Making the decision to seek support from a therapist for the first time may be intimidating if you don’t know what to expect. Here are some basics on what to expect so you can make an informed decision on whether therapy may be right for you.

How do I know if I should see a therapist?
Only you know what is best for you throughout this journey. Different people decide to go to therapy for different reasons. Sometimes it’s to gain control over some aspect of your life, sometimes it’s to find direction when you are feeling lost, or sometimes it’s simply to have someone to talk to and support you throughout a difficult time in your life. Regardless of the reason, you get to decide what kind of support you want, and therapy will only be as helpful as you want it to be.

What should I expect from therapy?
Therapy sessions may differ on an individual basis, but there are some basics that spread across all therapy practices. First, you can expect to be told about informed consent and confidentiality. This means that the information shared between you and your therapist will remain only between you and your therapist. Therapy providers are not allowed to share the information that you tell them with other family members, friends, etc. without your permission. The only exception being if you express an intention to do harm to either yourself or others. If you have any questions concerning their confidentiality policy don’t hesitate to ask them! Secondly, a lot of times the first session with your therapist may be a shorter “screening” or “assessment” session. This is so they can get the information they need to better understand your situation and what brings you to therapy. After that, sessions will follow individualized schedules based on what you want to accomplish in therapy.

What if I don’t like it?
If at any time you decide that therapy isn’t right for you, you can let your therapist know and end the relationship. Similarly, if you do not feel that you are getting anything from your current therapist but want to continue trying therapy, it is absolutely okay to switch to someone else. Every practitioner has their own unique style and it is important to find the style that works best for you and your goals. If you are worried about finding a good fit before the first session it could be helpful to call up different therapists for a brief phone interview to determine who you feel comfortable receiving services from.
VBCF has taken the time to do some research into different therapy resources available throughout the different regions. We reached out to nurse navigators in the different regions for recommendations and these recommendations make up the bulk of the list. The rest of the contacts come from Psychology Today’s verified therapists found online. We encourage you to also take an active role in your search for support and do some research into therapists in your area. Visit http://locator.apa.org/ or https://www.findapsychologist.org/ to do a geographic search for practicing psychologists near you.

Region 1 – Central Virginia

Dr. Norma Murdoch-Kitt, PhD
  Location: 3217 Chamberlayne Ave, Richmond, VA 23227
  Phone: (804) 684-1958
  Insurance: Call for more information

Lee Carter, LCSW
  Location: 2200 Pump Rd. Suite 220 Henrico, VA 23233
  Phone: (804) 252-7953
  Insurance: Most commercial insurances are accepted, including: Anthem Blue Cross/Blue Shield, Aetna, Cigna, United Healthcare, United Behavioral Health, Southern Health, Medicare, MH Net, Several Employee Assistance Programs

Region 2 – Tidewater

Elizabeth (Betsy) Koivisto, Pre-Licensed Professional, MS – Stillwaters Counseling and Psychotherapy
  Location: Virginia Beach, Virginia 23462
  Phone: (757) 320-4398
  Insurance: Call for more information

Dr. Claudia Capizzi-Gay, PsyD – Cognitive Behavioral Therapy Center
  Location: 1403 Greenbrier Pkwy #215 Chesapeake, Virginia 23320
  Phone: (757) 410-0700
  Call to verify

Updated on 1/31/17
Region 3 – Northern Neck

Rock Landing Psychological Group
Location: 11825 Rock Landing Dr., Newport News, VA
Counselors/Phone:
  Pam Pare, LPC (757) 873-1736
  Anne Aja, Ed.D (757) 873-1736
  Harriette Barnes-Parker, PhD (757) 873-1736
Insurance: Call for more information

Joanna Price – Peninsula Pastoral Counseling
Location: 707 Gum Rock Ct, Newport News, VA
Phone: (757) 873-2273
Insurance: Aetna, Anthem, Cigna, Compsych, First Health, Holman Group, Kinnamon, Magellan, Mid-Atlantic, Mutual Prefer, Sentara/Optima, TriCare, United Behavioral Health, Value Options, and/or Virginia HealthNet

Colonial Psychiatric Associates
Location: 708 Mobjack Pl, Newport News, VA
Phone: (757) 873-1958
Counselors:
  Bonnie J Kelly
  Newton G Deschazo
  Nayda M Flores
Insurance: Aetna, Anthem, Cigna, Medicaid, Medicare, Optima, Tricare, United Healthcare, Value Options, Many EAPs (Employee Assistance Program)

Frederick A Levy
Location: 732 Thimble Shoals Blvd Ste 702, Newport News, VA
Phone: (757) 873-1240
Insurance: Champus (including FHC, CHOICE, and TRICARE PRIME), Value Behavioral Health, FHC Options, Mamsi, Met Life, The Virginia Health Network, Trigon Blue Cross Blue Shield, U.S. Behavioral Healthcare, as well as a variety of commercial carriers

Frances Reinker, PhD.
Location: 1317 Jamestown Road #102, Williamsburg, VA
Phone: (757) 220-2700
Insurance: Anthem (BC/BS plans), Aetna, Cigna, Healthnet/Tricare, Humana, Magellan, Medicare, MHN, Optima, Student Resources, United Behavioral Health, United HealthCare, WPS/Tricare for Life

Updated on 1/31/17
Marcia Grubbs-Weis, LPC
  Location: 1318 Jamestown Road #101, Williamsburg, VA
  Phone: (757) 561-2066
  Insurance: Aetna, Anthem, Cigna, Medicaid, Medicare, Optima, Tricare,
  United Healthcare, Value Options, Many EAPs (Employee Assistance
  Program)

Joan Milkavich, LPC
  Location: 325 McLaws Circle Ste 3, Williamsburg, VA
  Phone: (757) 564-4590
  Insurance: Call for more information

Corey Thayer, LPC
  Location: 352 McLaws Circle, Williamsburg, VA
  Phone: (757) 220-0118
  Insurance: Call for more information

Barbara Kaplan – Richmond Road Counseling Center
  Location: 1001 A Richmond Road, Williamsburg, VA
  Phone: (757) 220-2669
  Insurance: Call for more information

Sadie F Sheafe, Ph.D., LCSW
  Location: 2021 Cunningham Dr. Ste 101, Hampton, VA
  Phone: (757)864-0673
  Insurance: Call for more information

Genesis Counseling (Christian)
  Location: 2202 Executive Drive Suite C, Hampton, VA 23666
  Phone: (757) 827-7707
  Insurance: Call for more information

Riverside Behavioral Health
  Location: 2244 Executive Drive, Hampton, VA 23666
  Phone: (757) 827-1001
  Insurance: Call for more information

Steider & Assoc.
  Location: 6810 Teagle Lane Gloucester, VA 23061
  Phone: (804) 210-1104
  Insurance: Call for more information

Updated on 1/31/17
Chesapeake Counseling Associates, PC
Location: 7296 York Ave Gloucester, VA 23061
Phone: (804) 695-2557
Insurance: Call for more information

MPNN Counseling Center (CBS)
Phone: (804) 693-5057
Insurance: Call for more information

Cancer Care Counseling (offer oncology social workers to speak with)
Phone: 1-800-813-4673

Region 4 – Northern Virginia

Linda Oberleitner, LPC
Location: Chantilly, Virginia 20152
Phone: (703) 596-4616
Insurance: Call for more information

Helen Lowenstein, LCSW – All About Wellness
Location: 7643 Leesburg Pike, Falls Church, VA 22043
Phone: (703) 854-9909
Insurance: Call for more information

Region 5 – Valley

Ann Laura Atwell, Oncology Social Worker
Phone: (434) 654-8837
Email: alatwell@sentara.com
Insurance: Call your provider to find out what is covered. Visit the website for information on financial assistance.

Dessie Elwell, LPC – Eros & Agape Counseling
Location: 2015 Reservoir Street, Suite 205 Harrisonburg, VA 22801
Phone: (540) 217-4268
Insurance: Eros & Agape Counseling, PLLC is a self-pay out of network provider. Call your provider to find out if you will be reimbursed.

Region 6 – Western Virginia

Tracy Wills, LPC, LMHC – Life in Balance
Location: 125 Akers Farm Road, Suite D, Christiansburg, VA 24073
Phone: (540) 381-6215  
Insurance: Aetna, Anthem, Anthem EAP, Beacon Hill, Compsych, Humana, Magellan, MHNET, Optima, VA Premier and Value Options

Gail Evans, LPC – Compassion by the Hour  
Location: 541 Luck Ave, SW, Suite 209, Roanoke, VA 24016  
Insurance: Call for more information

Lisa C Westmoreland, LPC – Westmoreland Counseling, LCC  
Location: 3524 Brambleton Ave 1, Roanoke, VA 24018  
Phone: (540) 709-7530  
Insurance: Call for more information

Region 7 – Southwest Virginia

Kim Carter – Commonwealth Catholic Charities  
Location: 507 Park Avenue SW, Norton, VA 24273  
Phone: (276) 200-2805 OR (276) 679-1195  
Insurance: Call for more information

Lee County Behavioral Health Services  
Location: 34084 Wilderness Road, Jonesville, VA 24263  
Counselors:  
Karen Baker  
Karen Eldridge  
Phone: (276) 346-3590  
Insurance: Call for more information

Scott County Behavioral Health Services  
Location: 1006 U.S. Highway 23 N Weber City, VA 24290  
Counselors:  
Jane Fanslow  
Mary Alice Fields  
Farah Williams  
Phone: (276) 225-0976  
Insurance: Call for more information

Erin R Jurich-Finney, PsyD – Counseling Associates of Abingdon  
Location: 335 East Main St. Abingdon, VA 24210  
Phone: (276) 663-4716  
Insurance: Call for more information

Updated on 1/31/17
Region 8 – Southside Virginia

Susan Sisler, LPC - Sisler Counseling Services

Location: 222 King Street, PO Box 85, Keysville, VA 23947
Phone: (434) 480-3861
Insurance: Call for more information