

MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

Counseling

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This is a project of the Montgomery County Commission on People with Disabilities. To submit an update, add or remove a listing, or request an alternative format, please contact: DHHSWebsite@montgomerycountymd.gov, 240-777-1246 (V), MD Relay 711.

Center for Counseling and Neurofeedback

Donna Troisi, LCSW-C

Urbana Office

3390 Urbana Pike, 2nd Floor
Urbana, MD 21704

North Potomac Office

Potomac Valley Professional Center
12105 Darnestown Road, Suite 28
North Potomac, MD 20878
240-281-8319 (V)

www.donnatrousi.com

For individuals, couples, and families. Counseling for individuals with autism, impulse control disorders, child or adolescent issues, anxiety or fears, parenting, and more. Also provide neurofeedback training. Accept Autism Waiver.

Center for Families in Transition (CFIT)

8720 Georgia Avenue, Suite 205
Silver Spring, MD 20910
301-495-6393 (V)
301-384-3631 (TTY)

E-mail: ellenss12@aol.com

www.cfitherapy.com

Private practice providing mental health services to individuals, couples, and families. Special program for working with people who are Deaf and Hard-of-Hearing. Psychological evaluations including evaluations for IQ and learning disabilities. Accept a variety of health insurances.

Child Center and Adult Services, Inc.

Shady Grove Professional Building
16220 Frederick Road, Suite 502
Gaithersburg, MD 20877
301-684-8106 (V)

Provide mental health counseling for children, adults and families in Montgomery County. Accept most insurance plans and have a sliding fee scale for uninsured patients.

Gates, Amy, LSCW-C, MSW

8929 Shady Grove Court
Gaithersburg, MD 20877
240-602-6343 (V)

E-mail: amyhgates@me.com

www.amyhgates.com

Psychotherapist. Counsels parents who have children with disabilities. Also offer couples and individuals counseling as well as life and parent coaching. Sliding scale. Medicare.

George Washington University Center Clinic

2100 Pennsylvania Avenue, NW, Suite 200
Washington, DC 20037
202-994-4937 (V)

<https://psyd.columbian.gwu.edu/center-clinic>

Non-profit community mental health center clinic provides short- and long-term mental health treatment. Services include individual, couples, family, and group psychotherapy, as well as psychological assessment. Patients may also be referred for a psychiatric consultation through a partnership with the University's Department of Psychiatry and Behavioral Science. All of the clinicians are graduate students in clinical psychology supervised by licensed professionals. Services are offered on a sliding scale fee.

Heller Psychology Group, LLC

Carey A. Heller, Psy.D.
6320 Democracy Boulevard
Bethesda, MD 20817
301-385-2610 (V)

E-mail: appt@thehellerpsychologygroup.com

www.hellerpsychologygroup.com

Offer individual, family, group, and couples psychotherapy. Clinicians conduct therapy to treat a variety of issues including: ADHD, Asperger's Disorder, anxiety, depression, family conflict, anger management, difficulty coping with medical disorders, and bullying. Also offer testing and assessments for ages four and up.

Hollander, Michele, Psy. D.

16220 Frederick Rd, Suite 512
Gaithersburg, MD 20877
301-990-0131 (V)

E-mail: michelehollander@msn.com

Psychologist. Behavioral therapist. Autism Waiver.

House Calls, LLC

Beth Albaneze, CTRS, CPRP, CLP
P.O. Box 776
Olney, MD 20830
301-346-6732 (V)

E-mail: callingonbeth@gmail.com

<https://callingonbeth.net>

Provide services for teens to seniors including, but not limited to, counseling during any kind of life transition; life coaching to integrate individuals into work, leisure or volunteer pursuits; advocate on your behalf to make sure professionals and

agencies are meeting your needs; provide or arrange all aspects of mental health or medical case management; arrange recreation activities that begin at home; and walk an individual to community resources using volunteers as needed for support.

Independence Now, Inc. (INNOW)

12301 Old Columbia Pike, Suite 101

Silver Spring, MD 20904

301-277-2839 (V)

E-mail: info@innow.org

www.innow.org

Serve individuals with disabilities in Montgomery and Prince George's Counties. Support Planners help secure and coordinate personal care, assist in acquiring household items, furniture and adaptations needed; locate affordable and accessible housing; connect you with valuable community resources; and offer ongoing support on self-directing your services. Also offer peer mentoring and support to individuals who have expressed a desire to leave nursing homes and move out into the community.

Jewish Social Service Agency

Fallsgrove Office

200 Wood Hill Road

Rockville, MD 20850

301-838-4200 (V)

Rockville Office

6123 Montrose Road

Rockville, MD 20852

301-881-3700 (V)

Silver Spring Office

9900 Georgia Avenue

Silver Spring, MD 20902

301-587-9666 (V)

www.jssa.org/get-help/adults-couples-and-parents/counseling/

Nonsectarian provider that helps clients of all ages. Services include therapy for adults and couples, mental health evaluation and treatment for children and teens, career counseling and workshops, and employment services. Many services are covered by insurance and managed-care plans. Maryland Medicare and Medicaid accepted. A reduced fee may be available for those clients without insurance or for services not covered by insurance based on financial need.

Kaufman, Nan, LCSW-C

4400 East West Highway, Suite 720

Bethesda, MD 20814

301-986-9020 (V)

Coach/Counselor/Advocate for parents who have a child who is newly diagnosed with a disability and/or for on-going supports.

Maryland Psychotherapy Clinic and Research Lab

University of Maryland Psychology Department

2140 Biology – Psychology Building

University of Maryland

College Park, MD 20742

301-405-5820 (V)

E-mail: mpcrl@umd.edu

www.mpcrl.umd.edu

Provides high-quality, low-cost counseling and psychotherapy to adults in Prince Georges' and Montgomery Counties, and Washington, DC. Treatment focuses on insight and understanding difficulties in relationship problems, depression, anxiety, grief and loss, meaning of life, dreams, and nightmares. Cost is \$50 per 45-minute session. Offer sliding scale depending on client need. There is no charge for the screening interview or intake interview. No insurance plans accepted.

Meyer Treatment Center

The Washington School of Psychiatry

5028 Wisconsin Avenue, Suite 400

Washington, DC 20016

202-537-6050 (V)

E-mail: intake@wspdc.org

www.wspdc.org/0101treatment.html

Non-profit mental health clinic offering affordable services to persons in the Washington, DC metropolitan area. Clinic services include individual, group, couples and family psychotherapy; psychiatric evaluations and medication consultations also available. Insurance plans accepted; sliding-fee scale available.

Pastoral Counseling & Consultation Center of Greater Washington

The Imago Center of Washington DC

7003 Piney Branch Road, NW

Washington, DC 20012

202-670-5065 (V)

E-mail: info@imagocenterdc.com

<https://imagocenterdc.com/the-pastoral-counseling-and-consultation-center-of-greater-washington>

Mental health counseling, life and career coaching, family therapy, couples/marriage counseling, stress management, addictions, and workshops.

Pro Bono Counseling Project

110 West Road, Suite 202

Baltimore, MD 21204

410-825-1001 (V)

1-877-323-5800 (Toll Free)

<http://probonocounseling.org/>

Non-profit organization that provides individual, couples and family counseling to individuals throughout Maryland. Treat depression, anxiety, abuse, self-esteem, self-abuse, relationships, eating disorders, divorce and grief. Counseling services provided by volunteer credentialed therapists at no cost for those who are financially eligible.

TLC - The Treatment & Learning Centers (TLC)

2092 Gaither Road, Suite 100
Rockville, MD 20850
301-424-5200 (V)
E-mail: ltorvik@ttlc.org
http://ttlc.org/psychoeducational_evaluations/programs-2/counseling/
Private, nonprofit organization serving children and adults with a wide range of special needs. Individual, family and group counseling sessions. Specialize in learning differences, autism, developmental delays, hearing loss, and other problems that interfere with development, learning and active participation in the community. Also serve a community of professionals through workshops, seminars and other events.

Willow Oak Therapy Center

15701 Crabbs Branch Way
Rockville, MD 20855
301-251-8965 (V)
E-mail: office@willowoaktherapy.com
www.willowoaktherapy.com
Counseling, psychotherapy for individuals, families and couples, and psychological testing and evaluations. Free seminars. Sliding fee schedule. Most insurance plans are accepted.

Vesta, Inc. – Outpatient Mental Health Clinics

Germantown Horizon Outpatient Clinic

20410 Observation Drive, Suite 108
Germantown, MD 20876
240-296-5862 (V)
Walk-in intakes on Tuesdays 10am to 4:30pm

Silver Spring Horizon Outpatient Clinic

8737 Colesville Road, Suite 700
Silver Spring, MD 20910
240-296-5860 (V)
Walk-in intakes on Wednesdays 10am to 4:30pm
E-mail: info@vesta.org
www.vesta.org/omhc

Licensed mental health professionals offer mental health clinical services, including individual, family, couples and group therapy; on-site, off-site and in-home therapy; psychiatric assessment and medication management; and psycho-education programs on parenting, anger management, social skills and dealing with difficult adolescents. Most insurance, including Medicaid, Medicare and PAC, accepted. Uninsured Maryland residents accepted if they meet certain criteria.

Washington Behavioral Medicine Associates, Inc.

Dr. Rene Laje, Director, Seniors Program and Center for Caregivers
5480 Wisconsin Avenue, #223
Chevy Chase, MD 20815
301-455-4149 (V)
E-mail: office@wbma.cc
www.wbma.cc
Provide highly personalized care for children, adolescents, adults and older adults. Physician-scientists offer specialized assessment and treatment for mood and anxiety disorders, autism spectrum disorders (ASD), attention deficit hyperactivity disorder (ADHD).