

## Resource List for Grief Counseling

### National Resources

- 24/7 Psychological Services Support Line at US Olympic and Paralympic Committee (USOPC): (719) 866-2255
- Psychological Support Services Non-Emergent and Referrals USOPC: (719) 866-2388
- SAMHSA Disaster Distress Helpline, call or text: (800) 985-5990

### Local Resources from Dr. Caroline Shiby, PhD, CMPC and Barbara Shostak, PhD

- Wendt Grief Center (Northwest DC) – Counseling and crisis response for teens and adults <https://www.wendtcenter.org/>
- Ashburn Psychological and Psychiatric Services – Counseling and psychiatry <https://www.ashburnpsych.com>
- Dodini Behavioral Health (Annandale, VA) – Counseling and psychiatry <https://dodini.com>
- Haven of Northern Virginia – Volunteer non-secular peer support (free of charge) <http://www.havenofnova.org>
- Temitope Oyegbile, MD (Tysons Corner, VA) – Child, adolescent, and adult psychiatry <https://www.healthpeakinc.com/>
- Ella Peresechenski, MD (McLean, VA) – Child, adolescent, and adult psychiatry <https://www.childadultpsychiatry.com/>
- Natalie Gugino, MD (Fairfax, VA) – Adult psychiatry <https://www.psychologytoday.com/us/psychiatrists/natalie-gugino-fairfax-va/1147275>

### Local Resources from SCNV's Community (below list compiled by Rebecca Berman, a former SCNV skater who practices in our area)

- Rebecca Berman, LCSW (McLean, VA; Will travel to rinks) – Former skater, trauma counseling <https://anxietyinstitute.com/team/rebecca-berman-mss-mslp-lcsw/rebeccabermantherapy@gmail.com> (571) 327-1918
- Skye Bennett, Pre-licensed Professional (Fairfax, VA) – Traumatic event counseling, EMDR. (571) 946-2529
- Ed Stern, PMHNP – Crisis casualty nbhealth.us [info@nbhealth.us](mailto:info@nbhealth.us) (571) 463-8620
- Rebecca Cottle-Makhene, LPC (Haymarket, VA) – Trauma counseling (703) 997-4916
- Seek Serenity, LLC (Sterling, VA) – Counseling (703) 552-8960  
43676 Trade Center Place, Suite 135
- Kristen Moyer, LPC (Virtual) – Trauma and grief counseling, EMDR <https://www.kristenmoyertherapy.com/>
- Lindsay Burdette (Washington, DC) – High-level athletes and trauma <https://www.sjimpsychology.com/ourteam>
- Dana Wizeman (MD, Virtual) - Trauma and grief <https://www.wizemancounseling.com>
- Rebecca Newkirk, LCSW (Washington, DC and VA, Virtual) – Trauma and grief, EMDR <https://beccanewkirktherapy.com/>
- Karin S Tovar, LPC (Washington, DC) – Trauma and grief, EMDR <https://www.psychologytoday.com/us/therapists/karin-s-tovar-washington-dc/819067>
- Arienne Nicole (VA and MD) – Trauma and grief, EMDR [www.bigbraintherapy.com](http://www.bigbraintherapy.com)

- Maggie Lynn (Virtual in VA, MD, DC, & PA) - Immediate trauma of a crisis <https://www.mindfulreflectionstherapy.com/contact>
- Haley Lipton Polo (Virtual in VA & DC) – [www.hlptherapy.com](http://www.hlptherapy.com)
- Megan Samuels, LCSW-C (Virtual in MD & VA) - Trauma and grief, EMDR <https://www.psychologytoday.com/us/therapists/megan-samuels-rockville-md/1351461>
- Kerriann Eileen – Grief and loss [www.kerriannmurraylcswc.com](http://www.kerriannmurraylcswc.com)
- Joie de Vivre (Virtual in DC, MD, & VA) – Trauma and grief, EMDR [www.joiedevivretherapy.com](http://www.joiedevivretherapy.com)
- Laura Evans (In person and virtual in VA) – Trauma and crisis, EMDR. [www.emergecounselingandeducation.com](http://www.emergecounselingandeducation.com)
- Taylor Rapuano & Emily Jeffers (DC, MD, VA) – Trauma Monarch Wellness & Psychotherapy <https://www.monarchwellness.com/>
- Colleen McCarron (Virtual in VA) – Trauma [collen@colleenmccarronpc.com](mailto:collen@colleenmccarronpc.com)
- Hannah Moore – Trauma, EMDR [info@empoweringyoullc.com](mailto:info@empoweringyoullc.com)
- Ben Endres (MD) – Trauma, EMDR [benendrestherapy@gmail.com](mailto:benendrestherapy@gmail.com)
- Counseling of Alexandria (Alexandria, VA) – Free grief therapy to those impacted [www.counselingofalexandria.com](http://www.counselingofalexandria.com)
- Laura Lammers (Virtual) – Anxiety and Trauma <https://www.psychologytoday.com/us/therapists/laura-lammers-oak-park-il/887525>
- Kate Regnier (Virtual in DC, MD, & VA) – Trauma after accident, EMDR <https://www.regnierrestorativecounseling.com>
- Lillian Audette, PhD (she/her) (Virtual) – Grief training, former skater <https://imagocenterdc.com/>
- Aastha Krebs, Psychiatric Nurse Practitioner (DC & VA) – Mass casualty situations <https://www.psychologytoday.com/us/psychiatrists/aastha-krebs-washington-dc/1241521>
- Alanna Betts (Reston, VA) – Trauma, EMDR, Art Therapy [www.alannabettstherapy.com](http://www.alannabettstherapy.com)
- Gopi Dhokai, Counselor (Virtual) – Disaster mental health <https://www.psychologytoday.com/us/therapists/gopi-dhokai-cambridge-ma/401059>
- Evyan Roberts – Grief and loss, EMDR [www.lfsemdrtherapy.com/evyan-roberts](http://www.lfsemdrtherapy.com/evyan-roberts)
- Kourtney DeBoer (DC & VA) – Trauma [www.cultivatingcapacity.com](http://www.cultivatingcapacity.com)
- Gabrielle Katz and Team (Alexandria, VA) – Trauma <https://coastalcollaborativecare.com/>
- Lisa Anne Maestri (VA & MD) – Trauma and grief (571) 230-2349
- CBT Center for Anxiety (Virtual) – Trauma and competitive sports [www.cbtcenterforanxiety.com](http://www.cbtcenterforanxiety.com)
- Kelly Jacobs (MD) – Trauma and art therapy [www.artnesttherapy.com](http://www.artnesttherapy.com)
- Jenna L Cohen, LPC (Staunton, VA) – EMDR and competitive sports <https://www.psychologytoday.com/us/therapists/jenna-l-cohen-staunton-va/902997>
- NoVa Grief Support and Counseling – Grief <https://novagrieffsupport.com/>
- Thrive Therapy Center (VA & MD) – Trauma and grief, EMDR [www.thrivetherapycenter.com](http://www.thrivetherapycenter.com)
- Aimee Caramico (Washington, DC) – Grief <https://northstarpsychdc.com/>
- Pamela Newman (VA, MD, & DC) - [www.PRNCounseling.com](http://www.PRNCounseling.com)
- Rachel Stern - [rachelstern@gmail.com](mailto:rachelstern@gmail.com)
- Laura White, LCSW (Washington, DC) - <https://humaniful.com/> (310) 490-6389

- Melanie Grimmer, LMSW (MD & DC) - Crisis and grief  
<https://modyfihealth.com/provider/melanie-grimmer-lmsw>
- Mary Huber – Traumatic event, EMDR <https://www.maryhuberlcsww.com/>
- Trauma Resilience & Education Center of Washington, DC – Trauma  
<https://trecdcpsychotherapy.org/>
- Dr. Emma Basch & Associates – Trauma <https://www.dremmabasch.com/>
- Olya Rich – Trauma <https://www.psychologytoday.com/us/therapists/olya-rich-rockville-md/339032>
- Amanda Rahimi, PhD (Virtual in VA, MD, & DC) – Grief, loss, trauma  
<https://www.amandarahimiphd.com/>
- Liz Comstock – First responder mental health  
[www.frontlinemhs.com](http://www.frontlinemhs.com) [lizc@frontlinemhs.com](mailto:lizc@frontlinemhs.com)
- Elizabeth Horrigan, LCSW, LICSW, LCSW-C (Virtual in VA, MD, & DC) – Trauma, EMDR  
<https://www.floweringmindtherapy.com>
- Monica Denise (DC & MD) – Trauma and grief <https://www.iam-enroot-therapy.com/>
- Ruthie Varon (DC, MD, & VA) – EMDR [www.arbitcounseling.com](http://www.arbitcounseling.com)
- Joanna Nichols, LCSW (Virtual in VA) – Grief and trauma, EMDR  
<https://www.joannanicholslcsww.com/>
- Mackenzie Ayers, LSCW (Herndon, VA; Will travel to rinks) – Trauma, Former ballerina  
<https://www.psychologytoday.com/us/therapists/mackenzie-l-ayers-herndon-va/1240363>
- The Self Care Academy – Grief and trauma [www.theselfcareacademy.com](http://www.theselfcareacademy.com)
- Anneke V D Broek (DC, MD, & VA) – Trauma, World Champion, Team USA member  
<https://www.psychologytoday.com/us/therapists/anneke-vandenbroek-ph-d-abpp-silver-spring-md/1008282>
- Mindflow – Athletes [www.thisismindflow.com](http://www.thisismindflow.com)
- Cacti Counseling – [www.cacticounseling.com](http://www.cacticounseling.com)
- Kira Denney, MS, LCPC, LPC, NCC – <https://www.pearlwellnesspractice.com/>
- Beckner Counseling (VA) – Pro bono services, pay what you can  
<https://becknercounseling.com>
- Ellina Creary – [www.harmonycounselingva.com](http://www.harmonycounselingva.com)
- Alicia Riccardella (VA) – Trauma, EMDR, Skating mom  
<https://www.claritycounselingva.com>

#### **Local Resources from members of our community**

- Zeyad Layous – Clinical psychologist and adult skater with Washington Figure Skating Club,  
<https://www.psychologytoday.com/us/therapists/zeyad-layous-arlington-va/224304>,  
(571) 748-3874
- Melissa Sporn, PhD, PLLC (McLean, VA) – Clinical psychology, specializing in children and trauma, <https://drmelissasporn.com/> (703) 288-9677