

SETON'S THERAPUTIC SERVICES AND PRACTITIONER REFERRALS

This short list of recommended counseling services covers a broad range of psychological, emotional, social and educational problems that seeks to integrate the fullness of the Catholic faith with the best mental health practices.

***Alpha Omega Clinic (301) 767-1733**

<https://aoclinic.org/clinicians-fairfax/>

Services: Mental Health Services and Testing and Diagnostic Evaluations, Workshops and Professional Development Seminars

Locations: Fairfax and Alexandria, Maryland

Alpha Omega Clinic Administrative Office

7007 Bradley Blvd

Bethesda, Maryland 20817

Phone: (301) 767-1733 (Appointments for all locations are made through this office)

***Catholic Psych Institute**

The Institute was created to empower people to become who they are, by providing services and resources that integrate authentic Catholic anthropology with sound psychological science. Pick your Catholic psychologist.

<https://www.catholicpsych.com/>

***Dr. Patrick DiVietri (Jr) - 703-479-6278**

counseling@patrickdivietrillc.info

Dr. DiVietri works with students 12-17 years old. He works with impulse issues, addiction, anger, communication etc. He does a great deal of psychoeducational testing; testing for anxiety, trauma and depression. Can work with a sliding-fee scale and uses Google MEET, Hippa compliant software.

*** Dr. Cummins- (703) 323-5551**

Formerly with Arlington Diocese

Psychotherapist

8996 Burke Lake Rd

Burke, VA 22015

*** CatholicCounselors.com- 866-724-1196**

Dr. Greg Popcak and staff-

Tele-counseling

<https://catholiccounselors.com/contact/>

Catholic Charities of the Diocese of Arlington

Services: Mental Health Services and Consultations

Locations Vary

Contact Info: http://www.cdda.net/programs_family.php

200 N Glebe Road, Suite 250,

Arlington, VA 22203

703-224-1630

Clients services: *Anxiety; Depression; Grief and Loss; Marital and Premarital Concerns; Parenting Concerns*

Prior to Covid, one-on-one counseling available. Currently all counseling sessions are being held via secure teleconferencing. The full fee for the first session will be \$150 for a 90-minute session with a clinician, then \$125 for all subsequent sessions, which are 45-50 minutes. We can assist you with insurance reimbursement. If you pay out of pocket, we can adjust your fee based on a sliding scale that takes into account family size and income level.

Divine Mercy University (formerly Institute for Psychological Services)

Services: Mental Health Services, Educational Assessments/Evaluations and Workshops and Professional Development Seminars. Many alumni working in Arlington Catholic Charities or Alpha and Omega Clinic.

Location: Arlington

Contact Info:

2001 Jefferson Davis Hwy Suite 101

Arlington, VA 22202

703.418.2111

<http://ipscenter.org/>

Dr. Camille Karcher: 703-895-0868 (as of 8/30/2020- Dr. Karcher's Booked)

9246B Mosby Street

Manassas, VA

SAGE Counseling Center: Phone: (540) 797-8424

32 Ashby St,

Warrenton, VA 20186

Providing individual, couples and family counseling. Services we provide include:

Psychotherapy for Depression and Anxiety; EMDR; Separation and Divorce Care;

Post-Traumatic Stress Disorder/Phobias; Couples/Family Counseling;

Parenting Support; Grief Counseling; Work and Career issues; Addiction and Recovery;

Conflict Resolution; Pain Management and Health Psychology; Psychological

Testing for Autism Spectrum Disorder; Testing for PTSD; Faith-Based and Biblical Counseling; Sage

Center works with a wide range of emotional and behavioral issues providing services that span from therapy for depression and grief counseling to parenting support.

Margaret Luckey, MA, Licensed, Professional Counselor- Alexandria VA- (571) 989-2290

Margaret Luckey provides counseling for individuals, families and couples and sees children, adolescents and adults, with a wide range of mental health issues. Rates and hours are flexible. She counsels a wide range of reasons, including improving or stabilizing mood, setting goals and boundaries, improving communication, reducing anxiety, increasing parent effectiveness, and managing symptoms of psychotic disorders.

NOVA (Northern Virginia) Christian Counseling

The approach at Northern Virginia Christian Counseling integrates what the Bible says about WHO we are with what psychology tells about WHY we behave, feel, and do what we do. If we believe that God is the author of all truth, we can use both God's word and God's works (i.e., psychology) to help us heal, grow, and overcome any obstacle in our path. Because it says in Philippians 4:13: "I can do ALL things through Christ Jesus who strengthens me."

Contact Info:

10620 Crestwood Drive, Ste C

Manassas, VA 20109

(571) 408-8986

Evaluation Centers for IQ Testing and Psychoeducational Assessments

The people and organizations listed below offer educational testing. Seton does not endorse a particular center or individual. These names are provided to assist you in arranging testing for your child. Each individual or organization sets its own fees.

Ages 6-15 will typically be given the Wechsler Intelligence Scale for Children, Fifth Edition (WISC-V).

Ages 16 years or older will typically be given the Wechsler Adult Intelligence Scale, Fourth Edition (WAIS-IV).

Each test takes approximately 1.5 to 2 hours to administer.

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| <p>NorthStar Psychological Services Theresa Reed Location: Arlington, VA www.northstar-psych.com 571-206-3705 <i>As of 11/24/20, offering in-person WPPSI and WISC testing</i></p> | <p>Washington Psychology Associates Dana Grasso Location: Washington, DC www.washpsych.com 202-374-5756</p> | <p>Georgetown Psychology Maria Zimmitti Location: McLean, VA & Washington, DC www.georgetownpsychology.com 703-556-6655 / 202-333-6251 <i>As of 11/24/20, offering in-person WISC testing</i></p> |
| <p>Diana Dahlgren Location: Fairfax, VA www.drdianadahlgren.com 703-273-5653 <i>As of 11/24/20, offering in-person WPPSI and WISC testing</i></p> | <p>Educational Assessment Associates Nicole Stern & Ana Daroowalla Location: Washington, DC www.eadc.org 202-363-9805 <i>As of 11/24/20, offering in-person WPPSI and WISC testing</i></p> | <p>Barry Ekdom Location: Fairfax, VA www.ekdomneuropsychology.com 703-573-3573</p> <p>Wake Kendall Group Kathy Nitz Location: Washington, DC www.wakekendall.com 202-686-7699, ext. 24</p> |

PSYCHOEDUCATIONAL ASSESSMENT

As a parent, you may be wondering why your child is having a hard time in school, why learning does not seem to be coming easily to your child, and/or why your child is struggling to reach their potential. Or maybe a doctor or teacher suggested that you get an evaluation for your child.

In these kinds of situations (and many others), a psychoeducational evaluation which includes an IQ test, may be the answer. Psychoeducational evaluations offer explanations for your child's struggles and provide recommendations for specific interventions and/or accommodations to meet your child's needs.

What are the goals of psychoeducational testing?

- To obtain information about your child's learning style and academic strengths and weaknesses
- To assess for Attention-Deficit/Hyperactivity Disorder (ADHD / ADD) and/or executive functioning deficits
- To test for learning disabilities, such as Reading Disorder/Dyslexia, Disorder of Written Expression/Dysgraphia, Visual-Motor Integration Disorder, Nonverbal Learning Disability, Math Disorder and Auditory Processing Disorder
- To document the need for accommodations in school or on standardized tests
- To document eligibility for an Individualized Education Plan (IEP) or 504 Plan
- To develop individualized recommendations to promote academic success
- To explain behaviors such as inattention, poor organization, hyperactivity, low motivation, homework struggles, impulsivity, or low frustration tolerance
- To understand poor school performance and/or academic decline

