

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)

Ellen Schaefer-Salins, Director

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.

Gates, Amy, LSCW-C, MSW

8929 Shady Grove Court

Gaithersburg, MD 20877

240-602-6343 (V)

E-mail: amyhgates@verizon.net

www.amyhgates.com

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

George Washington University Center Clinic

1922 F Street, NW, Suite #103 (Ground Level)

Washington, DC 20052

202-994-4937 (V)

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

Hours: Monday through Thursday, 8:00 a.m. to 8:00 p.m., and Friday, 8:00 a.m. to 4:00 p.m. 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 Albanese, CTRS, CPRP, CLP
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. Serve DC Metro area including Maryland and Virginia.

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)

Montrose 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/

Counseling covers emotional and social challenges, learning/behavioral, school/life/work transitions, and family and relationships. 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

410-825-1001 (V)

<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

<https://ttlc.org/ttc/ttc-programs/ttc-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.

Vesta, Inc. – Outpatient Mental Health Clinics

Germantown Horizon Outpatient Clinic

20410 Observation Drive, Suite 108

Germantown, MD 20876

240-296-5862, Option 6 (V)

Walk-in intakes on Tuesdays 9:00 a.m. to 4:30 p.m.

Silver Spring Horizon Outpatient Clinic

8737 Colesville Road, Suite 700

Silver Spring, MD 20910

240-296-5860 (V)

Walk-in intakes on Wednesdays 10:00 a.m. to 4:30 p.m.

E-mail: IRC@vesta.org

www.vesta.org/omhc

Serve adults diagnosed with severe and persistent mental illness; children and adolescents with problems in school, at home or in the community with a diagnosis; and Veterans. 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.

5480 Wisconsin Avenue, #223

Chevy Chase, MD 20815

301-576-6044 (V)

E-mail: office@wbma.cc

<https://wbma.cc/>

Provide highly personalized care for children, teens, young adults, 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), alcohol and substance abuse disorders (including suboxone), and psychiatric management of genetic disorders.

Willow Oak Therapy Center

15701 Crabbs Branch Way

Rockville, MD 20855

301-251-8965 (V)

E-mail: office@willowoaktherapy.org

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.