

MENTAL HEALTH PROVIDERS AND SERVICES

GENERAL INFORMATION

Mental health professionals have received advanced training and may be licensed and/or certified by a state and/or national body. The mental health providers listed in this section were contacted by Mental Health America of Fredericksburg. All credential information and special interest areas were self-reported by providers. Users of this Directory should keep in mind that providers were asked to report only five areas of specialty; however, most providers' caseloads are much broader in terms of presenting problems than the five areas reported here.

According to Virginia law, medication must be prescribed by a medical physician. Psychiatrists are the only mental health providers with a medical degree (M.D.); therefore, they are the only mental health practitioners who may prescribe medication. Primary care physicians also prescribe medications for common mental illnesses, such as depression and anxiety.

Professionals are listed by name, followed by their licensure and/or certification. 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.

This section includes:

- 1) alphabetical listing of individual providers
- 2) emergency services and procedures
- 3) glossary of provider credential abbreviations
- 4) glossary of mental health terms
- 5) Bill of Rights for the Mentally Ill
- 6) Additional Mental Health Resources

Mental Health America of Fredericksburg (MHAF) maintains an updated mental health resources directory. Please call MHAF at 371-2704 to report and receive current mental health provider information.

MENTAL HEALTH PROVIDERS

Carl Ackerman, LCSW

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

Modality: individual, couples, family
Ages: adolescent, adult, geriatric

Interest Areas: adolescent/young adult problems; attention-deficit disorder/ADHD; couples; men's issues; depression/anxiety

Darlene Ackerman, LPC, CRC

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

Modality: individual, couples, family
Ages: adolescent (12+), adult, older adult

Interest Areas: adolescent issues; anxiety; eating disorders; family and marital counseling

Segunda Acosta, PhD, RNC

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

Interest Areas: pain management; stress management; accident victims; spiritual issues; marital & family

Christine Agnellini, LCSW

434 Bridgewater Street
Fredericksburg, VA 22401
(540) 371-8868

Ann Ahearn, LCSW

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

Syed Ahmed, MD

Psychiatry Care
3813 Lafayette Blvd
Fredericksburg, VA 22408

(540) 891-7766

Ages: adolescents, adult & older adult (no children)
accepts Medicaid and Medicare

Ali Azez, MD

Insight Physicians
12000 Kennedy Lane Suite 100
Fredericksburg, VA 22407
(540) 741-7100

Ages: child & adolescent psychiatry

Nancy Bailey, PhD, LCP

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

Modality: individual only
Ages: adult, older adult

Interest Areas: mood disorders; PTSD-childhood abuse, rape, sexual assault; dissociative disorders; grief/loss; women's issues

Lynn Beatty, LPC, MAC

Transformations Counseling Services
150 Olde Greenwich Drive, 2nd Floor
Fredericksburg, VA 22408
(540) 898-6851

Modality: Individual; group; couples
Age: Adult; Geriatric

Interest Areas: chemical dependency; physical abuse; sexual abuse

Ann Bernardi, LCSW

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

Michael Bell

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

Michael Borders, PsyD

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

Modality: individual, marital, couples, family
Ages: adolescents (12-19)

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

Alexander Bory, PhD

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

Interest Areas: psychological testing,
evaluation & treatment; depression & anxiety;
ADD and PTSD, marital consultation;
educational security selection

Valerie Boulware, MD

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

Interest Areas: children; adolescents; children
with disabilities

Brian Bowling

Bruised Reed
204 George Street
Fredericksburg, VA 22401
(540) 368-1650

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, adolescent, adult, older adult

Interest Areas: children; family; adults;
anxiety & depression

Karin Brown, LCSW

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

Modality: individual, couples, family
Ages: child, adolescent, adult

Interest Areas: bereavement; depression,
mood & anxiety; sexual abuse; PTSD

Denise Bumgarner, LPC

Grace Counseling Center
1129 Heatherstone Drive
Fredericksburg, VA 22407
(540) 548-4114

Modality: individual, marital, family & group

Interest Areas: depression & anxiety;
marriage/family conflict; eating disorders;
grief/loss

Liz Button, MA

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

Christi Carver, CNS

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

Modality: individual only
Ages: adult, older adult

Interest Areas: anxiety; depression; PTSD;
eating disorders; adjustment disorders

Wayne W. Chang, MD

Insight Physicians
12000 Kennedy Lane Suite 100
Fredericksburg, VA 22407
(540) 741-7100

Modality: Not Specified
Ages: Geriatric, Adult, Adolescent

Interest Areas: mood & anxiety disorder;
psychopharmacology; psychotic disorders;

372-1807

Don Chiappinelli, LCSW

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

Modality: Individual; couples
Ages: Adult; geriatric
Interest Areas: mood & anxiety disorders;
dissociative disorders;
gay/lesbian/transgendered issues

Lisa Endy Clevinger, LCSW

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

Interest Areas: individual, marital & couples;
adolescents (16+); substance abuse (alcohol
primarily)

Terry Cockrell, LPC , CSAC

Transformations Counseling Services
150 Olde Greenwich Drive, 2nd Floor
Fredericksburg, VA 22408
(540) 898-6851

Modality: Individual; couples; family; group
Ages: Adolescent; Adult
Interest Areas: substance abuse, anger
management, mood & anxiety disorders;
impulse disorders

Murry Cohen, MD

2217 Princess Anne Street 106-1D
Fredericksburg, VA 22401
(540) 374-1775

Interest Areas: adolescents & adults; general
psychiatry; psychopharmacology

Linda Collier, LPC

Christian Counseling
10703 Spotsylvania Avenue, Suite 202
Fredericksburg, VA 22408
(540) 710-0520

Interest Areas: couples/relationships;
marital/family; military family issues; teen
issues; women's issues

George Coviello, LPC

1320 Central Park Blvd Suite 200
Fredericksburg VA 22401

Kathryn Cray, LCSW

1802 Augustine Avenue
Fredericksburg, VA 22401
(540) 310-4070

Modality: individual, couples
Ages: adult, older adult

Interest Areas: women's issues; spirituality;
abuse; depression; EMDR

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 Avenue Suite 180
Fredericksburg, VA 22401
(540) 371-1124

Modality: individual, couples, family
Ages: child, adolescent, adult, older adult

Interest Areas: marriage/family; anxiety/mood
disorders; ADHD; ACOA/codependency
issues; trauma/abuse

Katherine Dervin, LCSW

Insight Physicians
12000 Kennedy Lane
Fredericksburg, VA 22407
(540) 741-7100

Ages: Adults only

Interest Areas: mood & anxiety disorders;
women's issues; bereavement; insight
oriented psychotherapy

Delise Dickard, LPC

Riverside Counseling
406 Chatham Square Office Park #201
Fredericksburg, VA 22405
(540) 373-1200

Modality: individual, couples; family, group
Ages: Adolescent; adult; geriatric

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

Terry Diebold, LPC, LMFT
Center for Family Counseling
809 William Street Suite B
Fredericksburg, VA 22401
(540) 361-1556

Interest Areas: individual, couples & family;
EMDR

Lew Doggett, LPC, MDiv
Stafford Family Counseling
11 Hope Road Suite 213
Stafford VA 22554
(540) 658-0888

Interest Areas: alcohol/substance abuse;
depression/affective disorders;
grief/bereavement; marital/couples therapy;
spiritual issues

Joseph Dolansky, OD
Rappahannock Community Services Board
600 Jackson Street
Fredericksburg, VA 22401
(540) 373-3223

Interest Areas: general psychiatry; public
mental health; medications management;
psychopharmacology

Heidi Donovan, PhD
Riverside Counseling
406 Chatham Square Suite 201
Fredericksburg VA 22405
373-1200

Louis Duchin, MD
Rappahannock Community Services Board
600 Jackson Street
Fredericksburg, VA 22401
(540) 373-3223

Interest Areas: general psychiatry; public
mental health; medications management;
psychopharmacology

Cynthia Olsen Farquhar, LCSW
Riverside Counseling
406 Chatham Square Suite 201
Fredericksburg VA 22405
373-1200

Modality: Individual; couples; family
Age: Adolescent; adult; geriatric
Interest Areas: depression; mood & anxiety
disorders; relationship; women's issues

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

Ages: child, adolescents, adults
Interest: women's issues

Mike Fray, PhD
P.O. Box 7242
2636 Caroline Street
Fredericksburg, VA 22401
(540) 899-7762

Modality: individual, couples
Ages: child, adolescent, adult

Interest Areas: anxiety disorders; depression;
life adjustment issues; work related issues

Willis (Bill) Gay, LPC, LMFT
Aquia Counseling & Therapy
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

Teresa L. Gore, LCSW
King George Counseling Center
6089 James Madison Pkwy
King George VA 22485
(540) 663-4350

Interest Areas: individual, marriage & family
counseling

Rosemarie Gortler, LPC, RN
Insight Physicians
12000 Kennedy Lane Suite 100
Fredericksburg, VA 22407
(540) 741-7100

Modality: Individual; Group; Marital; Family
Ages: Adult; Family

Interest Areas; chemical dependency; mood & anxiety disorders

Betty Gosnell, LPC, CSAC, LMFT
Lakewood Counseling Services
4448 Germanna Highway, Suite 8C
Locust Grove, VA 22508
(540) 972-0504

Modality: Individual; couples; family
Ages: Child; adolescent; geriatric
Interest Areas: relationship; women's issues;
family counseling

Marian Gushurst, LPC
1011 Clearview Avenue
Fredericksburg, VA 22405
(540) 371-3940

Modality: individual, marital/couples

Interest Areas: anxiety/panic disorders;
cognitive therapy; depression/affective
disorders; women's issues

Rob Gushurst, PhD
1011 Clearview Avenue
Fredericksburg, VA 22405
(540) 371-3940

Modality: individual, marital/couples

Interest Areas: anxiety/panic disorders;
cognitive therapy; depression/affective
disorders; psychosomatic disorder

Christopher Haley, PsyD
Psychological & Life Skills Associates
2217 Princess Anne St
Fredericksburg VA 22401
(540)

Kevin Handley, PhD
2217 Princess Anne Suite 308-1
Fredericksburg VA 22401
899-3887

Ages: adolescent & adult

Anne Henley, LCSW
Family Solutions
9241 Courthouse Rd Suite 2B
Spotsylvania, VA 22553
(540) 710-9205

Interest Areas: family issues; custody
evaluation services; family visitation services

Ellen Herling, LCSW
607 William Street, Suite 107
Fredericksburg, VA 22401
(540) 371-8913

Interest Areas: general practice

Norman Holden, MD
Rappahannock Community Services Board
600 Jackson Street
Fredericksburg, VA 22401
(540) 373-3223

Interest Areas: general psychiatry; public
mental health; medications management;
psychopharmacology

Jannan Holmes, LCSW
601 George Street
Fredericksburg VA 22401
370-4344

Ages: children & adolescents (3-19)

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

Modality: Individual
Ages: child, adolescent, adult; geriatric
Interest Areas: psychological evaluations;
mood & anxiety disorders; forensic
evaluation; head trauma; ADHD

Brian Jennings, LCSW
Stafford Family Counseling
11 Hope Road Suite 213
Stafford Va 22554
658-0888

Ages: child & adolescents

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

Modality: Individual; couples; family
Ages: Child; adolescent; adult

Interest Areas: relationship counseling; mood & anxiety disorders; behavioral problems

Joe T. Johnson, LCSW

Insight Physicians
12000 Kennedy Lane Suite 100
Fredericksburg, VA 22407
(540) 741-7100

Modality: individual, couples, group
Ages: adolescent (13+), adult, geriatric

Interest areas: mood & anxiety disorders;
crisis intervention; dual diagnosis; chemical
dependency

Thomas X. Joseph, PhD

Insight Physicians
12000 Kennedy Lane Suite 100
Fredericksburg, VA 22407
(540) 741-7100

Modality: Individual; Marital; Family
Ages: Adults; Adolescents

Interest areas: mood & anxiety disorders;
psychotic disorders; addictions; domestic
violence

Sophia Katchis, LCSW

2217 Princess Anne Suite 105-9
Fredericksburg, VA 22401
(540) 370-4515

Interest Areas: general practice

Elaine Keating, LPC

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

Interest Areas: individuals, marital & family;
adolescents (12-19); Christian; grief

Diana L. King, LCSW

Aquia Counseling & Therapy
385 Garrison Rd., Suite 113
Stafford, VA 22554
(540)657-1228

Modality: Individual; couples; family
Ages: Child; adolescent; adult

Interest Areas: Domestic Violence;

depression; mood & anxiety disorders

Elizabeth Klug, LCSW

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

Interest Areas: individual, marital & family;
children (4-12); adolescents (12-19);
Christian

Henry Koch, PhD

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

Kathy Koontz-Kean, LCSW

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

Interest Areas: individual, marital & family;
children (4-12); adolescents (12-19)

Michele Kozlowski, LPC, LMFT

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

Modality: individual, family
Ages: child, adolescent, adult, older adult

Interest Areas: domestic violence; children &
adolescents; child abuse; child/parent conflict

Linda LaFave, LPC, LMFT

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

Modality: individual, couples, family
Ages: adolescent, adult, older adult

Interest Areas: depression; anxiety; childhood
abuse; marital; gender issues;
gay/lesbian/bisexual

Sylisa Lambert-Woodard, LCSW, LSATP

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

Lawrence B. Lee, Jr., MD

Insight Physicians
12000 Kennedy Lane, Suite 100
Fredericksburg, VA 22407
(540) 548-2063

Modality: Not specified
Ages: Adult; Geriatrics

Interest Areas: adults; mood & anxiety
disorders; psychopharmacology; brief therapy

Frank J. Leonardi, PsyD

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

Modality: Not specified
Age: Adult

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

Gary Lupton, LPC, LMFT

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

Interest Areas: individual, marital, couples &
family; adolescents (12-19); substance
abuse; sexual offenders

Nadine Lupton, LCSW

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

Interest Areas: individual, marital, couples &
family; children (3-12); adolescents (12-19),
Christian; substance abuse; eating issues;
grief; PTSD; attachment issues

Lucy Lutterbie, LCSW, JD

Caring Unlimited
P.O. Box 1944
Fredericksburg, VA 22405
(540) 371-1727

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

William E. Lynch, PsyD

Child & Adolescent Psychological Services
4607 Harrison Road
Fredericksburg VA 22407
898-7995

Ages: child & adolescents
Interest Areas: testing & counseling

Elizabeth Healy Mack

11701 Harvestdale Drive
Fredericksburg VA 22407
710-3556
Ages: adolescents

Renee Martin, LCSW

1320 Central Park Blvd
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

Mary McGhee, LPC, LMFT, NCC

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

Marianne Merrow, LPC, LMFT

Insight
12000 Kennedy Lane Suite 100
Fredericksburg, VA 22407
(540) 741-7100

Modality: Individual
Ages: Adult

Interest Areas: mood & anxiety disorders;
Bipolar Disorder; bereavement; women's
issues

Jule Millard, LPC

Caroline Counseling
17024 Maple Drive
Bowling Green VA 22427
(804) 633-9993

Modality: Individual; Couples
Ages: Adolescent; adult

Interest Areas: pain management, stress
management, anger management, mood &
anxiety, depression

Cindy Miller

Bruised Reed
204 George Street
Fredericksburg, VA 22401
(540) 368-1650

Linda Minor, LCSW

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

Interest Areas: individual & family; children
(4-12); adolescents (12-19); Christian; ADHD;
mood disorders

Thomas Moeller, PhD

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

Interest Areas: child development

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

Kim Munson, LPC

Fredericksburg Christian Counseling Center

713 Westwood Office Park
Fredericksburg, VA 22401
(540) 371-2610

Interest Areas: adolescent/young adult
problems; depression/affective disorders;
family therapy; marital/couples therapy;
stress management

Laurie L. Nadal, MD

Insight Physicians
12000 Kennedy Lane, Suite 100
Fredericksburg, VA 22407
(540) 741-7100

Interest Areas: child & adolescent psychiatry;
adults; ADHD; mood & anxiety disorders;
psychopharmacology

Bonnie Neely, LPC, NCC

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

Modality: individual

Ages: adult, older adult

Interest Areas: anxiety; panic disorders;
depression

Sandra Newhouse, PhD

13198 James Madison Hwy
Orange VA 22960
672-0203

Robert Niccolini, MD

Rappahannock Community Services Board
600 Jackson Street
Fredericksburg, VA 22401
(540) 373-3223

Interest Areas: general psychiatry; public
mental health; medications management;
psychopharmacology

Denis Nissim-Sabat, PhD

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

Interest Areas: individual, marital & family;
anxiety/panic disorders; bipolar/mood
disorders; depression/affective disorders

Maeve O'Neill, LPC, LSATP

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

Modality: individual, couples, family, group
Ages: child, adolescent, adult

Interest Areas: children & adolescents;
children of alcoholics; substance abuse;
families & groups

Lisa Parrish, LCSW

Integrated Health
421 Park Hill Drive
Fredericksburg VA 22401
371-8250

Ruth Parzen, LCSW

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

Interest Areas: general practice

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

Patricia Patterson, LPC, MEd

Divorce Management Resources
1320 Central Park Blvd
Fredericksburg, VA 22401
(540) 786-5998

Interest Areas: custody evaluations; co-
parenting; parent-child relationships; blended
families; consultation & mediation

Diane Peterson, LCSW

Center for Family Counseling
809 William Street
Fredericksburg, VA 22401
(540) 361-1556

Interest Areas: individual & couples; EMDR

Roberta Price, LCSW

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

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

Constance Quednau, LCSW

2217 Princess Anne Suite 303-1
Fredericksburg, VA 22401
(540) 361-4506

Modality: individual, couples, family, group
Ages: child, adolescent adult & older adult

Interest Areas: addictions, sexual abuse (no
sex abuse perpetrators)
Will accept sliding scale based on income &
number in family

Mark Reeves, LCSW

Alliance Therapy
2124 Jefferson Davis Hwy, Suite 203
Stafford, VA 22554
(540) 657-6777

Interest Areas: general practice

Robin Rutsky, LCSW

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

Modality: Individual; couples; family
Ages: Adult; Geriatric

Interest Areas: women's issues; crisis
intervention; mood & anxiety disorders;
behavioral therapy

Janice Scott

Bruised Reed
204 George Street
Fredericksburg, VA 22401
(540) 368-1650

Interest Areas: general practice

Aracoma Smith, LCSW

713 Westwood Office Park
Fredericksburg, VA 22401
(540) 361-1844

Modality: individual; group; couples; family
Ages: child, adolescent, adult, geriatric

Interest Areas: mood & anxiety disorders;
insight oriented psychotherapy; behavioral
counseling; ADD

Jodi Spafford, LPC, LMFT
2217 Princess Anne St, Suite 106-1C
Fredericksburg, VA 22401
(540) 371-1110

Modality: individual, couples, family; group
Ages: child, adolescent, adult; geriatric

Interest Areas: ADHD; substance abuse;
depression; behavioral issues

Pamela A. Staszak, LMFT
Catholic Charities
305 Hanson Ave, suite 180
Fredericksburg, VA 22401
(540)371-1124

Modality: Individual; couples; family; group
Ages: Child; adolescent; adult; geriatric

Interest Areas: Child/ adolescent MH; abuse;
relationship

Patrick Stiehm, LPC
Stafford Family Counseling
11 Hope Road Suite 213
Stafford Va 22554
658-0888

Ages: adolescent

Sonia Stevens, LCSW
Breakthroughs Unlimited
92 Old Concord Road
Stafford, VA 22554
(540) 659-2676

Modality: individual, couples, group
Ages: adult, older adult

Interest Areas: anxiety & depression;
relationship issues; PTSD;
grief/bereavement; bonding psychotherapy--
anger, fear and emotional pain

Robert Strange, MD
Rappahannock Community Services Board
600 Jackson Street
Fredericksburg, VA 22401
(540) 373-3223

Interest Areas: general psychiatry; public
mental health; medications management;
psychopharmacology

Nancy Stuart, LCSW
Riverside Counseling
406 Chatham Square Suite 213
Fredericksburg VA 22405
373-1200

Jeff Sumpolec, LPC
Grace Counseling Center
1129 Heatherstone Drive
Fredericksburg, VA 22407
(540) 548-4114

Modality: individual, couples, family
Ages: adolescent, adult, older adult

Interest Areas: depression; anxiety; marital;
substance abuse; bipolar disorder

Summanna Suresh, MD
Insight Physicians
12000 Kennedy Lane Suite 100
Fredericksburg VA 22407
741-7100

John P. Swing, III, MD
Peak Mental Health Services
4107-A Plank Road
Fredericksburg, VA 22407
(540) 907-4282

Ages: Adult; Geriatric; Adolescent

Interest areas: brief therapy; OCD; mood
disorders; psychopharmacology.

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

Interest Areas: adolescent/young adult
problems; anxiety/panic disorders;
depression/affective disorders; family

therapy; marital/couples therapy

Susan Tucker, MD

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

Ages: no one under 18 years
Interest Areas: general practice

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

Barbara Wagar, PsyD, JD

University of Mary Washington
Student Counseling Center
1301 College Avenue
Fredericksburg, VA 22401
(540) 654-1000

Interest Areas: student counseling center

Theresa Weedon, LCSW

Riverside Counseling
406 Chatham Square Suite 201
Fredericksburg, VA 22405
(540) 373-1200

Interest Areas: adjustment disorders; family
therapy; grief counseling/bereavement;
marital/couples therapy; stress management

Elaine K. Wescoat, LPC, LSATP

SOULutions
2217 Princess Anne St Suite 328
Fredericksburg, VA 22401
(540) 847-2876

counseling & professional development
Modality: Individual, group, couples, family
Ages: Adult; Adolescents
Interest Areas: Chemical dependency; PTSD;
bereavement; abuse

Carol Westphal, LCSW

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

Modality: Individual; couples; family
Ages: Adult; Adolescent; children
Interest Areas: bereavement; mood & anxiety
disorders; anger management;
developmental disorders

Donna Willett, LPC, LMFT

420 Hudgins Road Suite 201
Fredericksburg, VA 22408
(540) 891-0817

Modality: individual, couples, family
Ages: child, adolescent, adult, older adult

Interest Areas: general psychotherapy;
depression; anxiety; parenting issues; grief;
trauma; family members of chemically
addicted

Philicia Wilson, LPC, NCC

Christian Counseling
10703 Spotsylvania Avenue
Fredericksburg, VA 22408
(540) 710-0520

Interest Areas: children, adults & families;
culture-sensitive; rehabilitation & career
counseling; psychoeducational testing;
behavioral assessments

Gayle Wolfe, LPC

3100 Fall Hill Avenue
Fredericksburg, VA 22401
(540) 371-8946

Modality: Individual; couples
Ages: Adult; geriatric
Interest Areas: conflict resolution; health
issues; bereavement; mood & anxiety

Christina Woods, LCSW

713 Westwood Office Park
Fredericksburg, VA 22401
(540) 361-1844

Modality: individual; group; couples; family
Ages: child; adolescent; adult
Interest Areas: ADD; mood & anxiety
disorders; bereavement; sexual abuse

June C. Wright-Good, PsyD, LCP

Psychological Assessment Services
2601 Princess Anne Street
Fredericksburg, VA 22401

(540) 368-3030

Modality: individual, couples, family
Ages: child, adolescent, adult
Interest Areas: Behavioral disorders;
psychological testing; sexual abuse

Scott A. Young, MD

Rappahannock Community Services Board
600 Jackson Street
Fredericksburg, VA 22401
(540) 373-3223

Ages: Adolescent; Child
Interest areas: ADHD; mood & anxiety
disorder; psychopharmacology

Melanie Yost, LCSW

4500 Plank Road
Fredericksburg, VA 22407
(540) 786-8848

Interest Areas: adjustment disorders;
disruptive behavior disorders; grief
counseling/bereavement; hypnosis; stress
management

EMERGENCY SERVICES & PROCEDURES

Twenty-four hours a day mental health and substance abuse crisis intervention services are available for people in potentially dangerous and/or life threatening situations. A clinical evaluation is conducted by a qualified assessment counselor who is skilled in the diagnosis and treatment of mental illness and substance abuse. Assessment counselors may include nurses, psychologists, social workers, and/or psychiatrists. Appropriate treatment is recommended following an evaluation of the individual's presenting symptoms, which may include speaking with significant others, family members and friends. Arrangements are then made for inpatient, outpatient or day treatment services.

Emergency services are provided by:

Rappahannock Area Community Services Board

600 Jackson Street
Fredericksburg, VA 22401

In Fredericksburg, Spotsylvania or Stafford, call	(540) 373-6876, then 0
In Caroline County, call	(804) 633-4148
In King George County, call	(540) 775-5064

Snowden at Fredericksburg

1200 Sam Perry Boulevard
Fredericksburg, VA 22401
(540) 741-3900

Call the DIRECTIONS program at 800-362-5005

GLOSSARY OF PROVIDER CREDENTIAL ABBREVIATIONS

ANP	Adult Nurse Practitioner
CAS	Certificate of Advanced Study
CNS	Clinical Nurse Specialist
CSAC	Certified Substance Abuse Counselor
LCP	Licensed Clinical Psychologist
LCSW	Licensed Clinical Social Worker
LMFT	Licensed Marriage and Family Therapist
LPC	Licensed Professional Counselor
LSAC	Licensed Substance Abuse Counselor
MD	Doctor of Medicine (also known as Psychiatrists)
MDiv	Divinity Master's degree
MEd	Master's degree in Education
MSW	Master's degree in Social Work
NCSP	National Certified School Psychologist
PC	Professional Counselor
PhD	Doctorate in Psychology/Counseling
PsyD	Doctor of Psychology (similar to PhD; training differs)
RNC	Registered Nurse specializing in mental health and counseling

To discuss concerns about a licensed mental health provider, contact:

Virginia Department of Health Professions
Richmond, VA 23230-1717
(804) 367-4400

Glossary of Mental Health Terms

Abuse (physical)	Treatment for offenders and victims of the social and emotional issues surrounding a non-accidental physical injury or neglect of safety and security needs in a dependent person (such as a child, disabled or elderly person).
Abuse (sexual)	Any form of sexual activity between a child and a parent, a step parent, foster parent or any extended family member who they would legally be prohibited to marry. Treatment is available for the victim and the offender.
AIDS	see sexually transmitted diseases
Alcoholism	Treatment of the physical and emotional aspects of alcohol abuse, including the treatment of family members of the abuser (see also substance abuse).
Anorexia/Bulimia	see eating disorders
Anxiety	Abnormal anxiety is persistent and exaggerated tension or apprehension that is disproportionate to the stressful event.
Assessment/ Diagnosis	The evaluation of an individual, family or agency, usually with tests in order to determine the nature or extent of their problem or concerns (see testing).
Biofeedback	A process/technique commonly used for relaxation which teaches a person to become more aware of their bodily reactions using visual and/or auditory information from a monitoring device.
Consultation	Guidance from a person in a particular profession whose information can be helpful to other professionals, organizations and individuals.
Counseling	A helping process the aim of which is not to change the person but to enable him/her to utilize their own and available resources to cope with life.
Crisis Intervention	Short-term services provided to persons experiencing an emotional upset and thus may have difficulty handling their daily life. Examples: relationship problems, problem pregnancy, divorce/separation, thoughts of suicide.
Depression	Prolonged or intense melancholy with loss of interest/pleasure in many of the person's usual activities that impacts daily life functions.
Drugs	see substance abuse
Eating disorders	treatment for eating disorders like <i>anorexia nervosa</i> (lack of desire to eat) or <i>bulimia</i> (binge eating and then purging by vomiting or use of laxatives).
Emergency Service	Care provided to persons experiencing immediate mental health or substance abuse problems that could become dangerous for themselves or others.
Family Mediation	A neutral third party meets with both adults to help them settle concerns related to property settlement, child custody, visitation, and support payments.
Family Therapy	Treatment of child/family problems by meeting with the entire family or parts of the family. The focus is generally on the interrelationships within the family.

Forensic	The application of psychiatric/psychological knowledge and techniques in the investigation or evaluation of legal concerns and legal insanity.
Geriatrics	Counseling services related to work with the elderly and their families.
Grief Counseling	Assistance in coping with one's own impending death or the death of another
Group Treatment	Therapy for personal growth done in small groups led by a professional to address specific concerns, such as substance abuse, eating disorders, etc.
Hypnosis	Method to help people reach a focused state of consciousness/relaxation in order to become more open to new possibilities or behavior change. Examples: habit elimination/control, pain control, stress management.
Incest	see abuse (sexual)
Individual Therapy	Meeting with a provider (psychiatrist, psychologist, counselor, social worker, etc) one-to-one to discuss and resolve personal concerns.
Learning Problems	Evaluation and treatment of concerns related to academic achievement such as learning disabilities, school phobia and related emotional concerns.
Marriage Therapy	Counseling jointly with husband and wife for marital concerns.
Mediation	A process in which a neutral third party (trained mediator) helps people to resolve a conflict or dispute.
Mental Retardation	Significantly sub-average intellectual functioning existing concurrently with deficits in adaptive behavior, and manifested during the development period.
Psychotherapy	Systematic course of action under expert guidance designed to alter a person's thoughts, feelings, attitudes, behavior and relationships without drugs/surgery.
Sexual Disorders	Therapy for problematic or illegal sexual behaviors such as voyeurism, exhibitionism, obscene phone calling, child molestation, etc.
Sexually Transmitted Diseases	Any disease transferred through sexual activity including lice, yeast infections, gonorrhea, syphilis, herpes, and AIDS. Information, testing and counseling are available at the local Health Department.
Stress Management	Techniques or procedures used in relieving stress reactions or anxiety.
Substance Abuse	Counseling and treatment of the physical and emotional concerns resulting from the problematic or illegal use of drugs (including alcohol).
Testing	Evaluation by means of written, computerized, and/or orally administered tests.
Women's Issues	Treatment programs for women on issues such as family and work, expectations of themselves and others, expressing feelings, and personal growth.

A Bill of Rights for Mentally Ill Patients

Federal law now includes a Bill of Rights for persons receiving mental health treatment services. Title V, Section 501 of the Mental Health Systems Act 42 U.S.C. for the first time defines in United States law a Bill of Rights for mentally ill patients. A person admitted to a program or facility for the purpose of receiving mental health services should be accorded the following:

- The right to treatment and services under conditions that support the person's personal liberty and restrict such liberty only as necessary to comply with treatment needs, laws and judicial orders.
- The right to an individualized, written, treatment or service plan (to be developed promptly after admission), treatment based on the plan, periodic review and reassessment of needs and appropriate revisions of the plan, including a description of services that may be needed after discharge.
- The right to ongoing participation in the planning of services to be provided and in the development and periodic revision of the treatment plan, and the right to be provided with a reasonable explanation of all aspects of one's condition and treatment.
- The right to refuse treatment except during an emergency situation, or as permitted under law in the case of a person committed by a court for treatment.
- The right not to participate in experimentation in the absence of the patient's informed, voluntary, written consent, the right to appropriate protections associated with such participation, and the right to an opportunity to revoke such consent.
- The right to freedom from restraint or seclusion, other than during an emergency situation.
- The right to a humane treatment environment that affords reasonable protection from harm and appropriate privacy.
- The right to confidentiality of records.
- The right to access, upon request, to one's own mental health care records.
- The right (in residential or inpatient care) to converse with others privately and to have access to telephone and mails, unless denial of access is documented as necessary for treatment.
- The right to be informed promptly, in appropriate language and terms, of the rights described in this section.
- The right to assert grievances with respect to infringement of this Bill of Rights, including the right to have such grievances considered in a fair, timely, and impartial procedure.
- The right of access to protection service and a qualified advocate in order to understand, exercise, and protect one's rights.
- The right to exercise the rights described in this section without reprisal including reprisal in the form of denial of any appropriate, available treatment.
- The right to referral, as appropriate, to other providers of mental health services upon discharge.

ADDITIONAL MENTAL HEALTH RESOURCES

In Virginia

Mental Health America of Virginia
3212 Cutshaw Avenue, Suite 315
Richmond, VA 23219
(804) 257-5591/ (804) 257-5593 Fax
email: mhav@mhav.org Website: www.mhav.org

Parents & Children Coping Together (PACCT)
8032 Mechanicsville Turnpike
Mechanicsville, VA 22311
(804) 559-6833/ (804) 559-6835 Fax
800-788-0097

Psychiatric Society of Virginia
209 Culpeper Road
Richmond, VA 23229
(804) 282-1231/ 282-5621 Fax

NAMI – Virginia
P.O. Box 1903
Richmond, VA 23218
(804) 225-8264/ (804) 643-3632 Fax
Toll Free: 1-888-486-8264
Email: vaami@aol.com Website: www.namivirginia.org

In Fredericksburg

Mental Health America of Fredericksburg
2217 Princess Anne Street, Suite 219-1
Fredericksburg, VA 22401
(540) 371-2704 or toll free 800-684-6423
fax (540) 372-3709
Email: mhafred@mhafred.org Website: www.mhafred.org

NAMI – Rappahannock
P. O. Box 7511
Fredericksburg, VA 22404
(804) 448-1788

Fredericksburg Counseling Services
305 Hanson Avenue, Suite 140
Fredericksburg, VA 22401
(540) 373-2320

Mental Health Practices

Family Preservation Services
307 Lafayette Blvd Suite 200
Fredericksburg VA 22401
(540) 372-1438

Family Solutions
10401-E Courthouse Road
Spotsylvania, VA 22553
(540) 710-9205

Family Solutions
2126 Jefferson Davis Hwy Suite 103
Stafford VA 22554
(540) 288-0593

Fredericksburg Counseling Services
305 Hanson Avenue Suite 140
Fredericksburg VA 22401
(540) 373-2320

University of Mary Washington
Student Counseling Center
1301 College Avenue
Fredericksburg, VA 22401
(540) 654-1000