

RECOMMENDED PSYCHIATRISTS AND THERAPISTS

NAMI does not recommend or vouch for specific psychiatrists, therapists or other health professionals. This list is from recommendations made by attendees at our NAMI Support Group. I welcome your feedback to keep this list up-to-date.

Psychiatrist

Jose Apud, MD
8303 Arlington Blvd
Fairfax, VA
(703) 560-0050

Robert J. Bishop, MD
Reston, VA
(703) 437-0400

Colleen Blanchfield, MD
11490 Commerce Park Dr. #420
Reston, VA
(703) 481-9111

Thomas M. Fogarty, MD
Fairfax, VA
(703) 383-6933

Randolph A. Frank, Jr., MD
1715 N. George Mason Drive, Suite 304
Arlington, VA
(703) 351-1221

Jamuna Raju, MD: Offers medication assistance for addiction, including opioids. Also recommended as a psychiatrist for young adults who are not substance abusers
611 S. Carlin Springs Rd
Arlington, VA
(703) 861-8722

Jennifer Santoro, MD
Fairfax, VA (Merrifield)
703-207-0001

Errol Segall, MD
8500 Executive Park Ave
Fairfax, VA
703-698-5220, ext 314

Niku Singh, MD
8357-B Greensboro Dr
McLean, VA
(703) 782-4588

Gary Soverow, MD
6888 Elm St
McLean, VA
703-821-1324

Susan Trachman, MD
8550 Arlington Blvd
Fairfax, VA
703-573-8259

Samina Zaidi, MD
Falls Church & Alexandria, VA
703-776-4001 & 703-664-7000

Psychiatrist - Child & Adolescent

Matthew Biel, MD
3800 Reservoir Rd, NW
Washington, DC
202-687-8188

Charles Gordon, MD - *specialty is child & adolescent psychiatry*
12208 Meadow Creek Ct
Potomac, MD
(301) 230-1808

Aleya Karim, MD (also works with adults)
1360 Beverly Rd
McLean, VA
(703) 841-1290

Micheal Kronen, MD - *specialty is child & adolescent psychiatry but he will continue seeing a young adult if they started with him before age 18. Good with OCD.*
3023 Hamaker Ct
Fairfax, VA
(703) 876-2788

Gonzalo Laje, MD (also works with adults)
5480 Wisconsin Ave
Chevy Chase, MD
(301) 576-6044

Neel Nene, MD
4600 Fairfax Dr., Suite 412
Arlington, VA
703-812-4642

Haniya Raza, MD - Children's National Medical Center
111 Michigan Ave, NW
Washington, DC
202-476-5000

Adelaide Robb, MD - Children's National Medical Center, *specialty is child & adolescent psychiatry but she may continue seeing a young adult if they started with her before age 18. Hard to get in to see her, but some do this by participating in a study*
111 Michigan Ave NW #1200
Washington, DC
202-476-5000

Psychologist or Therapist

Barry Alvarez, Licensed Marriage and Family Therapist (LMFT)
Falls Church, VA
(703) 509-2217

Julian Badawy, LCSW (recommended as a Family Therapist)
Herndon, VA
571-263-1693

Dan Dinsmoor, PhD Psychologist
Specialty is use of neurofeedback for patients with autism, ADHD, TBI, migraines
Arlington, VA
(703) 870-2767

Martha Fischer, Licensed Marriage & Family Therapist
Herndon, VA
703-867-8135

Sarah Keely, LPC (recommended as a Family Therapist)
Herndon, VA
571-269-3108

David Kupfer, PhD Psychologist
Specialty is OCD, panic disorders, generalized anxiety
Falls Church, VA
703-468-8411

Jennifer Leyton-Armakan, PhD Psychologist
Falls Church, VA
571-419-6969

JR Lippod, MSW
Total Health Concepts
Vienna, VA
(703) 255-7012, (703) 919-1668

Charles Mansueto, PhD Psychologist
Specialty is OCD and Trichotillomania
Silver Spring, MD
301-593-4040 ext 111

Alan McFarland, PhD Psychologist
Annandale, VA
703-642-1112

Derek Morch, LCSW
Alexandria, VA
(703) 755-0260

Anne Mugler, LCSW
Falls Church, VA
703-538-4284

Roger Rothman, LCSW
Annandale, VA
(703) 642-1112

Dan Scrafford, LCSW - Individual, couples & family therapy)
Fairfax, VA
703-591-3597

Marcie Solomon, LCSW
Arlington, VA
703-522-9053

Daniela Sosa-Sarkar, Psy.D
Alexandria, VA
703-379-7350

Alicia Todd, PhD Psychologist
Falls Church, VA
703-307-4084

Jane Whitaker, LCSW
Specialty in LGBTQ
Arlington, VA
540-724-1934
Website: <https://www.lgbtc.com/janew>

Psychologist or Therapist - Child & Adolescent

Caroline Ba, PhD - pediatric neuropsychologist. Highly recommended for testing
Arlington, VA
703-522-7300

William Ling, PhD - psychologist
1900 Campus Commons Dr Suite 100
Reston, VA
(703) 597-8920

Rathbone & Associates. (for teens and young adults)
Bethesda & Rockville, MD locations
301-229-9490

Other Physicians

Ruben Cintron MD - neurologist
McLean, VA
(703) 478-0440

Lillian Hunt MD - Internist
Arlington, VA
703-841-1133

NOTE: She has many Boston Terriers that come to work with her. So not good for people allergic to dogs.

Guidance for Parents

Pat Harvey, LCSW-C
DBT Parent Coach, Trainer, Consultant
Website: www.patharveymsw.com

NOTE: Reach Pat thru her website. Unfortunately she is beginning to shut down her practice so is not accepting new patients.

Alan McFarland, PhD Psychologist
Annandale, VA
703-642-1112

Other Resources

- Check with your local Community Services Board. For example, one parent of a young adult recommends Dr. Walseman, a psychiatrist at the Fairfax-Falls Church CSB
- Jewish Social Service Agency (JSSA of Northern Virginia) offers both counseling and psychiatric services. They serve everyone, you don't have to be Jewish. Their focus seems to be autism more than serious mental illness.
<https://www.jssa.org/get-help/>

- George Mason University's Center for Psychological Services provides a community clinic at affordable prices. Services are primarily provided by graduate students under the supervision of qualified, licensed professionals.
<https://psyclinic.gmu.edu>
- Kitty Wicks, LCSW (combines therapy and fitness), serves ages 9 and older through adults in Arlington, VA
kitty@startingblockfitness.com
703-304-7698
- Cindy Pascal, LPC - comes to the house, focus typically is autism, but not exclusively
www.throughthecatseye.com
(703) 459-8378

Focus On Substance Abuse (Including For Those With Mental Illness)

Therapists:

- Shauna Alonge, LCSW, JD, MSW
712 West Broad St.
Falls Church, VA
(571) 999-6945
- George Young, LCSW
7620 Little River Tpk #403
Annandale, VA
(703) 552-8182

<https://ncgenvision.com/about-envision/staff/63-george-young>

Aquila Recovery offers therapy as well as residential treatment and sober living homes.

<https://www.aquilarecovery.com/>

Adrian Heizmann-Checa, Recovery Coach, Interventionist - works with substance abusers to help motivate recovery. www.recoveryguides.org

More intensive outpatient programs for SA:

- Phoenix House on Glebe Rd
- INOVA Fairfax CATS Program

Some Residential Programs (Often expensive, even if Insurance pays a portion)

- Ashley Treatment, Havre de Grace, MD, (800) 799-4673
- Mountainside Treatment Center, Canaan, CT, (860) 824-1397
- Black Bear Lodge, Sautee Nacoochee, GA

NOTE: I have a separate document of residential treatment places that have been mentioned or recommended over the years. Ask me for that as it includes many more facilities.

Support Groups for Family Members

- Powerless Parents, part of Al-Anon. Meets Tuesday, 7:30 pm, Ravensworth Baptist Church, 5100 Ravensworth Road, Annandale , VA 22003. Check website before attending: <https://www.vaaanon.org/meetings/powerless-parents>
- Families Anonymous, a 12-step program for families and friends of those with drug, alcohol or related behavioral issues. <https://www.familiesanonymous.org/>
- Alfred Street Baptist Church, provides support for individuals with addiction and family members through a spiritual lens. Email for more information: recovery@alfredstreet.org
- Formed Families Forward, free, facilitated support group for youth and young adults ages 14-22, with a separate group for their parents. Call 703-539-2904 to register.