

## Western Loudoun Therapy Providers

Last Updated 3/18/2021 - Please note that LCPS has not worked with all providers on this list; it is the responsibility of the family to research the providers and make the best choice for their family.

Name	Type	Insurance	Location	Telehealth	Contact info.	Address
Stribling Counseling Services Inc.	Adult, Couples, Teens, Child	Aetna, Anthem, Carefirst, Tricare, United Health Care/United Behavioral Health, Value Options	Purcellville	Yes	(540) 338-3332 info@striblingcounseling.com  <a href="https://www.striblingcounseling.com/">https://www.striblingcounseling.com/</a>	621 W. Main Street Purcellville, VA 20132
Debra Babarsky, MA, LPC	Couples, Relationship, Family Counseling, Holistic Counseling, Mindfulness Based Body Psychotherapy, expressive arts and creative imagery, workshops and classes		Purcellville		(540) 338- 0620 dbabarsky@yahoo.com  <a href="https://babarsky.com/client">https://babarsky.com/client</a>	142A E. Main Street Purcellville, VA 20132
Cynthia W. Hayes, Psychologist, PHD	All ages, Depression, Anxiety, ADHD, relationship, family issues, psychoed. testing	Tricare, BlueCross and BlueShield, Cigna	Purcellville	Yes	(703) 468-8426  <a href="https://www.psychologytoday.com/us/therapists/cynthia-w-hayes-purcellville-va/52283">https://www.psychologytoday.com/us/therapists/cynthia-w-hayes-purcellville-va/52283</a>	205 East Hirst Rd. Suite 103 Purcellville, VA 20132
Sara Ablard- Parella, LCSW	Children/teen, couples, family, sleep changes, behavioral issues, school issues, anxiety, depression, friendship	Will provide receipt of service for patient's own submission to insurance	Purcellville Herndon		(703) 431- 3563  <a href="http://saraablard.com/about/">http://saraablard.com/about/</a>	17337-B Pickwick Dr. Purcellville, VA 20132
Julie M. Carter, LCSW	Individual therapy for teens, weekly girls group therapy, weekly group therapy for women, expressive photography	Does not accept insurance but will give statement to submit	Leesburg, VA	Yes	(703) 303-9341  <a href="mailto:juliefmccarter@gmail.com">juliefmccarter@gmail.com</a>  <a href="http://www.juliemccarter.org">www.juliemccarter.org</a>	44135 Woodbridge Pkwy. Suite 260 Lansdowne, VA 20176
Patricia Lynn Gray, LCSW	Ages 3-17 years, Adults, Neurofeedback, school problems, family difficulties,	Anthem, BlueCross and BlueShield, Carefirst, Medicare, Tricare, United	Berryville, VA	Yes	(571) 200 - 7763  <a href="https://vaoakcounseling.com/child-">https://vaoakcounseling.com/child-</a>	Virginia 7 BUS 101 E Main St., Suite 203 F

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	health problems, anger, anxiety, social skills, self-esteem, ADHD, self-injury, grief	Healthcare, out of network for others			<a href="#">adolescent-counseling/</a>	Berryville, VA 22611 Also has Leesburg office
The Sanctuary Wellness Center - Terri George, MEd, LPC	Variety of holistic therapies, *Adults only	Cigna, Multiplan, Out of Network for others	Berryville, VA	Yes	(540) 227 - 0564  <a href="https://www.sanctuaryberryville.com/practitioners/category/Counseling">https://www.sanctuaryberryville.com/practitioners/category/Counseling</a>	208 N. Buckmarsh Street Berryville, VA 22611
Kathryn N Walkley, LMFT	Marriage and Family Therapy, Children, Tweens, Teens	Out of network for insurance; \$65 - 120 per session	Winchester, VA	Yes - only remote as of 3/17/21	(540) 324 - 9079  <a href="https://www.shenandoahfamilytherapy.com/">https://www.shenandoahfamilytherapy.com/</a>	Solely teletherapy
Exhale Behavioral Health (several providers)	Children (6 and up), Adolescents, Adults, Couples, CBT, Solution-focused therapy, Psychodynamic therapy, DBT	Cigna, BlueCross and BlueShield, United Healthcare (Optum), Aetna, and self-pay clients	Winchester, VA	Yes	(540) 692- 9428  <a href="https://exhalebehavioralhealth.com/our-services/">https://exhalebehavioralhealth.com/our-services/</a>	2913 Valley Ave. Suite 125 Winchester, VA 22601
Nell Kushlak, LCSW	All ages 6 and up, Depression, Anxiety, PTSD, ADHD, Adoption, Oppositional Defiance, Parenting, Grief, Family conflict	Aetna, Antham, Blue Care Network, BlueCross and BlueShield, Innovation Health, Medicare, Optima, Tricare, out of network for others	Winchester, VA	Yes - solely teletherapy as of 3/17/21	(540) 486 - 2643  <a href="https://www.psychologytoday.com">https://www.psychologytoday.com</a>	124 Amherst St. Suite 203 Winchester, VA 22601
Aaron M. Clark, LCSW	Teens, Young Adults, Adults, Depression, Anxiety, Addiction, ADHD, Anger Management, Bipolar Disorder, Career Counseling, Life Coaching, Men's Issues	Aetna, Anthem, BlueCross, BlueShield, Carefirst, Medicare, Optima, Tricare, United Healthcare	Stephens City, VA		(540) 905-4195  <a href="http://www.psychologytoday.com">www.psychologytoday.com</a>	5335 Germain St. Stephens City, VA 22655
Jess Albright, MA, NCC, LCPC, ACS	Children, Teens, Adults, fluent in American Sign Language, Anger, Self-esteem, Anxiety, Depression, Blended	Not currently accepting insurance, can provide documentation to be submitted to insurance for possible out-of-network	Frederick, MD		(240) 457 - 9015  <a href="http://www.counselingwithjess.com/forms-fees/">http://www.counselingwithjess.com/forms-fees/</a>	124 N. Court Street Frederick, MD 21701

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	Families, Eating Disorders, academic concerns	coverage				
Elise Abromson, Licensed Psychologist	Children, Adolescents, teens, parents, family issues, attention/behavior, depression, anxiety, school problems, divorce, coping with chronic illness, bullying, parenting skills training	Not currently accepting insurance, will help clients to submit to insurance for possible coverage	Frederick, MD		(301) 712 - 9015, ext. 1018 <a href="mailto:drelise@drelise.com">drelise@drelise.com</a> <a href="http://www.doctorelise.com">www.doctorelise.com</a>	
Laura Smith, MSW, LCSW-C, LLC	Psychotherapy for adolescents, relationship conflict, anxiety, depression, trauma, self-esteem	BlueCross and Blueshield, Cigna, sliding scale fee options, will provide documentation for other insurance companies	Frederick, MD		(301) 639 - 3418 <a href="https://laurasmithpsychotherapy.com">https://laurasmithpsychotherapy.com</a>	1005 Motter Ave. Frederick, MD 21701
Illuminate Wellness, Erica Burns, LCSW-C	Teens, Adults, Life transitions, trauma, relationship issues, holistic therapy, yoga therapy	Aetna, Carefirst Blue Cross Blue Shield, Cigna, GEHA, Magellan, UMR, United Healthcare, Out of Network	Frederick	Yes	(202) 688 - 0747 <a href="https://www.psychologytoday.com/us/therapists/illuminate-wellness-frederick-md/190720">https://www.psychologytoday.com/us/therapists/illuminate-wellness-frederick-md/190720</a>	511 B North Market St. Frederick, MD 21701