in private practice to meet one's specific needs and insurance coverage. It will be hosted on MHAF's website – www.mhafred.org. Please visit our website often to learn when it is online. If you wish to have your mental health organization and services included, please send an email to mhafred@mhafred.org.

This new service was initiated by MHAF through a partnership with University of Mary Washington Department of Computer Science and with development input from members of the Mental Health Task Force convened by the United Way Community Needs Assessment Steering Committee.

A special thanks to Zachary McGonigal and Dr. Ernest Ackermann for program development and commitment to the project.

It is our hope that children and adults will find the support they need within our community by using this service. It is also for school counselors, physicians, case managers and anyone who wants to find mental health services in the greater Fredericksburg area.



In case of a mental health emergency,

Call 9-1-1

Or

go to the nearest Hospital Emergency Room

Or

Call the MWH Admissions Hotline at 800-362-5005

Or

Call Rappahannock Area Community Services Board
In Fredericksburg, Spotsylvania or Stafford, call 540-373-6876
In Caroline County, call 804-633-4148
In King George County, call 540-775-5064

MENTAL HEALTH PROVIDERS

(revised February 1, 2012)

Carl Ackerman, LCSW

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

Modality: individual, couples, family

Ages: adult, older adult

Interest Areas: adjustment issues; anger management; anxiety; bereavement; bipolar disorder; depression; elderly issues; impulse control; men's issues; mood disorders; OCD; relationship issues; sexual dysfunction

Specialized techniques: CBT solution-oriented

Darlene Ackerman, LPC, CRC

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

Modality: individual, couples

Ages: **adolescent 15+**, adult, older adult

Interest Areas: adjustment issues; **adolescent issues**; anger management; anxiety; behavior issues; depression; disability issues; impulse control; learning problems; life changes; mood disorders; parenting issues; relationship issues; stress management; women's issues

Special populations: asperger's syndrome, autism spectrum disorders; adolescent; intellectual disabilities

[Accepts Medicaid](#)

Segunda Acosta, PhD, RNC

STRESS Centre, Inc.
601 Jefferson Davis Highway
Fredericksburg, VA 22401
(540) 373-6420

Modality: individual, couples, family

Ages: **child 7+**, adult

Interest Areas: adjustment issues; **adolescent issues**; adoption; anger management; anxiety; ADD/ADHD; bereavement; bipolar disorder; conflict management; cutting/self-injury; depression; eating disorders; family issues; grief; head trauma; impulse control; mood disorders; OCD; pain management; panic disorders; parenting issues; PTSD; postpartum depression; psychosomatic disorder; relationship issues; self-injury; spiritual issues; stress management; suicide ideation; trauma

Specialized techniques: **Christian counseling**; play therapy; art therapy; expressive therapy

Custody evaluations

Court-ordered psychological testing

Court-ordered treatment

Ann Ahearn, LCSW

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

Modality: Individual, couples, family

Ages: adult 20+; older adults

Interest Areas: adjustment issues; anxiety; bereavement; depression; elderly issues; family issues; grief; life changes; postpartum depression; relationship issues; stress management; women's issues

[Accepts Medicare](#)

Syed Ahmed, MD (Male)

Psychiatry Care
211A Park Hill Drive
Fredericksburg, VA 22401
(540) 891-7766

Modality: individual

Ages: **adolescent 15+**, adult, older adult

Interest Areas: adjustment issues;

ADD/ADHD; bereavement; bipolar disorder; depression; grief; mood disorders; OCD; panic disorders; PTSD; postpartum depression; psychotic disorders; schizoaffective disorder; schizophrenia

[Accepts Medicaid and Medicare](#)

Ali Altamir, MD (formerly Azez)

Insight Physicians
1701 Fall Hill Ave Suite 101
Fredericksburg, VA 22401
(540) 735-9897

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

Nicole Anderson, PsyD, LPC

Centre Pointe Health Psychological Services
3920 Plank Road, Ste 120
Fredericksburg VA 22407
(540) 446-0327 or 242-4141

Modality: individual, family, group

Ages: **child & adolescent 4-17**

Interest Areas: adjustment issues; adolescent issues; alcohol abuse; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; bereavement; bipolar disorder; child abuse; child development; conflict management; cutting/self-injury; depression; dissociative identity disorder; divorce; domestic violence; drug abuse; dual diagnosis; eating disorders; family issues; gay/lesbian/transgender; grief; impulse control; learning problems; life changes; mood disorders; OCD; panic disorders; parenting issues; personality disorders; PTSD; relationship issues; schizophrenia; school problems; self-injury; sexual abuse; stress management; substance abuse; suicide ideation; trauma; women's issues

Specialized techniques: play therapy; psychological testing

Special populations: asperger's syndrome; autism spectrum disorders; **child/adolescent**; gay/lesbian/transgender;

intellectual disabilities; military families/veterans; rape/sexual assault

Group: ADHD; Anger management; self-esteem; social skills; parent support groups; compulsive computer use

Dawn Atkinson, LCSW

Creative Counseling Studio
385 Garrisonville Rd Ste 112
Stafford VA 22554
540-658-9122

Modality: individual, couples, family

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

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

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

Court-ordered treatment

[Accepts Medicaid and Medicare](#)

Nancy Bailey, PhD, LCP

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

Modality: individual

Ages: adult 18+, older adult

Interest Areas: adjustment issues; anxiety; bereavement; bipolar disorder; codependency; cutting/self-injury; depression; dissociative identity; divorce; domestic violence; dual diagnosis; elderly issues; family issues; gay/lesbian; geriatric issues; life changes; mood disorders; panic disorders; personality disorders; physical abuse; PTSD; postpartum depression; psychosomatic disorder; relationship; issues; schizoaffective disorder; self-injury; sexual abuse; stress management; suicide ideation; trauma; women's issues

Special populations: rape/sexual assault

[Accepts Medicare](#)

Michael Bell, PhD, LPC

Stafford Family Counseling
11 Hope Road Suite 213
Stafford VA 22554
540-658-0888

Modality: individual, marital, couples, family

Ages: **adolescents 12-19**

Interest Areas: Christian; substance abuse, forensic testing, evaluation & neurofeedback

[Accepts Medicaid](#)

Shana Berger, MD

Insight Physicians
1701 Fall Hill Ave Suite 101
Fredericksburg VA 22401
(540) 735-9897

[Accepts Medicaid and Medicare](#)

Ann Bernardi, LCSW

NO NEW PATIENTS – April 2010

Integrated Health
421 Park Hill Drive
Fredericksburg, VA 22401
(540) 371-8250

Ages: all **ages 2-102**

Interest Areas: depression; bipolar; suicidality; adjustment/phase of life problems

Alexander Bory, PhD

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

Modality: individual, couples, family, group

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

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

Special Populations: military families/veterans; law enforcement families

Languages: Hungarian

[Accepts Medicaid and Medicare](#)

Valerie Boulware, MD

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

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

Robert Brooks, LCSW

Counseling Associates of Fredericksburg
3516 Plank Road, Suite 5-C
Fredericksburg, VA 22407
(540) 786-3049

Modality: individual, couples, family

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

Interest Areas: adjustment issues;
adolescent issues; anger management;
anxiety; ADD/ADHD; behavior issues;
bereavement; bipolar disorder; child
development; codependency; conflict
management; depression; divorce; elderly
issues; family issues; geriatric issues;
grief; life changes; men's issues; mood
disorders; OCD; panic disorders;
parenting issues; relationship issues;
school problems; spiritual issues; stress
management

Specialized Techniques: play therapy

Special Populations: **child/adolescent**

[Accepts Medicare](#)

Karin Brown, LCSW

1320 Central Park Blvd., Suite 226
Fredericksburg, VA 22401
(540) 785-5759

Modality: individual, couples, family

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

Interest Areas: adjustment issues;
adolescent issues; adoption; anxiety;
bereavement; depression; family issues;
grief; life changes; mood disorders;
parenting issues; PTSD; relationship
issues; sexual abuse; trauma

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

[Accepts some Medicaid](#)

Denise Bumgarner, LPC

Grace Counseling Center
1125 Heatherstone Drive Ste 101
Fredericksburg, VA 22407
(540) 548-4114

Modality: individual, couples, family

Ages: **adolescent 13+,** adult

Interest Areas: adjustment issues;
adolescent issues; alcohol abuse;
anxiety; ADD/ADHD; bipolar disorder;
child abuse; codependency; depression;
disability issues; divorce; eating
disorders; life changes; mood disorders;
OCD; parenting issues; PTSD;
postpartum depression; psychotic
disorders; self-injury; sexual abuse;
spiritual issues; stress management;
suicide ideation; women's issues

Specialized Techniques: **Christian
counseling**

Special populations: **adolescent**

Julia Burgess, LCSW

Stepping Stones Therapy Group
2217 Princess Anne Suite 105-5
Fredericksburg, VA 22401
(540) 371-1006

Modality: individual, couples, family

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

Interest Areas: adjustment issues;
anxiety; ADD/ADHD; behavior issues;
child development; depression; family
issues; life changes; mood disorders;
parenting issues; PTSD; relationship
issues; school problems; sexual abuse

Specialized Techniques: **Christian/faith-
based counseling;** play therapy

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

[Accept Medicaid and Medicare](#)

Anna Campbell, LCSW

Catholic Charities
Fredericksburg District Office

305 Hanson Ave Suite 180
Fredericksburg, VA 22401
(540) 371-1124

Kelly Carter, LPC

Alliance Therapy Center
406 Chatham Square #102
Fredericksburg VA 22405
703-819-7538

Modality: Individual, couples, family

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

Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; depression; family issues; grief; impulse control; life changes; mood disorders; PTSD; postpartum depression; psychotic disorders; relationship issues; school problems; spiritual issues; stress management; substance abuse; suicide ideation; women's issues

Specialized Techniques: christian counseling; CBT; strength-based developmentally appropriate

Court-ordered treatment

Christi Carver, CNS

601 George Street
Fredericksburg, VA 22401
(540) 370-4344

Modality: individual

Ages: adult 18+, older adult

Interest Areas: adjustment issues; anxiety; bereavement; depression; eating disorders; grief; life changes; OCD; panic disorders; psychosomatic disorder; relationship issues; suicide ideation; trauma; women's issues

[Accepts Medicare](#)

Wayne Chang, MD

New Hope Psychiatry
3715 Latimers Knoll Court , Suite 106

Fredericksburg, VA 22408
540-357-7101

Modality: individual

Ages: adults 17+, older adult

Interest Areas: alcohol abuse; Alzheimer's; anxiety; ADD/ADHD; bipolar disorder; dementia; depression; drug abuse; dual diagnosis; men's issues; mood disorders; OCD; panic disorders; PTSD; postpartum depression; psychotic disorders; schizoaffective disorder; schizophrenia; substance abuse

Specialized Techniques: medication evaluation / management

Bernard Chirico, PhD

2217 Princess Anne St 105-2
Fredericksburg, VA 22401
540- 371-1660

Don Chiappinelli, LCSW

601 George Street
Fredericksburg, VA 22401
(540) 370-4344

Modality: Individual, couples, family, group

Ages: Adult 18+; older adult

Interest Areas: adjustment issues; anxiety; bereavement' depression; dissociative identity; gay/lesbian/transgender; grief; mood disorders; panic disorders; PTSD; relationship issues; trauma

Special Populations: gay /lesbian / transgender

[Accepts Medicare](#)

Alysson Chickneas, LPC

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

Modality: individual, group

Ages: adolescent 10+, adult, older adult

Interest Areas: adolescent issues,

anxiety; cutting/self-injury; depression; eating disorders; grief; life changes; mood disorders; OCD; relationship issues; self-injury; spiritual issues; suicide ideation; women's issues

Specialized Techniques: family sculpting; art therapy for eating disorders

Special Populations: adolescent and college age

Group: eating disorders

[Accepts Medicaid and Medicare](#)

Niveda Choudhary, MD (female)

Peak Mental Health Services
4107-A Plank Road
Fredericksburg, VA 22407
(540) 907-4282

Modality: individuals

Ages: **adolescent 12+**; adults

Interest Areas: General Practice

Terry Cockrell, LPC, CSAC

Transformations Counseling Services
150 Olde Greenwich Drive, 2nd Floor
Fredericksburg, VA 22408
540-898-6851
Mailing Address: P.O. Box 41114
Fredericksburg, VA 22404

Modality: Individual, couples, family, group

Ages: **Adolescent 10+**, Adult

Interest Areas: adjustment issues; **adolescent issues**; alcohol abuse; anger management; anxiety; behavior issues; bipolar disorder; child abuse; codependency; conflict management; cutting/self-injury; depression; divorce; domestic violence; drug abuse; dual diagnosis; family issues; grief; impulse control; life changes; men's issues; mood disorders; OCD; panic disorders; parenting issues; physical abuse; PTSD; relationship issues; school problems; self-injury; stress management; substance abuse

Special Populations: **child/adolescent**;

law enforcement families

Court-ordered treatment

Murry Cohen, MD (male)

305 Hanson Ave Suite 150
Fredericksburg, VA 22401
(540) 374-1775

Modality: individual

Ages: adult 18+, older adult

Interest Areas: adjustment issues; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; cutting/self-injury; depression; dissociative identity; eating disorders; elderly issues; gay/lesbian/transgender; geriatric issues; grief; impulse control; men's issues; mood disorders; OCD; panic disorders; personality disorders; PTSD; psychotic disorders; schizoaffective disorder; schizophrenia; women's issues

Special Techniques: medication evaluation/management

[Accepts Medicare](#)

JoAnne Cozzati, LCSW

2601 Princess Anne Suite 101
Fredericksburg, VA 22401
(540) 903-0243

NO NEW PATIENTS

(Sees clients Friday afternoon and Saturday morning)

Kathryn Cray, LCSW

2217 Princess Anne St Suite 211-2B
Fredericksburg, VA 22401
(540) 310-4070

Modality: individual, couples

Ages: adult 18+, older adult

Interest Areas: adjustment issues; anxiety; bereavement; depression; divorce; family issues; grief; life changes; PTSD; relationship issues; sexual abuse;

spiritual issues; stress management;
women's issues

Specialized Techniques: spiritual
counseling

Special Populations: military families /
veterans

Court-ordered treatment

Donna Creasy, LPC, LMFT

914 Kent Drive
Ruther Glen VA 22546
(804) 448-5801

Interest Areas: **adolescent**/young adult
problems; alcohol/substance abuse;
family therapy; marital/couples therapy;
parenting issues

Carolanne Croll, LCSW

Catholic Charities
305 Hanson Ave Suite 180
Fredericksburg VA 22401
(540) 371-1124

Modality: individual, couples, family

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

Interest Areas: adjustment issues;
adolescent issues; anxiety; ADD/ADHD;
behavior issues; bereavement; bipolar
disorder; child abuse; codependency;
depression; divorce; family issues; grief;
mood disorders; panic disorders;
parenting issues; physical abuse;
relationship issues; sexual abuse; stress
management; women's issues

[Accept Medicaid \(Medicare pending\)](#)

Delise Dickard, LPC

Riverside Counseling
404 Chatham Square Office Park
Fredericksburg, VA 22405
540-373-1200

Modality: individual, couples; family,
group

Ages: **Adolescent**; adult; geriatric.

Interest Areas: depression; mood &

anxiety; EMDR; bereavement, parenting

Terry Diebold, LPC, LMFT

Center for Family Counseling
308 Wolfe Street
Fredericksburg, VA 22401
(540) 361-1556

Modality: Individual, couples, family

Interest Areas: EMDR

Lewis Doggett, LPC

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

Modality: individual, couples, family,
group

Ages: **adolescent 17+**, adult, older adult

Interest Areas: adjustment issues;
alcohol abuse; anger management;
anxiety; behavior issues; bereavement;
codependency; conflict management;
depression; divorce; domestic violence;
drug abuse; dual diagnosis; eating
disorders; elderly issues; family issues;
gay/lesbian/transgender; grief; life
changes; men's issues; mood disorders;
panic disorders; parenting issues;
personality disorders; physical abuse;
PTSD; postpartum depression;
psychosomatic disorders; psychotic
disorders; relationship issues; self-injury;
sexual abuse; sexual dysfunction;
spiritual issues; stress management;
substance abuse; suicide ideation;
trauma; women's issues

Specialized Techniques: **Christian
counseling**

Other: men's group; grief; chemical
dependency

Rachel Donnelly-Morrison, LCSW

Creative Counseling Studio
385 Garrisonville Rd Suite 112
Stafford VA 22554
(540) 658-9122

Modality: individual, couples, family, and group

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

Interest Areas: adjustment issues; **adolescent issues**; alcohol abuse; relationship issues; stress management; substance abuse; women's issues

Special Populations: adolescent

Group: Parenting adolescents
Court-ordered treatment

[Accepts Medicaid and Medicare](#)

Heidi Donovan, PhD

Riverside Counseling
404 Chatham Square Office Park
Fredericksburg, VA 22405
(540) 373-1200

Modality: individual, couples, family

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

Interest Areas: adjustment issues; **adolescent issues**; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; conflict management; cutting/self-injury; depression; eating disorders; family issues; grief; impulse control; life changes; mood disorders; OCD; panic disorders; postpartum depression; relationship issues; self-injury; spiritual issues; stress management

Special Populations: military families / veterans

Rachel Edmunds, LCSW

Stepping Stones Therapy Group
2217 Princess Anne Suite 105-5
Fredericksburg, VA 22401
(540) 371-1006

Modality: individual, couples, family

Ages: **adolescent 11+**, adult, older adult

Interest Areas: adjustment issues; **adolescent issues**; adoption; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; codependency; cutting/self-

injury; depression; divorce; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; head trauma; impulse control; learning problems; life changes; men's issues; mood disorders; pain management; parenting issues; relationship issues; school problems; spiritual issues; stress management; women's issues

Other: emotional eating

Specialized Techniques: **Christian/faith-based counseling**; assessment for weight loss surgery candidates

Special Populations: brain injury (mild to moderate); adolescent; gay/lesbian/transgender; rape/sexual assault (not immediately after trauma)

[Accepts Medicaid and Medicare](#)

Marcia Estes, LCSW

Stafford Family Counseling
11 Hope Rd Suite 213
Stafford VA 22554
540-658-0888

Modality: individual, couples, family

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

Interest Areas: adjustment issues; **adolescent issues**; alcohol abuse; Alzheimer's; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; bereavement; bipolar disorder; **child development**; codependency; conflict management; cutting/self-injury; dementia; depression; divorce; dual diagnosis; eating disorders; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; impulse control; learning problems; life changes; men's issues; mood disorders; OCD; panic disorders; parenting issues; personality disorders; PTSD; postpartum depression; psychotic disorders; relationship issues; school problems; self-injury; sexual abuse; sexual dysfunction; spiritual issues; stress management; substance abuse; suicide

ideation; trauma; women's issues
Special Populations: asperger's syndrome; autism spectrum disorders; brain injury; **child/adolescent**; gay/lesbian/transgender; military families/veterans; law enforcement families

[Accepts Medicaid](#)

Silvia Fernandez, LCSW
Aquia Counseling & Therapy
385 Garrisonville Road, Suite 113
Stafford, VA 22554
540-657-1228

Modality: Adults, Families
Interest Areas: Depression, Anxiety and Substance Abuse
Languages: Spanish

Stephanie Fidgeon, LCSW
Alliance Therapy
406 Chatham Square Suite 101
Fredericksburg VA 22405
(540) 373-9577

Ages: **child, adolescent**, adults
Interest: women's issues

Meredith Fox, LCSW
910 Princess Anne Suite 214
Fredericksburg VA 22401
(540) 656-2122

Modality: Individual, couples
Ages: **adolescent 14+**, adult, older adult
Interest Areas: adjustment issues; anxiety; bereavement; codependency; depression; divorce; elderly issues; gay/lesbian/transgender; grief; life changes; mood disorders; panic disorders; parenting issues; postpartum depression; relationship issues; women's issues

[Accepts Medicaid and Medicare](#)

Mike Fray, PhD

P.O. Box 7242
2636 Caroline Street
Fredericksburg, VA 22404
(540) 899-7762

Modality: individual, couples
Ages: child 6+ for evaluations; **adolescent 15+**, adult; older adult
Interest Areas: adjustment issues; anger management; anxiety; ADD/ADHD; behavior issues; depression; divorce; forensic issues; impulse control; men's issues; mood disorders; panic disorders; PTSD; postpartum depression; relationship issues; self-injury; stress management; women's issues
Specialized Techniques: forensic evaluation; psychological testing
Special Populations: autism spectrum disorders; brain injury; intellectual disabilities; military families/veterans; law enforcement families

Custody evaluations
Court-ordered psychological testing
Court-ordered treatment

[Accepts Medicare](#)

Willis (Bill) Gay, LPC, LMFT
Aquia Counseling & Therapy
305 Hanson Ave Suite 170
Fredericksburg VA 22401
(540) 361-4330
and
385 Garrisonville Road Suite 113
Stafford, VA 22554
(540) 657-1228

Modality: individual, couples, family
Ages: **adolescent 12-19**, adult
Interest Areas: **Christian**; parenting; adolescent & young adult issues

Amy Gerberry, LPC
Riverside Counseling
404 Chatham Square Office Park
Fredericksburg VA 22405
540-373-1200

Modality: individual, couples, family, group
Ages: child 8, adolescent, adult
Interest Areas: adjustment issues, adolescent issues; anger management; anxiety; behavior issues; bipolar disorder; child development; codependency; conflict management; cutting/self-injury; depression; dual diagnosis; eating disorders; family issues; hoarding issues; mood disorders; OCD; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; relationship issues; school problems; self-injury; sexual abuse; suicide ideation; trauma; women's issues
Specialized Techniques: play therapy; art therapy
Special Populations: child/adolescent; rape/sexual assault

Group: Eating Disorders

Court-ordered treatment

Betty Gosnell, LPC, LMFT
Lakewood Counseling Services
110 Lee Circle
Locust Grove, VA 22508
(540) 972-0504
(Mailing Address: P.O. Box 386
Locust Grove VA 22508)

Modality: Individual; couples; family
Ages: Over 12 adolescent, adult
Interest Areas: relationship; women's issues; Family counseling.

Lynn Greenstein, LPC
Alliance Therapy
406 Chatham Square Suite 101
Fredericksburg, VA 22405
(540) 373-9577

Interest Areas: chemical dependency; depression/affective disorders; dual diagnosis; marital/couples therapy; minority issues

Carmen E. Greiner, LPC
Lighthouse Counseling
420 Hudgins Road Suite 201
Fredericksburg, VA 22408
(540) 907-0121

Modality: Individuals, couples, group
Ages: adult 18+, older adult
Interest Areas: alcohol abuse; anger management; anxiety; codependency; depression; drug abuse; dual diagnosis; gay/lesbian/transgender; mood disorders; pain management; panic disorders; postpartum depression; stress management; substance abuse
Special Populations: gay/lesbian/transgender

Group: substance abuse treatment

Court-ordered treatment

Sha-Ron Haddock, LCSW
Creative Counseling Studio
385 Garrisonville Rd Suite 112
Stafford VA 22554
540-658-9122

Modality: individual, couples, family, group
Ages: children 6+, adolescent, adult, older adult
Interest Areas: adjustment issues; adolescent issues; Alzheimers; anger management; anxiety; behavior issues; bereavement; bipolar disorder; codependency; dementia; depression; divorce; drug abuse; dual diagnosis; elderly issues; family issues; geriatric issues; grief; learning problems; mood disorders; parenting issues; psychosomatic disorders; psychotic disorders; relationship; issues; schizoaffective disorder; schizophrenia; spiritual issues; substance abuse

Groups: adolescent issues; mood disorders; relationship issues

Court-ordered treatment
[Medicaid and Medicare](#)

Kevin Handley, PhD

2217 Princess Anne Suite 308-1
Fredericksburg VA 22401
(877) 832-7833

Modality: individual, group

Ages: **adolescent 13+**, adult to 65

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

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

Special Populations: military
families/veterans; law enforcement
families

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

Groups: sleep skills; anger management;
anxiety management

Custody evaluations
Court-ordered psychological testing
Court-ordered treatment

Kimberly Harris, LPC

Center for Family Counseling
308 Wolfe Street
Fredericksburg, VA 22401
(540) 361-1556

Modality: individual, couples, family

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

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

anxiety; bereavement; bipolar disorder;
codependency; conflict management;
custody issues; cutting/self-injury;
depression; divorce; domestic violence;
drug abuse; eating disorders; family
issues; grief; life changes; mood
disorders; parenting issues; personality
disorders; physical abuse; PTSD;
postpartum depression; relationship;
issues; school problems; sexual abuse;
sexual dysfunction; spiritual issues; stress
management; substance abuse; suicide
ideation; trauma; women's issues

Specialized Techniques: pastoral
counseling; relationship loss; trauma

Special Populations: **child/adolescent**;
military families/veterans; rape/sexual
assault

Sondra Harry, PsyD

Phoenix Healthcare of Virginia
10340 Spotsylvania Ave Suite 205
Fredericksburg VA 22408
(540) 898-8812

Modality: individual, couples, family

Ages: **child/adolescent 12+**, adult

Interest Areas: adjustment issues;
adolescent issues; anger management;
anxiety; bereavement; bipolar disorder;
conflict management; depression;
divorce; family issues; mood disorders;
OCD; panic disorders; parenting issues;
postpartum depression; relationship
issues; stress management; women's
issues

Specialized Techniques: **Christian
counseling**

Other: IMAGO – couples therapy

Court-ordered treatment

Gina Herd, LCSW

2217 Princess Anne St. Suite 327
Fredericksburg, VA 22401
(646) 226-1290

Modality: Individuals, couples, family,
group (women's eating issues)

Ages: **Child 0-6, Adolescent 13-18**, Adult, Older Adult

Interest Areas: Relationships, Anxiety, Depression, Parenting, Eating Issues.

Other: HIV/AIDS Custody Evaluations

Allen Holmes, LPC

Creative Counseling Studio
385 Garrisonville Rd Ste 112
Stafford, VA 22554
(540) 658-9122

Modality: individual, couples, family, group

Ages: **Child 5+, Adolescent**, adult, older adult

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

Specialized Techniques: forensic evaluation; play therapy

Special Populations: asperger's syndrome; autism spectrum disorder; **child/adolescent**;

gay/lesbian/transgender; intellectual disabilities; military families/veterans; law enforcement families; rape/sexual assault; sex offenders

Custody evaluations

Court-ordered psychological testing

Court-ordered treatment

[Accepts Medicaid and Medicare](#)

Jannan Holmes, LCSW

810 Westwood Office Park
Fredericksburg VA 22401
(540) 370-4596

Modality: individual, family

Ages: **child 3, adolescent -21**

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

Specialized Techniques: play therapy

Special Populations: asperger's syndrome; autism spectrum disorders; **child/adolescent**

Languages: some German

Judy Jacobs

Christian Family Counseling
1320 Central Park Blvd Ste 234
Fredericksburg VA 22401
540-760-8376

Modality: individual, couples, family, group

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

Interest Areas: adjustment issues; **adolescent issues**; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child abuse; conflict management; cutting/self-

injury; depression; developmental disorders; dissociative identity disorder; divorce; domestic violence; family issues; grief; men's issues; mood disorders; OCD; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; postpartum depression; relationship issues; school problems; self-injury; sexual abuse; spiritual issues; stress management; suicide ideation; women's issues

Special Techniques: Christian counseling; play therapy

Special Populations: asperger's syndrome; child/adolescent; military families/veterans; law enforcement families

Custody evaluation
Court-ordered treatment

Roy Jarnecke, PhD

Behavioral Healthcare of Fredericksburg
312 Progress Street, Suite 200
Fredericksburg, VA 22401
(540) 310-0797

Modality: Individual

Ages: child 6+, adolescent, adult, older adult

Interest Areas: adjustment issues; Alzheimer's; anxiety; ADD/ADHD; bipolar disorder; codependency; custody issues; dementia; depression; disability issues; divorce; elderly issues; forensic issues; geriatric issues; grief; head trauma; learning problems; mood disorders; OCD; pain management; panic disorders; parenting issues; PTSD; postpartum depression; schizoaffective disorder; schizophrenia; school problems

Specialized Techniques: forensic evaluation; psychological testing; disability testing

Special Populations: brain injury; child/adolescent; adult children of alcoholics

Custody evaluations

Court-ordered psychological testing
Court-ordered treatment

[Accepts Medicaid and Medicare](#)

Alice Jimenez, LPC

Catholic Charities
Fredericksburg District Office
305 Hanson Avenue, Suite 180
Fredericksburg, VA 22401
(540) 371-1124

Modality: individual, couples, family

Ages: adult 18+

Interest Areas: adjustment issues; anxiety; depression; divorce; domestic violence; eating disorders; family issues; grief; life changes; mood disorders; OCD; panic disorders; PTSD; postpartum depression; relationship issues; sexual abuse; trauma; women's issues

Specialized Techniques: hypnotherapy; EMDR

Special Populations: rape/sexual assault

Languages: Spanish, Portuguese, French

Deborah Jockin, LCSW

Behavioral Healthcare of Fredericksburg
312 Progress Street, Suite 200
Fredericksburg, VA 22401
(540) 310-0797

Modality: Individual, couples, family

Ages: Child 6+, adolescent, adult

Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; behavior issues; bereavement; bipolar disorder; conflict management; cutting/self-injury; depression; divorce; grief; mood disorders; OCD; parenting; issues; PTSD; relationship issues; stress management; women's issues

Specialized Techniques: cognitive-behavioral

Special Populations: child/adolescent; military families/veterans

Accepts Medicaid and Medicare

Joe T. Johnson, LCSW

Insight Physicians
1701 Fall Hill Ave Suite 101
Fredericksburg, VA 22401
(540) 735-9897

Modality: individual, couples
Ages: **adolescent 14+**, adult, older adult
Interest areas: adjustment issues; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; codependency; depression; grief; men's issues; mood disorders; pain management; panic disorders; schizoaffective disorder; stress management; substance abuse; suicide ideation
Special Populations: **adolescent**; military families/veterans; law enforcement families

Accepts Medicare

Clare Kearney, LCSW

1011 Princess Anne Street, 2B
Fredericksburg, VA 22401
540-899-2797

Modality: individual, couples
Ages: adult 24+
Interest Areas: adjustment issues; depression; life changes; relationship issues
Specialized Techniques: dream therapy

Accepts Medicare

Patricia Keating, LPC

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

Modality: individual, couples, family
Ages: **child 10+**, **adolescent**, adult
Interest Areas: adjustment issues; **adolescent issues**; family issues;

parenting issues; relationship issues; school problems

Specialized Techniques: **Christian counseling**; marriage & family therapy
Special Populations: **child/adolescent**; military families/veterans

Beatrice Kerr, LCSW

Creative Healing Solutions
10700 Ballantraye Dr. Ste 104
Fredericksburg VA 22407
(540) 479-2211

Modality: individual, couples
Ages: **adolescent 13+**, adult, older adult
Interest Areas: adjustment issues; **adolescent issues**; anxiety; ADD/ADHD; bereavement; codependency; cutting/self-injury; disability issues; elderly issues; family issues; grief; hoarding issues; life changes; mood disorders; OCD; panic disorders; parenting issues; physical abuse; PTSD; relationship issues; stress management; trauma; women's issues
Special Populations: military families/veterans; law enforcement families; rape/sexual assault

Diana King, LCSW

Creative Healing Solutions
816 William Street
Fredericksburg, VA 22401
540-361-1331

Modality: individual, family
Ages: **child 10+**, **adolescent**, adult
Interest Areas: adjustment issues; **adolescent issues**; anger management; autism spectrum; behavior issues; codependency; cutting/self-injury; depression; developmental disorders; domestic violence; family issues; mood disorders; parenting issues; PTSD; relationship issues; school problems; stress management
Specialized Techniques: **Christian counseling**; play therapy

Accepts Medicare

Elizabeth Klug, LCSW

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

Modality: individual, marital & family
Ages: **child 4-12; adolescents 12-19**
Interest Areas: **Christian**

Henry Koch, PhD

Stafford Family Counseling
11 Hope Road Suite 213
Stafford VA 22554
(540) 658-0888

Modality: individual, marital & family

Accepts Medicaid

Michele Kozlowski, LPC, LMFT

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

Modality: individual, family
Ages: **child 5+, adolescent**, adult, older adult
Interest Areas: adolescent issues; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; bereavement; child abuse; depression; domestic violence; gay/lesbian/transgender; OCD; parenting issues; relationship issues
Special Populations: asperger's syndrome; **child/adolescent**; military families/veterans; law enforcement families; rape/sexual assault

Linda LaFave, LPC, LMFT

2217 Princess Anne Street, Suite 202-1
Fredericksburg, VA 22401
(540) 373-9574

Modality: individual, couples
Ages: **adolescent 16+**, adult, older adult

Interest Areas: adjustment issues; alcohol abuse (adult); anger management; anxiety; bereavement; bipolar disorder; codependency; conflict management; depression; divorce; drug abuse (adult); dual diagnosis; family issues; gay/lesbian/transgender; grief; life changes; men's issues; mood disorders; OCD; panic disorders; postpartum depression; relationship issues; sexual abuse; stress management; substance abuse (adult); trauma; women's issues
Special Populations: gay / lesbian / transgender; rape / sexual assault

Sylisa Lambert-Woodard, LCSW

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

Interest Areas: chemical dependency; depression/affective disorders; dual diagnosis; marital/couples therapy; minority issues

Lisa LaPier, LCSW

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

Interest Area: **Children**

Frank J. Leonardi, PsyD

Peak Mental Health Services
4107-A Plank Road
Fredericksburg, VA 22407
(540) 907-4282

Age: Adult

Interest areas: mood & anxiety disorders; women's issues; bereavement; personality disorders; chemical dependency

Marianne Redmond Lopez, LCSW

Intuitive Journeys
43 Town & Country Drive #143

Fredericksburg VA 22405
(703) 862-5679

Modality: individual; couples
Ages: **adolescent 14+**, adult, older adult
Interest Areas: adjustment issues; **adolescent issues**; adoption; alcohol abuse; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; codependency; conflict management; custody issues; depression; divorce; domestic violence; drug abuse; dual diagnosis; family issues; gay/lesbian/transgender; grief; impulse control; life changes; men's issues; mood disorders; pain management; panic disorders; parenting issues; postpartum depression; relationship issues; sexual abuse; sexual dysfunction; stress management ; substance abuse; women's issues
Specialized Techniques: CBT; REBT; solution-focused; family systems
Special Populations: child/adolescent; gay/lesbian/transgender; military families/veterans; law enforcement families; rape/sexual assault

Custody evaluations
Court-ordered treatment

[Accepts Medicare & Medicaid](#)

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

Modality: individual, couples & family
Ages: **adolescents 12-19**, adults
Interest Areas: substance abuse; sexual offenders

Nadine Lupton, LCSW
Aquia Counseling & Therapy
385 Garrisonville Road, Suite 113
Stafford, VA 22554

(540) 657-1228

Modality: individual, couples, family
Ages: **child 3+**, **adolescent**, adult, older adult
Interest Areas: adjustment issues; **adolescent issues**; adoption; anger management; anxiety; behavior issues; bereavement; bipolar disorder; child abuse; child development; codependency; conflict management; depression; divorce; domestic violence; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; life changes; men's issues; mood disorders; parenting issues; physical abuse; PTSD; postpartum depression; relationship issues; school problems; sexual abuse; spiritual issues; stress management; trauma; women's issues
Specialized Techniques: play therapy; cognitive-behavioral; family therapy; trauma therapies; attachment treatment
Special Populations: **child/adolescent**; military families/veterans; law enforcement families; rape/sexual assault

Court-ordered treatment

[Accepts Medicare](#)

Lucy Lutterbie, LCSW, JD
Caring Unlimited
P.O. Box 1944
Fredericksburg, VA 22404
(540) 371-1727

Modality: individual &, marital
Interest Areas: depression & anxiety; abuse; loss; divorce mediation

William E. Lynch, PsyD
Child & Adolescent Psychological Services
4607 Harrison Road
Fredericksburg VA 22408
540-898-7995

Modality: individual, family

Ages: child 4+; adolescent to 18

Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child abuse; child development; depression; family issues; grief; learning problems; mood disorders; OCD; panic disorders; school problems; suicide ideation

Specialized Techniques: Christian counseling; play therapy

Special Populations: child/adolescent

Court-ordered treatment

Kay (Elizabeth K.) Manipole, LPC

Creative Counseling Studio
385 Garrisonville Rd Ste 112
Stafford VA 22554
(540) 658-9122

Modality: individual, couples, family, group

Ages: child 6+, adolescent, adult, older adult

Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child development; conflict management; cutting/self-injury; depression; divorce; domestic violence; dual diagnosis; elderly issues; family issues; grief; impulse control; life changes; mood disorders; OCD; panic disorders; parenting issues; personality disorders; PTSD; postpartum depression; psychotic disorders; relationship issues; schizoaffective disorder; schizophrenia; school problems; stress management; suicide ideation; trauma; women's issues

Special Populations: child/adolescent

Group: parenting; grief; anger management; teen pregnancy

Court-ordered treatment

[Accepts Medicaid](#)

Renee Martin, LCSW

1320 Central Park Blvd Suite 229
Fredericksburg, VA 22401
(540) 548-4824

Modality: individual, couples, family

Ages: adolescent, adult, older adult

Interest Areas: depression & anxiety; eating disorders; life stage/developmental changes; elderly issues

Vicki L. McCarthy, LCSW

Stepping Stones Therapy Group
2217 Princess Anne St. Suite 105-5
Fredericksburg, VA 22401
(540) 371-1006

Modality: individual, couples, family, group

Ages: child 5+ adolescent, adult, older adult

Interest Areas: adjustment issues; adolescent issues; anxiety; ADD/ADHD; autism spectrum; bereavement; bipolar disorder; cutting/self-injury; depression; elderly issues; family issues; grief; life changes; mood disorders; OCD; panic disorders; parenting issues; PTSD; relationship issues; self/injury; spiritual issues; stress management; suicide ideation

Specialized Techniques: Christian counseling; EMDR

Special Populations: asperger's syndrome; child/adolescent; military families/veterans; law enforcement families

Group: Restorative Justice for Court Appointed Youth

[Accepts Medicaid and Medicare](#)

Teresa McCrossin, LCSW

1320 Central Park Blvd Suite 206
Fredericksburg VA 22401
(540) 785-1660

Modality: individual, couples, family
Ages: child 10+, adolescent; adult, older adult
Interest Areas: adjustment issues; adolescent issues; adoption; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child abuse; conflict management; depression; developmental disorders; divorce; domestic violence; dual diagnosis; elderly issues; family issues; grief; impulse control; life changes; mood disorders; panic disorders; parenting issues; PTSD; postpartum depression; relationship issues; school problems; suicide ideation; trauma; women's issues
Specialized Techniques: CISD
Special Populations: child/adolescent

Accepts Medicaid and Medicare

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

Modality: Individual; group; couples; family
Ages: Child; adolescent; adult
Interest Areas: mood & anxiety disorders; Depression; OCD; crime; trauma

Accepts Medicaid & Medicare

Jule Millard, LPC
Caroline Counseling
17024 Maple Drive
Bowling Green VA 22427
(804) 633-9993

Modality: individual, couples, family
Ages: child 10+, Adolescent; adult
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; behavior issues; bereavement; bipolar disorder; codependency; conflict management; depression; divorce; family issues; gay/lesbian/transgender; grief; life

changes; men's issues; mood disorders; OCD; pain management; panic disorders; parenting issues; personality disorders; PTSD; postpartum depression; psychosomatic disorder; relationship issues; spiritual issues; stress management; suicide ideation; women's issues
Specialized Techniques: hypnosis, guided imagery, mediation
Special Populations: child/adolescent; gay/lesbian/transgender

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

Interest Areas: attention-deficit disorder/ADHD; developmental disabilities; behavior management; family therapy; psychological assessments

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

Modality: individual
Ages: adult, older adult
Interest Areas: anxiety; depression; mood disorders; panic disorders; stress management

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

Modality: individual, couples, family
Ages: adult 18+
Interest Areas: anxiety disorders; depression; family issues; mood disorders; OCD: panic disorders; parenting issues; psychotic disorders; schizoaffective disorder; schizophrenia

[Accepts Medicaid and Medicare](#)

Beth Parker, LCSW

Creative Healing Solutions
10700 Ballantraye Dr, Ste 104
Fredericksburg VA 22407
(540) 479-2211

Modality: individual, family

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

Interest Areas: adjustment issues;
adolescent issues; alcohol abuse;
anxiety; bipolar disorder; codependency;
cutting/self-injury; depression;
dissociative identity; divorce; domestic
violence; drug abuse; dual diagnosis;
family issues; mood disorders; personality
disorders; PTSD; self-injury; sexual
abuse spiritual issues; substance abuse;
suicide ideation, trauma; women's issues

Specialized Techniques: Certified
Trauma Therapist – trauma treatment,
PTSD, dissociation

Special Populations: rape/sexual
assault

Certified Trauma therapist

Roger Pasternak, PhD

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

Modality: Individual; couples; family

Ages: **child, adolescent,** & adult

Interest Areas: ADHD; forensic
evaluations; psychological assessments;
learning disability

[Accepts Medicaid & Medicare](#)

Diane Peterson, LCSW

Center for Family Counseling
308 Wolfe Street
Fredericksburg, VA 22401
(540) 361-1556

Modality: individual & couples

Interest Areas: **EMDR**

Roberta Price, LCSW

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

Modality: individual, marital & family

Ages: **adolescent,** adult

Interest Areas: adolescent/young adult
problems; cognitive therapy; family
therapy; insight-oriented psychotherapy;
Marital/couples therapy

[Accepts Medicaid & Medicare](#)

Mark Reeves, LCSW

406 Chatham Square Suite 102
Fredericksburg VA 22405
(540) 840-5808

Modality: individual, couples, family

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

Interest Areas: adjustment issues;
alcohol abuse; anxiety; depression

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

Court-ordered treatment

[Accepts Medicaid and Medicare](#)

Faye Romano, PsyD

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

Modality: Individual, couples, group

Ages: **children 10+**, adult, older adults

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

stress management; trauma; women's issues

Specialized Techniques: psychological testing; neuropsychological testing; disability testing

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

Michelle Rooker, LCSW

2300 Fall Hill Ave Suite 213
Fredericksburg VA 22401
(540) 371-2610

Modality: individual, couples, family

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

Interest Areas: adjustment issues; **adolescent issues**; alcohol abuse; anxiety; bipolar disorder; codependency; depression; divorce; drug abuse; eating disorders; family issues; life changes; mood disorders; OCD; panic disorders; relationship issues; school problems; spiritual issues; stress management ; substance abuse

Specialized Techniques: **Christian counseling**; play therapy

Special Populations: **child/adolescent**

[Accepts Medicaid and Medicare](#)

Robin Rutsky, LCSW

Meridian Therapy Services
2601 Princess Anne Suite 101
Fredericksburg, VA 22401
(540) 368-3011

Modality: individual, couples

Ages: adult 18+, older adults

Interest Areas: adjustment issues; anger management; behavior issues; bereavement; bipolar disorder; child abuse; codependency; conflict management; depression, divorce; domestic violence; elderly issues; family issues; geriatric issues; grief; life changes; men's issues; mood disorders; OCD; pain management; panic disorders; parenting issues; physical abuse; PTSD;

postpartum depression; psychotic disorders; relationship issues; schizoaffective disorder; schizophrenia; school problems; sexual abuse; stress management; suicide ideation; trauma; women's issues

Special Populations: military families/veterans

[Accepts Medicare](#)

Nelia San Jose-Carlson, MD (female)

Cornerstone Psychiatric Services
420 Hudgins Rd, Suite 204
Fredericksburg, VA 22408
(540) 891-6622

Modality: Individual

Ages: **adolescents 14+**, adults

Interest Areas: General Practice

[Accepts Medicaid and Medicare\(pending\)](#)

Kelly-Anne Savage, LCSW

Courthouse Family Counseling
P.O. Box 1522
Stafford VA 22555
(540) 226-0787 / 288-4670

Modality: individual, couples, family

Ages: **Children**, adults

Interest Areas: anxiety, abuse, ADD, depression, mood disorders, self esteem, **court-ordered therapy**

Mike Schell-Smith LCSW

Psychological and Life Skills Associates
2217 Princess Anne St Suite B-1
Fredericksburg, VA 22401
(703) 490-0336

Modality: individual, couples, family, group

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

Interest Areas: adjustment issues; **adolescent issues**; adoption; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues;

bereavement; bipolar disorder; child abuse; **child development**; codependency; conflict management; cutting/self-injury; depression; dissociative identity disorder; divorce; domestic violence; eating disorders; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; impulse control; life changes; men's issues; mood disorders; OCD; pain management; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; postpartum depression; psychosomatic disorder; relationship issues; school problems; self-injury; sexual abuse; sexual dysfunction; spiritual issues; stress management; suicide ideation; trauma; women's issues
Special Populations: Asperger's syndrome; autism spectrum disorders; **child/adolescent**; military families/veterans; law enforcement families; rape/sexual assault

Court-ordered treatment

[Accepts Medicare](#)

Andrea Shea, LPC

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

[Accepts Medicaid & Medicare](#)

Margo Sills, LPC

Riverside Counseling
404 Chatham Square Office Park
Fredericksburg, VA 22405
540-373-1200

Modality: individual, couples, family, group
Ages: **adolescent 13+**, adult, older adult
Interest Areas: adjustment issues; **adolescent issues**; anger management; anxiety; co-dependency; conflict management; depression; divorce; family

issues; grief; life changes; parenting issues; relationship issues; self-esteem; spiritual issues; stress management
Other: Co-parenting (non-court related); marital issues; pre-marital; self-identity
Special Populations: **Adolescents**; military families

GROUPS: self-esteem

Michelle Sjolinder, PsyD

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

Modality: individual, couples
Ages: **adolescent 15***, adult
Interest Areas: adjustment issues; **adolescent issues**; anger management; anxiety; behavior issues; bereavement; bipolar disorder; codependency; conflict management; cutting/self-injury; depression; domestic violence; forensic issues; grief; life changes; mood disorders; panic disorders; parenting issues; physical abuse; PTSD; postpartum depression; relationship issues; self-injury; sexual abuse; stress management; suicide ideation; trauma; women's issues
Specialized techniques: forensic evaluation (assessment of risk); psychological testing (some)
Special Populations: military families/veterans; law enforcement families; rape/sexual assault; sex offenders

Court-ordered psychological testing
Court-ordered treatment

Aracoma Smith, LCSW

3715 Latimers Knoll Court Ste 106
Fredericksburg, VA 22408
(540) 361-1844

Modality: individual, family
Ages: **child 5+**, **adolescent**, adult, older adult

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

Special Populations: **child/adolescent**

[Accepts Medicare](#)

Suzanne Souders, LCSW

The Wellness Place
1549 Oldhams Road
Warsaw, VA 22572
(804) 472-3706

Modality: individual, couples, family, group

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

Interest Areas: adjustment issues; alcohol abuse; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar; child development; codependency; cutting/self-injury; depression; divorce; drug abuse; dual diagnosis; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; hoarding issues; impulse control; life changes; mood disorders; OCD; parenting issues; personality disorders; physical abuse; PTSD; postpartum depression; psychotic disorders; relationship issues; schizoaffective disorder; schizophrenia; school problems; self-injury; sexual abuse; stress management; substance abuse; suicide ideation; trauma; women's issues

GROUPS: CBT; DBT; psychoeducational

[Accepts Medicaid & Medicare](#)

Jodi Spafford, LPC, LMFT

2217 Princess Anne St, Suite 106-1C
Fredericksburg, VA 22401

(540) 371-1110

Modality: individual, couples, family, group

Ages: **child 2+**, **adolescent**, adult, older adult

Interest Areas: adjustment issues; **adolescent issues**; adoption; alcohol abuse; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues bereavement; bipolar disorder; child abuse; **child development**; codependency; conflict management; cutting/self-injury; depression; developmental disorders; disability issues; divorce; domestic violence; drug abuse; dual diagnosis; family issues; grief; impulse control; life changes; men's issues; mood disorders; OCD; pain management; panic disorders; parenting issues; physical abuse; PTSD; postpartum depression; relationship issues; school problems; self-injury; sexual abuse; stress management; substance abuse; suicide ideation; trauma; women's issues

Specialized Techniques: play therapy

Special Populations: asperger's syndrome; autism spectrum disorders; **child/adolescent**; military families/veterans; law enforcement families; rape/sexual assault

Court-ordered treatment

GROUPS: social skills; ADD/ADHD; Womens

Athena Staik, PhD, LMFT

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

[Accepts Medicaid & Medicare](#)

[Speaks Greek](#)

Sonia Stevens, LCSW

Breakthroughs Unlimited

92 Old Concord Road
Stafford, VA 22554
(540) 659-2676

Modality: individual, couples

Ages: adult, older adult

Interest Areas: adjustment issues; anger management; anxiety; bereavement; codependency; conflict management; depression; divorce; gay/lesbian/transgender; grief; mood disorders; OCD; panic disorders; relationship issues; sexual dysfunction; trauma; women's issues

Specialized Techniques: cognitive-behavioral, psychodynamic; EMDR

Special Populations: gay/lesbian/transgender

GROUP: Bonding Psychotherapy for emotion

Joanne Strawder, LCSW

Stepping Stones Therapy Group
2217 Princess Anne St. Suite 105-5
Fredericksburg, VA 22401
(540) 371-1006

Modality: individual, couples, family

Ages: children 8, adolescent, adults

Interest Areas: adjustment issues; ADD/ADHD; autism spectrum; behavior issues; child development; family issues; parenting issues; relationship issues; school problems; women's issues

Specialized Techniques: Christian counseling

Special Populations: child/adolescent; military families/veterans

[Accepts Medicaid & Medicare](#)

Mary H. Sudduth, LCSW

The Wellness Place
1549 Oldhams Road
Warsaw, VA 22572
(804) 472-3706

Modality: individual, couples, family,

group

Ages: child 7+, adolescent, adult, older adult

Interest Areas: adjustment issues; adolescent issues; alcohol abuse; Alzheimer's; anger management; anxiety; behavior issues; bereavement; bipolar; codependency; cutting/self-injury; dementia; depression; disability issues; divorce; domestic violence; drug abuse; dual diagnosis; elderly issues; family issues; geriatric issues; grief; life changes; mood disorders; panic disorders; parenting issues; PTSD; relationship issues; school problems; stress management; substance abuse

Specialized Techniques: cognitive-behavioral therapy

Special Populations: Geriatric, Aging, Terminally Ill

Languages: Spanish translation available

GROUPS: Depression; Substance Abuse; Grief; Anxiety

Court-ordered treatment

[Accepts Medicaid & Medicare](#)

Janet Suffel, LPC

Fredericksburg Christian Counseling Center
2300 Fall Hill Ave, Ste 213
Fredericksburg VA 22401
(540) 371-2610 x3

Modality: individual, family

Ages: children 4-12, adults

Interest Areas: adjustment issues; adoption; anger management; anxiety; ADD/ADHD; behavior issues; depression; family issues; mood disorders; school problems; spiritual issues; suicide ideation; women's issues

Specialized Techniques: Christian counseling; play therapy; art therapy; cognitive behavioral therapy

Special Populations: child/adolescent

Alison Sullivan, LCSW

1011-B Princess Anne Street

Fredericksburg, VA 22401
(540) 907-0991

Modality: individual, couples, family
Ages: **adolescent**, adult,
Interest Areas: adjustment issues;
adolescent issues; alcohol abuse;
anxiety; bereavement; bipolar disorder;
codependency; conflict management;
depression; divorce; domestic violence;
drug abuse; eating disorders; family
issues; grief; life changes; mood
disorders; parenting issues; personality
disorders; physical abuse; PTSD;
postpartum depression; relationship;
issues; school problems; sexual abuse;
sexual dysfunction; spiritual issues; stress
management; substance abuse; suicide
ideation; trauma; women's issues
Specialized Techniques: spiritually
centered therapy

[Accepts Medicaid & Medicare](#)

Jeff Sumpolec, MA, LPC
Grace Counseling Center
1125 Heatherstone Drive Ste 101
Fredericksburg, VA 22407
(540) 548-4114

Modality: individual
Ages: **adolescent 12+**, adult, older adult
Interest Areas: adjustment issues;
anxiety; depression; stress management
Specialized Techniques: **Christian**
counseling

Sumanna Suresh, MD
Insight Physicians
1701 Fall Hill Ave Suite 101
Fredericksburg VA 22401
(540) 735-9897

Interest Area: adult psychiatry

[Accepts Medicaid & Medicare](#)

Eric Swift, PhD
Fredericksburg Psychological Services

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

Modality: individual, group
Ages: **child 10+**, **adolescent**, adult, older
adult
Interest Areas: adjustment issues;
adolescent issues; anger management;
anxiety; ADD/ADHD; cutting/self-injury;
depression; developmental disorders;
dissociative identity; men's issues; mood
disorders; panic disorders; parenting
issues; PTSD; school problems; self-
injury; sexual abuse; stress management;
trauma
Specialized Techniques:
psychodynamic
Special Populations: **child/adolescent**

GROUPS: men's issues

Court-ordered treatment

[Accepts Medicaid and Medicare](#)

Terry Tackett, LCSW
Fredericksburg **Christian** Counseling Center
2300 Fall Hill Ave Suite 213
Fredericksburg VA 22401
(540) 371-2610

Modality: individual, couples, family
Ages: **adolescent**, adult
Interest Areas: adolescent/young adult
problems; anxiety/panic disorders;
depression/affective disorders; family
therapy; marital/couples therapy

Sara Tate, LPC
Grace Counseling Center
1125 Heatherstone Drive
Fredericksburg VA 22407
540-548-4114

Modality: individual, couples, family
Ages: **adolescent 14+**, adults, older
adults
Interest Areas: anxiety; conflict
management; depression; family issues;

grief; life changes; mood disorders; panic disorders; PTSD; relationship issues; sexual abuse; spiritual issues; stress management; trauma; women's issues
Specialized Techniques: **Christian counseling**; prolonged exposure therapy (for PTSD)

Special Populations: **adolescent**

Ruby Thomas, MD

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

Ages: **Child & Adolescent**

Brian Towers, LMFT

Center for Family Counseling
308 Wolfe Street
Fredericksburg, VA 22401
(540) 361-1556

Interest Areas: Marriage, Couples, Pre-Marital, Family Group

Susan Tucker, MD

111 Park Hill Drive, Suite B
Fredericksburg, VA 22401
(540) 310-4822

Modality: individual

Ages: adult 18+, older adult

Interest Areas: anxiety; bipolar disorder; dementia; mood disorders; OCD; panic disorders; postpartum depression; psychotic disorder; schizoaffective disorder; schizophrenia

Specialized Techniques: medication evaluation/management

Accepts Medicare

Rachel Ulbricht, LCSW

2217 Princess Anne Suite B7
Fredericksburg, VA 22401
(540) 899-6888

Interest Areas: adjustment disorders;

attention-deficit disorder/ADHD; disruptive behavior disorders; family therapy; grief counseling/bereavement

Accepts Medicaid

Diane Veach, PhD

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

Modality: individual, couples, family, group

Ages: **child 6+**, **adolescent**, adult, older adult

Interest Areas: adjustment issues; **adolescent issues**; alcohol abuse; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; **child development**; codependency; conflict management; cutting/self-injury; depression; disability issues; divorce; domestic violence survivors; drug abuse; dual diagnosis; eating disorders; elderly issues; family issues; geriatric issues; grief; head trauma; impulse control; learning problems; life changes; men's issues; mood disorders; pain management; panic disorders; parenting issues; physical abuse survivors; PTSD; postpartum depression; psychosomatic disorder; school problems. self-injury; sexual abuse survivors; spiritual issues; stress management; substance abuse; trauma; women's issues

Specialized Techniques: **spiritual counseling**; play therapy; ADHD evaluations (children and adults); survivors of abuse (all types)

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

GROUP: Recovery groups

Court-ordered treatment

Catherine Ward, PysD

Neuropsychology & Complementary Medicine
3504 Plank Rd, Suite 302

Fredericksburg VA 22407
(540) 999-6221

Modality: Individual, group

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

Interest Areas: Alzheimer's; anxiety; ADD/ADHD; autism spectrum; behavior issues; child development; dementia; depression; developmental disorders; disability issues; geriatric issues; grief; head trauma; learning problems; mood disorders; pain management; panic disorders; PTSD; school problems; sexual abuse; stress management; trauma; women's issues

Specialized Techniques: forensic evaluation; play therapy; art therapy; psychological testing; disability testing
Other: neuropsychological assessment; ADHD; Biofeedback; Neurofeedback; cognitive rehabilitation; intensive outpatient brain injury rehabilitation, CBT

Special Populations: asperger's syndrome; autism spectrum disorders; brain injury; military families/veterans; law enforcement families; rape/sexual assault

GROUP: brain injury

Court-ordered psychological testing

[Accepts Medicaid and Medicare](#)

Theresa Weedon, LCSW
Riverside Counseling
404 Chatham Square
Fredericksburg, VA 22405
(540) 373-1280

Modality: Individual, couples, family

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

Interest areas: adjustment issues; **adolescent issues**; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child abuse; codependency; conflict management; cutting/self-injury;

depression; divorce; domestic violence; drug abuse; dual diagnosis; gay/lesbian/transgender; grief; impulse control; life changes; men's issues; mood disorders; OCD; panic disorders; personality disorders; physical abuse; PTSD; postpartum depression; relationship issues; school problems; self-injury; sexual abuse; sexual dysfunction; spiritual issues; stress management; suicide ideation; trauma; women's issues

Specialized Techniques: **Christian counseling**; play therapy

Special Populations: **child/adolescent**; gay/lesbian/transgender; rape/sexual assault

Elaine K. Wescoat, LPC, LSATP
Solutions
2217 Princess Anne St. Suite 328-1
Fredericksburg, VA 22401
(540) 847-2876

Modality: Individual, couples, family, group

Ages: **adolescent 12+**, adult

Interest Areas: adjustment issues; alcohol abuse; codependency; depression; dissociative identity disorder; divorce; drug abuse; dual diagnosis; family issues; grief; mood disorders; PTSD; relationship issues; substance abuse; trauma

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

Other: dual disorders; EMDR; clinical supervision; public and professional education; substance abuse assessments and reporting

GROUP: substance abuse recovery

Court-ordered treatment

Carol Westphal, LCSW
Counseling Associates of Fr'burg
3516 Plank Road Suite 5-C

Fredericksburg, VA 22407
(540) 786-3049

Modality: individual, couples, family
Ages: **child 4+**, **adolescent**, adult
Interest Areas: adjustment issues;
adolescent issues; adoption; anxiety;
ADD/ADHD; behavior issues; bipolar
disorder; **child development**;
codependency; depression; family issues;
grief; life changes; mood disorders; panic
disorders; parenting issues; PTSD;
relationship issues; school problems;
spiritual issues; stress management;
trauma; women's issues
Specialized Techniques: play therapy;
mindfulness based cognitive therapy;
internal family systems; somatic
experiencing
Special Populations: **child/adolescent**;
military families/veterans

[Accepts Medicare](#)

Ajit Wettasinghe, LPC
Alliance Therapy
406 Chatham Square, Suite 101
Fredericksburg VA 22405
(540) 373-9577

Donna Willett, LPC, LMFT
420 Hudgins Road Suite 201
Fredericksburg, VA 22408
(540) 891-0817

Modality: individual, couples, family
Ages: **adolescent 14+**, adult, older adult
Interest Areas: adjustment issues;
adolescent issues; behavior issues;
bereavement; depression; domestic
violence; family issues; grief; life
changes; mood disorders; parenting
issues; postpartum depression;
relationship issues; spiritual issues; stress
management
Special Populations: **adolescent**;
military families/veterans

Court-ordered treatment

Laurie Wilson, LPC
Stafford Family Counseling
11 Hope Street - Suite 213
Stafford, VA 22554
(540) 658-0888

[Accepts Medicaid](#)

Gayle Wolfe, LPC
3100 Fall Hill Avenue
Fredericksburg, VA 22401
(540) 371-9957

Modality: Individual, couples
Ages: Adult 18+, older adult
Interest Areas: adjustment issues;
anger management; anxiety;
bereavement; codependency; conflict
management; depression; divorce;
domestic violence; eating disorders;
gay/lesbian/transgender; grief; life
changes; mood disorders; OCD; panic
disorders; parenting issues; relationship
issues; spiritual issues; stress
management; women's issues
Specialized Techniques: guided
imagery and music

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

Modality: individual, couples, family
Ages: **child 4+**, **adolescent**, adult, older
adult
Interest Areas: adjustment issues;
adolescent issues; anxiety; ADD/ADHD;
behavior issues; bereavement; bipolar
disorder; **child development**; custody
issues; cutting/self-injury; depression;
disability issues; divorce; domestic
violence; dual diagnosis; eating disorders;
family issues; grief; head trauma; impulse
control; learning problems; mood
disorders; OCD; panic disorders;
parenting issues; physical abuse; PTSD;
relationship issues; school problems; self-

injury; stress management; women's issues

Specialized Techniques: play therapy; psychological testing; disability testing

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

Custody evaluations

Court-ordered psychological testing

Court-ordered treatment

[Accepts Medicare](#)

Gebrehana Zebro, MD

Metro Health Behavioral Center
2146 Jefferson Davis Hwy Suite 100
Stafford VA 22554
540-657-9191

Modality: Individual, family

Ages: **Adolescent 12+**; adult; older adult

Interest Areas: adjustment issues; adolescent issues; alcohol abuse; Alzheimers; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child abuse; codependency; dementia; depression; dissociative identity; dual diagnosis; eating disorders; geriatric issues; hoarding issues; impulse control; OCD; panic disorders; personality disorders; PTSD; postpartum depression; psychosomatic disorder; psychotic disorders; schizoaffective disorder; schizophrenia; self-injury; sexual abuse; sexual dysfunction; stress management ; substance abuse; suicide ideation

Court ordered treatment

[Accepts Medicaid and Medicare](#)

**Agencies providing Mental Health Services
in the private, public and nonprofit sectors in the greater Fredericksburg area**

Compass Counseling Services

10701 Spotsylvania Ave Suite B
Fredericksburg VA 22408
540-760-5708
Fax: 540-301-3608
SERVICE AREA: City of Fredericksburg and surrounding counties
SERVICES: intensive in-home services for children and families; mental health support services for those ages 16+; therapeutic, supervised visitation services
PURPOSE: services are family focused, utilizing solution-based strategies and focus on the strengths of the individual or family being served. Services are intended to stabilize, strengthen and support children, families and adults in the community.
FEES: Medicaid accepted

Community Health Center of the Rappahannock Region

2217 Princess Anne St, Ste 110
Fredericksburg VA 22401
PHONE: (540) 735-0560
FAX: (540) 735-0567
EMAIL: n/a
WEBSITE: <http://cvhsinc.org>
SERVICE AREA: City of Fredericksburg, Spotsylvania, Stafford and surrounding areas
HOURS: M/W/TR/FR 8:30-5:00;
Tuesdays 10:30-7
AGES: children, adolescents, adults
ELIGIBILITY: Behavioral Health services not available for court-involved cases
FEES: Insurance (Medicare and Medicaid accepted); clinic operates on a sliding scale for uninsured
PURPOSE: CHCRR provided coordinated medical, dental and behavioral health services to the community
SERVICES: outpatient therapy for children, adolescents, and adults. Family and couples therapy. Treatment of anxiety disorders, mood disorders, ADHD and behavioral disorders, trauma, and psychological factors affecting medical conditions (eg, pain management). Multidisciplinary consultation and coordination; Psychological evaluations.
LANGUAGES: Interpretation service available for Spanish-speaking patients.

Dominion Day Services

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

Family Love Training Home Adult Ministry

4540 Plank Road, Suite C
Fredericksburg VA 22407
PHONE: 540-786-9239
FAX: 540-786-9249
EMAIL: FamilyLoveGroupHome@comcast.net
WEBSITE: n/a
SERVICE AREA: Fredericksburg
HOURS: 24 hour support service; day support 9am-4pm
AGES: 18 and up
ELIGIBILITY: ID Waiver
FEES: ID Waiver through Medicaid; room & board \$650/month
PURPOSE: Family Love is a home that provides residential and day support services for adults with intellectual disabilities. The program focuses on creating a supportive environment with activities personally planned for positive and behavioral support
SERVICES: residential and day support services for adults who have the ID Waiver through Medicaid

Family Preservation Services, Inc.

109 Olde Greenwich Drive, Ste 101
Fredericksburg, Virginia 22408
PHONE: 540-710-5810
FAX: 540-710-0203
E-MAIL: N/A
WEBSITE: N/A
SERVICE AREA: City of Fredericksburg,
Caroline, Culpeper, Fauquier, King George,
Spotsylvania, and Stafford Counties.
HOURS: Office hours: 8:00am-5:00pm,
Monday-Friday; Staff available 24 hrs a day.
AGES: All
ELIGIBILITY: Referrals come through local
Family Assessment and Planning Teams and
Court Services Unit.
FEES: Paid by FAPT/CPMT – Fees based on
service.
PURPOSE: To help prevent out of home
placement and reunite families.
SERVICES: Intensive in-home counseling;
case management; mentoring services,
mental health support, supervised visitation,
therapeutic day treatments (school based),
Autism services, adolescent sex offender
program, teen substance abuse program.

Family Solutions

2117 Lafayette Blvd.
Fredericksburg VA 22401
PHONE: 877-582-6363
FAX: 540-710-5523
EMAIL:
WEBSITE: www.familysolution.net
SERVICE AREA: City of Fredericksburg,
Caroline, King George, Spotsylvania, Stafford
HOURS: 8:30-5:00; staff on call 24 hours
AGES: all
ELIGIBILITY: referrals are made through
DSS, CSU, schools, FAPT, and other
community agencies
FEES: Paid by Medicaid or FAPT
PURPOSE: to prevent out-of-home
placement; mental health support services for
individuals aged 16 and older to achieve and
maintain stability and independence in the
community
SERVICES: intensive in-home counseling,
mentoring services, case management,
mental health support services, therapeutic
visitations for foster care children, Parenting
Apart – Co-parenting Together

Felton Therapy Center

4540 Plank Road, Suite B
Fredericksburg VA 22407
PHONE: 540-785-3986
FAX: 540-785-3987
EMAIL: nicolefelton@feltontherapycenter.com
WEBSITE: www.feltontherapycenter.com
SERVICE AREA: City of Fredericksburg,
counties of Caroline, Culpeper, Fauquier,
King George, Spotsylvania & Stafford
HOURS: Tuesday – Friday 6:30pm-9:30pm
Saturday 9:00am – 1:00pm
AGES: age 12 and older (age 9-12 as
needed)
ELIGIBILITY: Trauma and Eating Disorders,
military, domestic violence, agoraphobia,
social anxiety
FEES: varies based on services provided
PURPOSE: Felton Therapy Center is an
Intensive Outpatient Program that provides
16 weeks of intensive therapy, dietetic
counseling, multiple groups and exposure for
the entire family struggling to get through
trauma and eating disorder issues.
SERVICES: Psychotherapy, intensive
outpatient program for those with eating
disorders, trauma, abuse issues. 16 weeks.
Outpatient therapy provided. Dietician on
staff, family therapy, groups, and ERP
LANGUAGES: English

FOCUS Group Solutions

2217 Princess Anne St Suite 101-2
Fredericksburg VA 22401
PHONE: 540-374-2083
FAX: 540-374-2059
EMAIL: dgordon@focusva1.com
WEBSITE: www.focusva1.com
SERVICE AREA: Quantico, Stafford,
Fredericksburg, Spotsylvania
HOURS: Mon-Wed 9:30am-6:00pm; Thurs
9:30am-9:00pm; closed Friday
AGES: All, 7-21 Intensive in-home/17+
Home-based Support Services
ELIGIBILITY: veterans, family members of
veterans, civilians based on services
FEES: sling scale; payment options based on
services
PURPOSE: to provide services to the local
community with some emphasis on the
military community and their families. The
intensive in-home services preserve the
healthy relationships within the family unit
SERVICES: intensive in-home, home-based

support services, mental health support services (coming May 2010), crisis intervention, PTSD groups (forming), peer to peer support groups
LANGUAGES: English

Fredericksburg Counseling Services

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

The Lamano Agency, Inc.

P O Box 605
Ladysmith VA 22501
PHONE: 540-875-7993
FAX: 434-385-0264
EMAIL: ryan@lamanoagency.com
WEBSITE: www.lamanoagency.com
SERVICE AREA: Alexandria, Arlington, Caroline, Fairfax, Falls Church, Fauquier, Fredericksburg, King George, Manassas, Prince William and Stafford Counties
HOURS: Sponsored placement services are provided 24 hours a day. In-Home and Respite services are provided as needed.
AGES: Sponsored placement services for individuals aged 18 years and older; in-home and respite services are for individuals of any age.
ELIGIBILITY: The Lamano Agency supports

individuals who are intellectually disabled with a diagnosis of mental retardation or developmental disability. We also provide support for those who have physical and behavioral needs, and are dually diagnosed individuals.

FEES: our services are largely funded by [Medicaid Waiver](#). In some instances, a co-pay may be required, but this is determined on a case-by-case basis and is not common.
PURPOSE: The Lamano Agency, Inc. is committed to helping individuals live fulfilling lives in their preferred community setting. By providing a person-centered approach, we seek to help people connect with life through our programs and services. We invite you to become a part of our family and enjoy the connections we bring to you.
SERVICES: Sponsored Residential Placements, In-Home Residential Services, and Respite Services are available in this area.

Lucy's – A Bilingual Life Skills Center

106 Cambridge Street, Suite 105
Fredericksburg, VA 22405
PHONE: (540) 372-7211
FAX: (540) 372-7223
E-MAIL: lucys1@verizon.net
WEBSITE: <http://lucys1.com>
SERVICE AREA: Culpeper, Fredericksburg, Spotsylvania, Stafford, Warrenton and surrounding areas
HOURS: 10:00AM – 6:00PM, Mon – Friday
AGES: All
FEES: Varies based on service provided
PURPOSE: Life skills education in Spanish and English
SERVICES: anger management; stress management; driver improvement courses; notary public; translation of documents; basic financial (budget set-up); life coaching / mentoring; substance use/abuse education; alcohol and drug testing

National Counseling Group, Inc.

10705 Spotsylvania Ave Ste 101
Fredericksburg, VA 22408
PHONE: 540-446-0007
FAX: 540-710-9299
EMAIL:
WEBSITE:
SERVICE AREA: City of Fredericksburg, counties of Caroline, King George,

Spotsylvania, Stafford

HOURS:

AGES: Child, adolescent & adults

ELIGIBILITY:

FEES: [some Medicare & Medicaid](#); FAMIS, FAMIS Plus, FAPT

PURPOSE:

SERVICES: Substance abuse; intensive in-home (Medicaid); mentoring; supervised visitation; groups; Court-ordered evaluations

Rappahannock Area Community Services Board

WEBSITE: www.racsb.state.va.us

Fredericksburg Clinic

600 Jackson Street

Fredericksburg, VA 22401

Phone: 540-373-3223

Fax: 540-371-3753

Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Friday 8:00 a.m. – 5:00 p.m.; 24-hour emergency services 540-373-6876

Spotsylvania County Clinic

7424 Brock Road

Spotsylvania, VA 22553

Phone: 540-582-3980

Fax: 540-582-6825

Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Closed Friday; 24-hour emergency services 540-373-6876

Stafford County Clinic

15 Hope Road

Stafford, VA 22554

Phone: 540-659-2725

Fax: 540-659-0736

Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Closed Friday; 24-hour emergency services 540-373-6876

Caroline County Clinic

19254 Rogers Clark Boulevard

Ruther Glen, VA 22546

Phone: 804-633-9997

Fax: 804-633-7031

Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Closed Friday; 24-hour emergency services 540-373-6876 or 804-633-4148

King George County Clinic

8470 St. Anthony's Road

King George, VA 22485

Phone: 540-775-9879

Fax: 540-755-3887

Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Closed Friday; 24-hour emergency services 540-373-6876 or 540-775-5064

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

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

FEES: [Medicaid & Medicare](#); Most Insurance; Sliding Scale based on ability to pay

PURPOSE: The Rappahannock Area Community Services Board is committed to

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

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

A Woman's Place (RACSB)

2016 Lafayette Boulevard

Fredericksburg, VA 22401
PHONE: 540-891-3636
FAX: 540-891-3138
HOURS: Monday-Thursday 8 am – 7 p.m.;
Closed Friday; 24-hour emergency services
540-373-6876
AGES: Adults
ELIGIBILITY: Women with substance abuse
concerns; mental health concerns also
addressed
FEES: [Medicaid & Medicare](#); Most
Insurances; Sliding Scale based on ability to
pay
PURPOSE: A program of the Rappahannock
Area Community Services Board, A Woman's
Place provides specialized individual and
group therapy services for women with
substance abuse and mental health
concerns.
SERVICES: Individual and group therapy;
linkage to community resources; placement
to residential treatment facilities; coordination
with criminal justice and social service
agencies

**Virginia Wounded Warrior Program for
Northwestern Health Planning Region I**
Rappahannock Area Community Services
Board, Fredericksburg Clinic
600 Jackson Street
Fredericksburg, VA 22401
PHONE: 540-373-3223, ext. 3085
FAX: 540-371-3753
HOURS: Monday-Friday 8 am – 5 pm or by
appointment; 24-hour emergency services
540-373-6876
AGES: all ages
SERVICES: Assistant for combat veterans
and their family members through support
groups, referrals for services, and linkage to
community resources
FEES: none

**Rappahannock Council against Sexual
Assault**
2601 Princess Anne St, Suite 102/104
Fredericksburg, VA 22401
PHONE: Admin 540-371-5581
Counseling 540-371-5502
24-hour hotline 540-371-1666
FAX: 540-371-9803
Ages: 3 years and up
PURPOSE: Counseling for sexual

assault/child sexual abuse, dating violence
and stalking.
SERVICES: Free 24-hour hotline and
medical accompaniment, legal advocacy,
support groups, educational groups and
parent groups. We offer longer-term trauma-
informed counseling (art/play therapy, ITR,
CBT) with licensed and certified therapists.
FEES: [Medicaid](#), Criminal Injuries
Compensation Funds, and other insurance

Safe Harbor Child Advocacy Center

4702 Southpoint Parkway
Fredericksburg, VA 22407
PHONE: (540) 891-6280
FAX: (540) 891-6282
E-MAIL: pamelagarrett@safeharborva.org
WEBSITE: www.safeharborva.org
SERVICE AREA: City of Fredericksburg,
Caroline, King George, Spotsylvania, and
Stafford Counties.
HOURS: Office hours: 8:30am–5:00pm,
Monday-Friday
AGES: Infancy through age 18
ELIGIBILITY: Children of sexual abuse,
severe physical abuse, severe neglect or
have witnessed a violent crime
FEES: None
PURPOSE: To strengthen the coordinated
community response to situations of child
maltreatment by integrating the existing
resources of law enforcement, child
protection, prosecution, medical and
therapeutic agencies so that perpetrators are
held accountable for their actions and
children are not further traumatized by the
investigative process.
SERVICES: Child interviews, case
management, victim advocacy, linkage with
mental health agencies, medical/exams,
crisis response, assistance with accessing
the Criminal Injuries Compensation Fund,
court support

Todays Youth Services

10035 Sliding Hill Road
Ashland VA 23005
PHONE: (804) 368-8783
FAX: (804) 368-8784
E-MAIL: mmelvin@tysinc.org
WEBSITE: www.tysinc.org
SERVICE AREA: Petersburg, Richmond,
Ashland, Fredericksburg
HOURS: 9-5

AGES: 3-18
ELIGIBILITY: at risk of out of home placement, requires repeated interventions
FEES: [Medicaid](#), FAPT
PURPOSE: to sustain the placement of at risk youth in the home and/or school and eliminate the need for repeated interventions by professionals
SERVICES: intensive in home and day treatment
LANGUAGES: English

University of Mary Washington

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

Vibrant Life Nutrition

3330 Bourbon St Suite 112
Fredericksburg VA 22408
PHONE: (540) 847-7706
FAX: n/a
EMAIL: Kelley@VLNutrition.com
WEBSITE: [VLNutrition](#)
SERVICE AREA: City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.
HOURS: variable – call to make appointment
AGES: 12 and older
FEES: varies based on service provided
PURPOSE: Kelley Raetzsch, registered dietitian and eating disorder specialist, aims to help individuals regain the life they have lost in their battle with food and weight.
SERVICES: Nutrition consulting for weight management and eating disorders. Weight management workshops.
LANGUAGES: English

The Wellness Group Youth & Family Services, Inc.

307 Lafayette Boulevard, Suite L1,
Fredericksburg, VA 22401
PHONE: (540) 368-0614
FAX: (540) 368-0615
EMAIL: N/A
WEBSITE: www.wellness-group.org
SERVICE AREA: City of Fredericksburg, Spotsylvania, King George, Stafford, and Caroline Counties.
HOURS: Business Hours 9:00am-5:00pm, Monday-Friday; however counselors are on call 24 hours for crisis interventions

AGES: Varies contingent upon the program delivering service
ELIGIBILITY: Varies contingent upon the program delivering service
FEES: Various payment options are available including Medicaid, please call for more information.
PURPOSE: Our mission is to provide effective mental health services that improve the lives of individuals and promote a healthier community.
SERVICES: Mental Health Support and Outpatient Psychiatric and Substance Abuse Services
LANGUAGES: spoken English and Spanish
