

UPDATED
4/2024

Mental Health Association of Fauquier County

Promoting and facilitating mental wellness in Fauquier and Rappahannock counties.



COUNSELORS / THERAPISTS

IT'S OK TO NOT BE OK.
THERAPY CAN HELP.

The Mental Health Association of Fauquier County provides general information about providers and resources as a service to the community. These listings are not a recommendation, referral, or endorsement of any therapy or provider.

Are we missing a listing?
Contact us at (540) 341-8732 or email ccraddock@mhafc1.org

Find more Resource Guides here:
fauquier-mha.org/resources-to-download/

A Path 2 Healing - Debbie Vara, MA, LPC

apath2healing.com

Services: Individual therapy and couples counseling. Specialized services for issues such as trauma, anxiety, life transitions, adjustment, career change and grief and loss.

Insurance: Aetna, Anthem Blue Cross, Carefirst Blue Choice

Serves: Teens, Adults, Couples

Phone: 571-512-2173

Location: Warrenton and Virtual

Altahir Behavioral Health

altahirbehavioralhealth.net

Services: Provides counseling, comprehensive psychiatric evaluations, psychopharmacological assessment, medication management, and treatment for mood disorders, academic difficulties including ADHD, anxiety, depression, Autism, PTSD, eating disorders, and more.

Insurance: Aetna, Anthem BC/BS, Anthem HealthKeepers Plus, BC/BS, Carefirst, Cigna, Intotal Health, Medicaid, Magellan, Tricare, Value Options, Virginia Premier, United Healthcare

Serves: Children, Adolescents, Adults

Phone: 703-373-7338

Location: Stafford

Amy (Campbell) Columbus, LCSW

psychologytoday.com/us/therapists/amy-campbell-columbus-culpeper-va/308326

Services: Co-parenting/reunification sessions for adults and children going through divorce and separation, and family therapy. Specializes in trauma and PTSD, family conflict, and eating disorder recovery.

Insurance: Aetna, Anthem/Elevance, Blue Cross Blue Shield, Carefirst, Cigna and Evernorth, United Healthcare, UHC/UBH, and sliding scale

Serves: Children, Adolescents, Adults

Phone: 434-236-8608

Location: Culpeper

Ashburn Psych Services

ashburnpsych.com

Services: Individual, family, and couples counseling for anxiety, depression, separation and divorce, substance use, and more.

Insurance: Self-pay

Serves: Children, Adolescents, Adults, Families

Phone: 703-723-2999

Location: Ashburn

Blackbird Health

blackbirdhealth.com

Services: Virtual and in-person therapy specializing in treating mood disorders, speech and language and cognitive disorders, depression, anxiety, and social, developmental, and school-related challenges.

Specializes in early childhood development, including ASD (autism spectrum disorder) or autism evaluations. Extensive training in behavioral disorders such as ADHD, and can help differentiate ASD from other conditions. Also offers medication management.

Insurance: Aetna, Anthem, Blue Cross Blue Shield, Carefirst, Cigna, United Healthcare, Optum -

*Medicaid expected in second half of 2024

Serves: Children and young adults ages 2 to 26

Phone: 703-239-3470

Location: Virtual and Vienna

Bloom Health Centers

bloomhealthcenters.com/

Services: Virtual and in-person therapy, psychiatry, evaluation and testing, treatment for medication-resistant depression, and medication management.

Insurance: Magellan, United Healthcare, Optum, Cigna, Anthem, Carefirst, Aetna, BC/BS, MEDICARE, Tricare, Kaiser, Humana

Phone: 667-228-6939

Location: Arlington, Leesburg, Winchester, Charlottesville, Telehealth

Blooming Minds

bloomingmindsva.com

Services: help children develop fulfilling friendships and navigate behavioral challenges in any environment. We work with a diverse range of clients, including those with speech-language delays, fine/gross motor delays, cognitive delays, ADHD/ADD, autism spectrum disorders (ASD), and developmental delays

Insurance: Self pay. (Social skills group is \$35/hour. Private 1:1 ABA therapy is \$40/hour and parent coaching is \$50/hour).

Serves: Children and Teens ages 3 to 17

Phone: 703-328-6755

Location: Warrenton

Blue Ridge Psychological Center

brpcva.com

Services: Individual, family, and marriage counseling for anxiety, depression, grief and loss, and communication challenges.

Insurance: Anthem BCBS, Carefirst Blue Choice, United Healthcare/UBH, Cigna and Tricare

Serves: Children and Adults

Phone: 571-248-2358

Location: Gainesville, Manassas, Virtual

Bridge to Balance

bridgetobalance.com

Services: Individual, couple, and family counseling for anxiety, depression, grief and loss, and more. Also provides trauma recovery for emotional, physical, and sexual abuse.

Insurance: Self-pay and out of network

Serves: Children, Pre-adolescents, Adolescents, and Adults

Phone: 540-216-1840

Location: Haymarket

Child and Family Counseling

Services: Counseling services.

Insurance: BC/BS, United Healthcare, Medicaid, Medicare

Serves: Children, Adolescents, Adults

Phone: 540-661-9718

Location: Warrenton

Chrysalis Counseling Centers

chrysaliscenters.com

Services: Individual and group counseling as well as assessments and evaluations. Mental health skill building, intensive therapeutic parenting, in-school, after school, and anger response.

Insurance: Blue Cross Blue Shield, Aetna, United Healthcare, Optima Health, Magellan, Virginia Premier, Anthem HK Plus (Medicaid product)

Serves: Children, Adolescents, Adults

Phone: 540-347-0613

Location: Culpeper, Madison, Fauquier

Courage Health and Wellness

couragehw.com

Services: Individual therapy, child and youth counseling, couples and marital counseling, military and first responder counseling,

Insurance: Optima, United Healthcare, Optum, DEA EAP, Carefirst, Anthem, Tricare, Cigna

Serves: Children, Adults, Families

Phone: 540-645-1655 (evening hours availability)

Location: Telehealth only, Fredericksburg

Clarity Counseling

claritycounselingva.com

Services: Individual, family, and group therapy for anxiety, mood and depressive disorders, borderline personality disorder, trauma and PTSD and eating disorders.

Insurance: Self-pay, sliding scale, out of network

Serves: Adolescents, Young Adults, Adults

Phone: 571-318-9141

Location: Gainesville

Encompass Community Supports (formerly Rappahannock Rapidan Community Services)

rrcsb.org

Services: Behavioral support coordination, crisis services, mobile child crisis services (Child REACH), Young Adult Coordinated Care (YACC) for ages 15-25 for those experiencing episode of psychosis, juvenile court services program, coordination for families with Substance use disorder (Fauquier LINK), and more.

Insurance: Medicaid, Self-pay

Serves: Children, Adolescents, Adults

Phone: 540-825-3100

Location: Culpeper, Fauquier, Madison, Orange, Rappahannock

Fauquier Free Clinic

fauquierfreeclinic.org

Services: In-person and tele-health counseling. Bilingual services.

Insurance: Medicaid, Free for uninsured if qualified

Serves: Adults 18+

Phone: 540-347-0394

Location: Warrenton

Family Insight

familyinsight.net

Services: Individual and family counseling, ABA, intensive in-home services, mental health skill building, and substance use.

Insurance: Medicaid (only through Department of Medical Assistance Services)

Serves: Children, Adolescents, Adults

Phone: 571-208-0592

Location: Manassas, Fairfax

Gainesville Professional Counseling Center

gpccva.com

Services: Individual and family counseling, addiction and intervention, behavioral evaluation and intervention, educational consultation, parenting skills training, eating disorders, grief and loss.

Insurance: Aetna, Anthem PPO and Health Keepers, APS, Blue Cross/Blue Shield PPO, Care First Blue Cross/Blue Shield, Cigna/EverNorth, Great West, Innovation Health, Magellan, PHCS, Tricare/Humana, United

Serves: Children, Adolescents, Families

Phone: 571-261-1921

Location: Gainesville, Virtual

Gaitan Psychotherapy

gaitanpsychotherapy.com

Services: Counseling for anxiety, trauma, and life transitions. Services available in Spanish and English.

Insurance: Cigna, CareFirst BCBS, and Anthem BCBS

Serves: Adults 18+

Phone: 703-679-8599

Location: Virtual

Genesis Mental Health

psychologytoday.com/us/therapists/genesis-mental-health-inc-warrenton-va/938096

Services: Individual and couples counseling specializing in trauma and PTSD, anxiety, marital and premarital.

Insurance: Aetna, Anthem, BlueCross and BlueShield, CareFirst, HealthKeepers, UnitedHealthcare UHC | UBH, Out of Network

Serves: Pre-teen, Teen, Adults

Phone: 540-802-5984

Location: Warrenton

Home First Counseling & Consultation

homefirstcc.org

Services: Counseling for anxiety, grief, family conflict, depression, peer relationships, parenting, couples, and families.

Insurance: Aetna, Anthem/Blue Cross Blue Shield, Carefirst, Cigna, United Healthcare, and Medicaid: Aetna Better Health, Anthem Healthkeepers Plus, Molina Healthcare of Virginia, and Optima

Serves: Children, Adolescents, Adults, Families

Phone: 703-867-3754 and 540-300-6150

(lpcspidel@gmail.com)

Location: Manassas

HOPE Counseling Services of Virginia

hccva.org

Services: Individual and family therapy for mood disorders, grief and loss. Faith-centered counseling and group therapy.

Insurance: Self-pay

Serves: Children, Adolescents, Adults, Couples, Families, Blended Families, Military Families, and Aging Adults

Phone: 703-378-1011

Location: Chantilly

Hope Water Wellness

hopewaterwellness.com

Services: CBT, ACT, DBT, MBCT, MBSR, trauma focused, art therapy techniques.

Insurance: Anthem, Blue Cross Blue Shield, United Healthcare

Serves: Adolescents, Adults

Phone: 540-445-1820

Location: Culpeper

Horse & Soul Counseling

horseandsoulcounseling.com

Services: Individual and family counseling, group counseling, equine-assisted therapy, mentoring and life coaching.

Insurance: Anthem Blue Cross Blue Shield Plans, Cigna, Tri-Care, and United Behavioral Health (Optum), Medicaid (under Anthem Health Keepers Plus)

Serves: Children, Adolescents, Adults

Phone: 540-220-1305

(admin@horseandsoulcounseling.com)

Location: Culpeper

In Luck Counseling

inluckcounselingllc.com

Services: Mental health counseling, substance abuse assessments.

Insurance: Aetna (only Bernadette Landry and Natalia Lueck are in network), Anthem BCBS (including Healthkeepers Plus), Carefirst BCBS (PPO Only), Cigna, United Healthcare (including GEHA and UMR), Tricare Select/Prime (Prime requires a referral from your PCM)

Serves: Children, Adolescents, Adults

Phone: 703-997-6641

Location: Warrenton, Fairfax, Virtual

Jenna Duffy, LCSW

jennaduffylcsw.com

Services: Psychotherapy and counseling for depression, anxiety, trauma, family and relationship stress, and grief/loss.

Insurance: Anthem, Aetna, BCBS, Cigna, Magellan, Medicaid, MEDICARE, Tricare, United Behavioral Health

Serves: Adolescents age 14 to 18, Adults, Families, Couples

Phone: 703-282-8428 (evening hours available)
(info@jennaduffeylcsw.com)

Location: Telehealth only VA, MD

Kris Marowski, LPC, ACS, RPT-S, CCMHC

psychologytoday.com/us/therapists/kris-marowski-culpeper-va/89754

Services: Play therapy, animal-assisted play therapy, social skills and friendship groups, and parent support and education.

Insurance: Not in network with and does not bill insurance but assists clients with utilizing their out-of-network benefits.

Serves: Children, Families

Phone: 703-463-8714

Location: Culpeper

Lasting Serenity Telepsychiatry

lastingserenitytelepsychiatry.com

Services: Therapy, psychiatric evaluation and medication management services.

Insurance: BlueCross and BlueShield, CareFirst, Cigna, Medicare, UnitedHealthcare UHC | UBH, Anthem, Aetna

Serves: Children, Adolescents, Adults

Phone: 571-308-8243

Location: Manassas

Mind Body Connection, Inc.

mbctherapy.com

Services: Individual, couples and family therapy. Groups and specialized treatment options. Therapeutic yoga program, neuromeditation, biofeedback, virtual reality therapy.

Insurance: Medicare, Medicaid, Anthem, Carefirst, BCBS, Tricare, United Healthcare, OPTUM, Cigna

Serves: Adolescents, Adults

Phone: 540-341-1703

Location: Warrenton, Virtual

National Counseling Group, Inc.

ncgcommunity.com/manassas

Services: Child and family, therapeutic day treatment, life skills, crisis support, and more.

Insurance: Medicaid

Serves: Children, Adolescents, Adults

Phone: 703-257-5997

Location: Manassas

NeuroPsych Wellness Center

neuropsych4u.com

Services: Medication management, counseling and psychotherapy, and psychological, neuropsychological, and psychoeducational testing. Specialties include anxiety, mood disorders, ADD/ADHD, postpartum anxiety, Autism and Aspergers, trauma, psychotic disorders, and sleep disorders.

Insurance: Medicare, Anthem, Carefirst PPO, Carefirst HMO, United Behavioral Health, Cigna, Aetna, Humana Tricare Military, and Optima.

Serves: Children, Adolescents

Phone: 703-865-8686

Location: Fairfax, Virtual

Peggy Doyle, Advanced Practice Psychiatric Nurse

psychologytoday.com/us/psychiatrists/peggy-doyle-advanced-practice-psychiatric-nurse-warrenton-va/164307

Services: Individual, couple, and family counseling. Specializes in anxiety, relationship issues, and stress.

Insurance: Medicare and out of network

Serves: Adults and Elders 65+

Phone: 540-736-8887

Location: Virtual

Phoenix Counseling and Play Therapy

phoenixcounselingandplaytherapy.com

Services: Individual, group, and couples therapy for depression, anxiety, ADHD, ADD, Asperger's Syndrome, high-functioning Autism, divorce, remarriage, relationship problems, school difficulties, anger outbursts, and behavioral issues.

Insurance: Aetna, Anthem, Anthem Federal Employee Program, Anthem Health Keepers, Blue Cross Blue Shield-Carefirst, Anthem Healthkeepers Plus, United Healthcare, and self-pay.

Serves: Children, Adult, Families

Phone: 571-248-0626

Location: Gainesville

Prince William Family Counseling

woodbridgetherapygroup.com/

Services: Psychological evaluation and testing; individual, group, and family therapy.

Insurance: Anthem Blue Cross Blue Shield, Aetna, Carefirst, Blue Cross Blue Shield, Cigna, United Health Care, Tricare, Veterans Administration, Medicare, Palmetto GBA, GEHA, UMR, EAP Accepted: (Must be Electronic), United Healthcare, Anthem Blue Cross Blue Shield, Optima

Serves: Children, Adolescents, Adults

Phone: 703-330-9933

Location: Manassas

Purple Willow Behavioral Health

purplewillowbehavioralhealth.com

Services: Individual, group, and family therapy for Autism Spectrum Disorders (ASD), Developmental Delay, Conduct Disorders, Executive Functioning, ADHD, ADD, social skills, sibling and parent relationships, and communication.

Insurance: Aetna, all BlueCross BlueShield Networks (Premera, CareFirst, Anthem VA), some Medicaid networks to include Anthem Healthkeepers Plus, and self-pay. Can also help navigate single-case agreements and utilize out-of-network benefits.

Serves: Children and Families

Phone: 703-623-5471

(lindsey@purplewillowbehavioralhealth.com)

Location: Travel-based services in homes, schools, or daycares within Fauquier County, Loudoun County (Aldie), Prince William (Gainesville, Haymarket), and Western Fairfax County

Rafala Professional Counseling

psychologytoday.com/us/therapists/cynthia-r-m-rafala-culpeper-va/1087339

Services: Individual, couples, and family counseling. Specializing in Trauma and PTSD, anxiety, ADHD, sexual abuse, and more.

Insurance: Anthem, Blue Cross, Blue Shield, BlueCross and BlueShield, CareFirst, MHN | Health Net, MHNet Behavioral Health, MultiPlan, Optima, Optum, TRICARE

Serves: Teens, Adults, Elders 65+

Phone: 540-384-4631

Location: Culpeper

Rivers of Hope Counseling

riversofhopecounseling.com

Services: Faith-based, person-centered therapy for relationship conflicts, trauma and abuse, self-esteem, grief and loss, depression and anxiety, substance use, and spiritual brokenness.

Insurance: Aetna, Anthem, Anthem Healthkeepers Plus, Cigna, United Healthcare, Humana, Tricare

Serves: Children, Adolescents, Adults, Families

Phone: 1-855-326-4673

Location: Telehealth only VA, MD

ReEmerge Therapy

reemergetherapy.com

Services: Play therapy for ages 3 through 12.

Individual and group counseling for teens, adults, couples, as well as Re-Emerge parenting.

Insurance: CareFirst, Anthem Blue Cross Blue Shield, Medicaid Anthem Blue Cross Blue Shield, Anthem Health Keepers, Tricare

Serves: Children, Teens, Adults, Families

Phone: 540-491-4300

Location: Warrenton

Resilience Counseling and Social Skills Center

<https://www.resiliencecounseling.care/>

Services: Provides individual, group, family, and couples counseling; psychological, educational, and Autism-specific testing and assessment (at Fredericksburg location); psychiatric and medication management services (in-person and virtual). Treats trauma, PTSD, ADHD, depression, bipolar disorder, perinatal mood and anxiety disorders, OCD, and more. In-office comprehensive psychological evaluations at Fredericksburg location.

Insurance: Aetna, Anthem, BC/BS, Carefirst, Cigna, Healthkeepers Plus, Medicaid, MEDICARE, Optima, Optum, United Healthcare, VA Premier (for psychiatric services only)

Serves: Children 3+, Teens, Adults

Phone: 540-699-0226

Location: Stafford and Fredericksburg

Sage Counseling Centers
sagecounselingcenters.com

Services: Treats emotional and behavioral issues such as depression and grief counseling, parenting support, couples counseling, and more.

Insurance: Call to verify

Serves: Children, Adolescents, Adults

Phone: 540-797-8424

Location: Warrenton

Seasons Counseling
seasonscounselingpllc.com/

Services: Diagnoses and treats most disorders, including personality and bipolar disorders, somatic symptoms, trauma and stress, anxiety, depression and other mental health concerns for children, adults, couples, and families.

Insurance: BC/BS, United Healthcare, Cigna, Aetna, Medicaid, Optima, Sentara, Anthem, Anthem HK Plus (Medicaid product)

Serves: Children, Adolescents, Adults

Phone: 540-227-0505

Location: Culpeper

Spiritual Care Support Ministries
scsm.tv

Services: Faith-based education, training, counseling, and spiritual support to those who are ill, dying, grieving, and experiencing personal loss, and to those who journey with them.

Insurance: Not needed, all services are free.

Donations are appreciated.

Serves: Children (starting at age 6) and Adults.

Phone: 540-349-5814

Location: In-person, Warrenton and virtual, globally

Tandem Behavioral Health
tandembehavioralva.com/about

Services: Individual and group counseling, substance abuse partial hospitalization, talk therapy, and mental health skill building. Provides a secured, HIPAA compliant video based experience.

Insurance: Medicaid, Anthem, Cigna, Optum, United Healthcare, Aetna.

Serves: Children, Adults

Phone: 540-348-4700

Location: Telehealth

Vienna Behavioral Health
viennabh.com/

Services: Counseling, medication management, ADHD supports, bariatric surgery and pain management, psychiatric evaluations.

Insurance: Aetna, Anthem, Blue Cross Blue Shield, Optum, Carefirst, Cigna, Optima, United Healthcare

Serves: Children, Adolescents, Adults

Phone: 703-865-0003

Location: Chantilly, Telehealth

Warrenton Counseling Center for Women & Girls
warrentonwomenscounselingcenter.com

Services: Counseling for girls, teens, young adults, women, and couples. Also manages grief and loss, and eating disorders.

Insurance: Self-pay

Serves: Children, Adolescents, Adults

Phone: 540-316-6362

Location: Warrenton, Virtual

Youth for Tomorrow
youthfortomorrow.org

Services: Youth For Tomorrow offers a broad scope of outpatient mental health counseling services for children ages five and up, adolescents, adults, families, and couples. In-person, virtual sessions available (including in school settings, during school hours, at specific area schools).

Insurance: Aetna, Anthem Blue Cross Blue Shield, Anthem Healthkeepers, Anthem Healthkeepers Plus, Carefirst, Cigna, Intotal Health, Medicaid, Optima Health, Tricare, United Healthcare

Serves: Children, Adolescents

Phone: 703-659-9900

Location: Warrenton, Haymarket, Fairfax, Bristow

ALTERNATIVE THERAPIES

Family Focus Counseling Services P.C.

familyfocusva.com

Services: Individuals, couples, and groups dealing with family issues, substance abuse, violence, anger management, mental health, and more.

Insurance: Self-pay

Serves: Adolescents, Adults

Phone: 540-349-4537

Location: Warrenton, Culpeper, Gainesville

Heal To Rise Creative Arts Therapy

healoriseva.com

Services: Drama therapy services, family therapy and young adult women and adult women empowerment groups. Serves individuals with anxiety, depression, mood disorders, low self-esteem, OCD, chronic illness or chronic pain, coping skills, and dual disorders.

Insurance: Call to verify

Serves: Teens and Adults

Phone: 540-455-3494

Location: Virtual

Health Connect America

healthconnectamerica.com/locations/hca-orange-va/

Services: ABA, intensive in-home, mental health skill building, mentoring services, outpatient mental health, psychiatric, substance use, and supervised visitation. KEYS Academy Culpeper is a Private Day School licensed by the Virginia Department of Education to serve Special Education students in grades K through 12.

Insurance: Self-pay and sliding scale

Serves: Children, Adolescents, Adults

Phone: 540-317-1404

Location: Culpeper, Fauquier, Orange, Rappahannock

Jane C. Probst Child and Family Counseling

jcpchildandfamily.com

Services: Certified clinical traumatic professional levels 1 & 2 and is a certified Safe and Sound Protocol Clinician. Treatment and recovery of individuals who experienced emotional and psychological trauma.

Insurance: Anthem BC/BS (including Medicaid), United/Optum (Medicaid), Optima, and Magellan

Serves: Children, Adolescents

Phone: 540-827-7395

Location: Culpeper, Fauquier, Madison, Orange, and Rappahannock

The Gil Institute for Trauma Recovery & Education

gilinstitute.com

Services: Multiple languages, including Spanish. Children, families, and adults in individual, group, couples, or family therapy formats for trauma-related issues such as attachment, emotional dysregulation, Post-Traumatic Stress Disorder symptoms, and related symptoms such as self-injury, dissociation, eating concerns, loss issues, and sexual behaviors.

Insurance: Self pay, out of network

Serves: Children, Adolescents, Adults

Phone: 703-560-2600

Location: Fairfax, Virtual

Time Family Services

time4family.net

Services: Certified sex offender treatment provider in the state. Outpatient treatment.

Insurance: Medicaid

Serves: Children, Adolescents, Families

Phone: 434-989-3579

Gloria@Time4Family.net

Location: Virtual

Trauma Recovery and Education Counseling Center

psychologytoday.com/us/therapists/mary-beth-williams-warrenton-va/228132

Services: Individual and group counseling for trauma and PTSD, grief, and relationship issues.

Insurance: Self pay, sliding scale, and participates with many insurances (see website)

Serves: Children (6+), Pre-teen, Teens, Adults, Elders (65+), and Veterans

Phone: 540-579-7225

Location: Warrenton