

This list is an informal collection recommended and submitted by various parents, ministries and churches. It is your responsibility to do your own homework and investigation. We take no credit and bear no responsibility for the use of any of these counselors, but we do hope it is a good starting point and will be helpful. May you have wisdom and discernment in finding the right counselor for your student.

Recommended Counselors - NOVA

Heather Baker

<http://prosperityedwell.com/>

Prosperity Eating Disorders and Wellness

NOVA Location: 1031 Sterling Road, Suite 203, Herndon, VA 20170

Phone: 703-466-5150

Charlottesville Location: 709 A West Main Street Charlottesville, VA 22903 (Star Hill Building)

Phone: 434-326-4577

Chris Cole

<http://www.efccva.com/>

Emmaus Family Counseling Center

20925 Professional Plaza, Suite 320 Ashburn, VA 20147

Phone: 703-729-2822

Natalie Goldberg

<http://www.collaborativepracticecenterdc.com/natalie-goldberg-lcsw-licsw-lcsw-c/>

6832 Old Dominion Drive, Suite 200, McLean, VA 22101

Phone: 301-922-3388

Dr. Charles Mansueto, Director

<http://www.behaviortherapycenter.com/>

Behavior Therapy Center Of Greater Washington

Experts in exposure & response prevention therapy (ERP) for OCD

11227 Lockwood Drive, Silver Spring MD 20901

Phone: 301-593-4040

Michelle Market

<http://www.michellemarket.com/index.html>

The Retreat Wellness and Recovery Center

Specializing in Binge Eating Disorder and Trauma Healing using EMDR with Adults

461A Carlisle Drive, Herndon, VA 20170

703-597-7869

Janet Raymond

<http://www.associatecounselingcenter.com/>

129 Park St. NE, Suite C, Vienna VA 22180

Phone: 703-999-5568

Recommended Counselors - Charlottesville*

The Mary D. Ainsworth Psychological Clinic at UVa

<http://www.virginia.edu/psychology/ainsworth/>

485 McCormick Rd.

Gilmer Hall, Room 108,

P.O. Box 400400, Charlottesville, VA 22904-4400

E-mail: ainsworth@virginia.edu

Phone: 434-982-4737

Mary Ainsworth was a pre-eminent developmental psychologist who did groundbreaking work in the area of emotional attachment and served as UVa professor from 1974-1984. Supervised grad students offer services free of charge, my student has received Exposure and Response Prevention Therapy (ERP)--an effective form of cognitive behavioral therapy

for treatment of obsessive-compulsive disorder--and found their grad student to be very skilled and helpful over the past couple of years.

CAPS - UVA Counseling & Psychological Services

<https://studenthealth.virginia.edu/caps>

Grad Students who are getting their Ph.D. in Psychology provide

6 weeks of free therapy, then help students decide if they need more therapy

Michael Garcia, L.P.C.

<http://www.michaelgarcialpc.com>

205 East High Street, Charlottesville, VA 22902

(attends All Souls; gets referrals from CAPS; great location for students)

434-981-7249

Jessica Jennings

<http://www.epiphanycounselingcenter.com/jessica-l.-jennings--lpc.html>

408 East Market Street, Suite 201B #2, Charlottesville, VA 22902

We are located in the MACLIN Building, on the second floor,

first hallway on the right

Phone: 434-260-8545

Chris Martin/Transformation Counseling

175 South Pantops Drive, Charlottesville, VA 22911

(member of Christ Community Church; D.Min from Gordon Conwell in Christian Counseling)

Phone: 434-923-3637

New City Counseling

<https://www.newcitycounseling.com/Our-Services>

3101 Fontaine Ave Extended, Charlottesville, Va 22903

Phone: 434-977-3700

Email: info@newcitycounseling.com

Maryfrances Porter, Ph.D. Clinical Psychology

<https://www.psychologytoday.com/us/therapists/maryfrances-porter-charlottesville-va/167999>

Porter Psychological & Consulting Services, LLC

All around great therapist qualified to do exposure & response prevention therapy (ERP) for OCD

302 Hickman Road, Suite 201, Charlottesville VA 22911

Phone: 434-825-4841

Prosperity Wellness

prosperity.information@gmail.com

709 A West Main Street (Star Hill Building)

Phone: 434-326-4577

Peggy Rudnick, LCSW, Virginia Center for Family Relations

<http://www.vcfr.us/counseling/peggy-reines-rudnick-m-s-w-l-c-s-w-b-c-d/>

Christian therapist specializing in eating disorders among other things.

1450 Sagem Place, Suite 101 (Near Albemarle High School)

Charlottesville, VA 22901

Phone: 434-973-5640

Amy Zell, L.P.C.

<https://www.studycenter.net/people/amy-zell>

On staff with the Center for Christian Study

128 Chancellor Street, Charlottesville, VA 22903 (Get Directions)

Phone: 434-817-1050