

REFERRAL RESOURCES (2018-2019)

Chesapeake Counseling Associates, PC

(804) 695-2557

7296 York Avenue, Gloucester, VA 23061

Major insurances accepted.

Therapists:

- Jenny Pritchett, LPC, CSAC, CCTP
- Linda Hodges, LCSW
- Carolyn South, LPC, LMFT
- Debbie Wrinkle, LCSW
- Carol Dolan, LPC, LMFT
- Eva Abel, LCP
- Blake Davenport, LPC
- Kit Leffel, LPC, CSAC
- Steve Simmers, LPC, CSAC, MAC
- Jenny John, M.A.
- Dave Gosling, M.S., NCC
- Kelsey Curtis, MSW
- Candace Mickelborough, MSW

Services Offered:

- Outpatient individual, family and couples counseling
- Adolescent/child therapy
- Substance abuse groups/individual-IOP and Standard, SASSI, Partnering with Diamond Healthcare for IOP
- Sexual and physical abuse
- Mental Health Evaluations
- Parenting Capacity Evaluations
- Depression, Anxiety, ADHD, PTSD, RAD, EMDR
- Anger Management Group/individual
- Domestic Violence Group, Batterer Intervention Program (BIP)
- Parenting and Co-parenting
- Crisis Intervention
- Court reporting and testimony
- Supervised visitation

Therapy Associates of Denbigh Inc.

<http://www.therapyassociatesofdenbigh.com/>
12725 McManus Drive, Newport News

- Keith Austin, LCSW, BCD – ages 12 & up, eating disorders, depression, anxiety and panic attacks
- Martha Green-Workman, Ph.D. – children, adolescents and adults
- Michael Huppert, LCSW – anger management, depression, anxiety, and PTSD
- Richard Griffin – Psy.D. (Psychologist) – low self-esteem, depression, anxiety, behavior problems, poor school performance, autism, Asperger's and bi-polar disorder.
- Nayda Flores, Ph.D. (Psychologist) ADHD, anxiety, depression, bi-polar disorder, behavioral intervention

New Horizons Family Counseling Center

(757) 221-2363

301 Monticello Avenue
Williamsburg, VA

- No charge to families of students in Gloucester Schools
Referral from school personnel is required. Sessions may be scheduled at the College of William and Mary or a location in Gloucester.

Middle Peninsula/Northern Neck Counseling Center (804) 693-5057

Gloucester (Route 17 North) 9228 George Washington Hwy.
<http://www.mpnnscsb.org/>

Hampton Roads Counseling Center

(757) 877-9140

6515 George Washington Memorial Hwy, Yorktown, VA.
<http://www.hamptonroadscounseling.net/index.html>

- Laura Bronstein LSCW – anxiety, stress, depression and parenting issues
- Sharon Finn, LPC – focus on your life story
- Catherine Smithson, LCSW – older teens and adults, anxiety, depression, codependency, and PTSD
- Phyllis Pugh, LPC, CSAC – relationship issues, emotional crisis, personal growth, substance abuse related issues
- Dr. Anita Tieman, Ed.D., LPC, LMFT – adolescents, mental health issues, and gender communications
- Dr. Mukesh Shah (Psychiatrist) – adolescents and adults, bipolar, anxiety, phobias, depression, OCD, PTSD
- Denyse Doerries, LPC, LMFT – families who have a member who have a chronic illness
- Rhonda Sproles LSCW – children 7 and up, separation and divorce. Saturday appointments

Steider & Associates

804-210-1104

Counseling and Psychotherapy

6810 Teagle Lane
Gloucester, VA 23061
<http://steiderandassociates.com/index.html>

- James Morris, Ph.D. (Psychologist) - child and family counseling
- Valerie Sikes-Nova, Psy.D – clinical needs of women and children
- Penny Patton, LPC – adults and youth
- Eleanor Woollard, LPC - individual, couples, depression, anxiety
- Amanda Ward, LPC - children, adolescents and family
- Merlin Steider, LCSW - diverse populations, client centered

Clinical Associates of Tidewater

(757) 877-7700

12695 McManus Blvd.
Building 8
Newport News, VA 23602
<http://catnn.com/>
Major insurance accepted

- Dr. David Hopkinson (Psychologist) –ADHD, OCD, anxiety
- Dr. Cathleen Rea (Psychologist) –ADHD, family loss, autism spectrum disorders and learning problems
- Michelle Clark (Psychologist) – depression, anxiety
- Alison Mascalo (Psychologist) – eating disorders, sexual abuse, depression, and adolescents
- Dr. Howard Bierenbaum (Psychologist) – children and adolescents, ADHD
- Dr. Naomi Goldblum (Psychologist) –ADHD, depression, anxiety, loss or trauma
- Dr. Frieden (Psychologist) – stress, depression, anxiety, ADHD, and autism spectrum disorders.
- Kathleen Derise LCSW - eating disorders and depression
- Gregory Anderson (Psychologist) ADHD
- Jennifer E. Daly (Psychologist) Depression, Anxiety

Williamsburg Family Living Institute

(757) 229-7927

1307 Jamestown Road,
Suite 202,
Williamsburg, VA 23185
<http://familylivinginstitute.com/>

- Dr. S. Zafar Ahsan (Psychiatrist)
- Jo-Ann Wagner, MSW – ADHD, child sexual abuse, and childhood grief
- Melvin Sneade, MS – anger management, mood disorders, family
- Dr. Brent Peterson (Psychologist) – anxiety, depression, ADHD, trauma
- Elsa Beck, LPC – children, adolescents, trauma, anxiety, anger management
- Maria V. Kololis, LPC – anxiety, obesity and other food related behavior issues
- Brendina Tobias, LCSW, MSW – ADHD, bereavement due to violence

- Elsa Beck, LPC, Licensed Play Therapist - Children, Adolescents and Adults; Divorce, Couples; Anxiety and other Mood Disorders; Anger Management; Trauma

Child & Family Psychology

(757) 833-8144

Mary Immaculate
710 Denbigh BLVD Suite 6A
Newport News, VA
Major Insurances

- Dr. Doug Riley – ADD/ADHD, Opposition & Defiant Disorder, Depression

Genesis Counseling Center

757-598-2244

Yorktown Office
4034 George Washington Mem. Hwy
Yorktown, VA 23320
<http://genesiscounselingcenter.com/>

Rock Landing Psychological Group PLC

(757) 873-1736

The James Building
11825 Rock Landing Drive
Newport News, VA 23606
<http://www.rocklandingtherapy.com>

- Attention Deficit Hyperactivity Disorder (ADHD)
- Behavior Problems
- Tantrums & Aggression
- Depression
- Divorce/Blended Family Issues
- Adoption & Foster Care
- Reactive Attachment Disorders
- Childhood Separation Anxiety
- Anxiety & Obsessive Compulsive Disorder
- Trauma
- Abuse & Neglect Issues
- Social Skills Training/Asperger's Disorder
- Eating Disorders
- Elimination Disorders (Enuresis)
- Borderline & Bipolar Disorders
- Grief and Loss
- Issues Related to Parental Deployment
- Oppositional Behavior & Delinquency

Riverside Behavioral Health Center

(757)827-3670

<http://www.riversideonline.com/rbhc/services.cfm>
2244 Executive Drive

Hampton, VA
Inpatient and outpatient services

Rachel Teagle, LPC

17389 Parham Landing Court, Suite 10
West Point, VA 23181
757-298-4963 cell, 1(800)613-9112 fax

Areas of specialty include: identifying and utilizing strengths and natural supports, understanding and managing the consequences of trauma, parenting through challenging circumstances, navigating transitions, preparing for independence/adulthood, improving communication skills and behaviors, enhancing relationships, and managing difficult and confusing emotions.

Ashley Murphy, LMFT

Licensed Marriage and Family Therapist
17389 Parham Landing Court, Suite 10
West Point, VA 23181
757-379-8318
amurphy.lmft@gmail.com

Individual, Couples and Family Counseling

Pam Minor, LPC LLC

10880 General Puller Highway, Suite P
Hartfield, VA 23071
804-815-3653

Individual, Family, and Group Counseling for Children, Adolescents, and Adults.
Accepting most major insurances.

Lisa R. Query, PhD

Pointe Counseling
501 Prince George St., Suite 206
Williamsburg, VA 23185
757-769-8522

I predominantly treat adolescents and young adults and a significant number of my clients are students at The College of William & Mary. Common presenting problems include perfectionism, worry, anxiety (especially academic and social anxiety), panic attacks, depression, self-injury, relationship issues, and self-esteem. In addition, I help students navigate the challenging and sometimes overwhelming transition to college as well as prepare for life after-graduation. I approach treatment from an integrative perspective, combining cognitive-behavioral therapy, mindfulness and skill building, all with a friendly and directive style.

In 1996, I began developing a specialization in the treatment of eating disorders and understand the difficulty in changing one's relationship with food, exercise and body image. It takes a lot of courage to seek help and my aim is to offer a supportive and accepting place for recovery.

Pointe Counseling is within easy walking distance from Colonial Williamsburg and the campus of William & Mary. I provide individual therapy and employ a coordinated, multidisciplinary team approach incorporating nutritionists, physicians, pediatricians, psychiatrists, family members, and school resources, as appropriate. Currently have a waiting list for new appointments.

Sarah Balascio, Med, MPS, ATR-BC

Williamsburg Counseling
500 Strawberry Plains Road
Suite 101
Williamsburg, Virginia 23185
[\(757\) 785-0880](tel:(757)785-0880)

I am a nationally board certified art therapist and masters level clinician experienced in working with children, adolescents, adults, families, and groups. I have helped clients with anxiety, depression, life transitions, eating disorders, trauma, grief, addictions, self-harming behaviors, developmental and sensory issues, and autism spectrum disorders. Much of my work has focused on children, adolescents, and young adults. I also have advanced training in sensory integration techniques, and healing trauma with movement/yoga. I utilize a mix of therapeutic tools including visual art, movement/yoga, creative writing, mindfulness, and traditional talk therapy.

Sarah holds an M.P.S. in Creative Arts Therapy from the Pratt Institute in New York, an M.Ed. in Art Education from Lesley University, and a B.S. in Education and Fine Arts from St. Lawrence University, graduating with distinctions from all three institutions. Sarah worked at NY Presbyterian Hospital's psychiatric unit, which is one of US News & World Report's top hospitals in the country. Sarah is licensed as a Creative Arts Therapist in New York and is a member of the American Art Therapy Association and the Virginia Art Therapy Association

Khara Randall, LPC

Pine Tree Counseling Services, LLC
501 Prince George St
Ste 309
Williamsburg, Virginia 23185
(703) 940-9730

Addictions, life changes and mood disorders can feel difficult and overwhelming when dealt with alone. As a therapist with both inpatient and outpatient experience, we can work together to begin to cope with life stressors. I specialize in working with substance abuse and eating disorders and am studying for my Certified Eating Disorder Specialist certification. I also have experience with mood disorders, anxiety, depression, codependency and life transitions.

I also work with multicultural and sports related struggles (life after and coping with injuries). I utilize multiple approaches, to include person centered therapy, CBT, mindfulness and forms of experiential therapy. My goal is to empower you, through development of health communication and coping skills, to begin living a healthy, fulfilling life. In my practice.

I recognize how important it is to understand each person as a unique individual. I believe in treating the entire self by addressing the physical, mental, emotional, and spiritual needs. I work with both adolescents and adults, as well as individuals, families. I also provide supervision for those studying for their LPC and CSAC.