

## MENTAL HEALTH SUPPORT FOR CURRENT AND RECENT FEDERAL EMPLOYEES

**(List 1 If you are without Insurance and List 2 If you are with insurance or willing to self-pay):**

### **Note to the reader of this document:**

*Dear current and recent federal employees,*

*Therapy can be highly beneficial in times of stress and uncertainty. You may already be reaching out to your EAPs for support. Recognizing a potential need, a licensed psychologist reached out to other psychologists via several state and national psychologist listservs to assemble a cadre of colleagues able to take on clients (both with insurance and without insurance). All listed psychologists asked to be added, and many have links to your community as Fed family members and Former Fed Employees themselves. Over and over, respondents spoke of how meaningful and important it was to be on this list to support you, our honorable civil service members. We are here for you and eager to help. This is a merging of two documents with a list of providers able to take on those without insurance and a list of those providers able to take on those with insurance or willing to self-pay. This document is ONLY intended for people who currently or recently worked for the federal government. Please note that the psychologists on this list are licensed, and can provide therapy via telehealth.*

*Many will also do in person therapy. Please feel free to do your own due diligence as you would if you reached out to a psychologist outside this list. This document is a live document and will be updated based on the availability of the psychologists. You are anonymous when you view this document. Hopefully this document is of some benefit to you. Some of your colleagues have already used this list to schedule therapy sessions. We value you and we are grateful for your hard work and dedicated service. We wish you all our very best in the months ahead.*

**IF you are a PSYCHOLOGIST and would like to be added to THIS “Mental Health Support for Current and Recent Federal Employees” list, please email [Referrallist691@gmail.com](mailto:Referrallist691@gmail.com)**

### **Ia) How to navigate this document and identify a psychologist:**

If you do not have insurance, then do you want therapy for free/pro bono, or at a reduced fee/sliding scale therapy? If so, please go to these sections:

*II)List 1 which is of psychologists organized by:*

*IIa) those available for 1:1 therapy pro bono,*

*IIb) those available for 1:1 therapy at reduced or sliding fee scale;*

*IIc)sliding fee clinics;*

*IId)psychologists available for virtual group therapy (pro bono and reduced fee);*

If you have insurance, then do you want therapy using your insurance, or would you like to pay a non-reduced rate/self-pay out of pocket? If so, then please go to these sections:

*II)List 2 which is of psychologists organized by:*

*IIIa) those available for 1:1 therapy who take insurance;*

*IIIb) those available for 1:1 therapy who take self-pay; and*

*IIIC)psychologist available for virtual group therapy (with insurance).*

- What does PSYPACT mean before the name of a psychologist?

Answer: Any psychologist on the list with **PSYPACT** before their name is a psychologist who is licensed in 40 US States and the 2 territories (DC and Northern Mariana

“PSYPACT” listed?

Answer: In order for a PSYPACT psychologist to see you in your state, both client and psychologist *MUST be in a PSYPACT state or territory at the time of the therapy session*, but these can be two different states, as long as both are PSYPACT states. However, depending on the degree of crisis you are in, a PSYPACT psychologist *may* be uncomfortable being across state lines, and may suggest that you find a psychologist who is in your state).

- What if a psychologist doesn't have PSYPACT listed before their name?

Answer: If a psychologist has only a specific state(s) listed that means that provider is only licensed in certain specific state(s). You **MUST** be located only in that state at the time of your session (even if the session is via telehealth).

### **Ib) Contacting a psychologist:**

- What do I tell a psychologist when I contact them?

Answer: This list is **ONLY** for recent or current federal employees, i.e., those impacted by recent events. When you contact, please mention that you got the psychologist name from “The List of Psychologists for Federal Employees,” and request the service you seek (pro bono therapy or reduced fee or with insurance or self-pay).

- Should I wait before contacting a psychologist?

Answer: It is up to you. There is no wrong time. Spots could potentially fill quickly but if you would like to wait, that is up to you. Please note that this is an evolving document with names and availability likely to shift with time.

**Please note: AT the very bottom of this document (on page 19) is a link to ANOTHER, DIFFERENT LIST developed by a Psychologist colleague.**

## **II. LIST 1 OF PSYCHOLOGISTS**

**Only for recent or current federal employees**

### **A. 1:1 Therapy PRO BONO PSYCHOLOGISTS WHO ARE OFFERING THERAPY FREE OF CHARGE TO YOU**

If you have a job and/or have insurance from spouse or parent, and/or can afford out of pocket, please scroll down to PUBLIC LIST OF PSYCHOLOGISTS, for those who take insurance and self-pay. Please note that each PRO BONO psychologist below is offering 1-2 PRO BONO SLOTS, unless otherwise specified. The list is being updated daily. If you learn that pro bono fed slot(s) are full, please scroll to next section for SLIDING FEE SCALE psychologists or SLIDING FEE CLINICS.

1) **PSYPACT** Rameshwari (Rami) Rao, PhD

[rami@drramirao.com](mailto:rami@drramirao.com)

[www.drramirao.com](http://www.drramirao.com)

Notes: EMDR, Brainspotting, and other trauma therapies, specializing in depression, anxiety, trauma, accepts BCBS, 1 pro bono remaining

2) **PSYPACT** Holly A. Zanville, Ph.D.

Licensed Psychologist

301-678-9594

<http://www.drhollyzanville.com>

Notes: 1 pro bono or 1 sliding fee or 1-2 with insurance

## ← MH SUPPORT (lists 1 and 2) for FED EMPLOYEES

[www.drmonicabaines.com](http://www.drmonicabaines.com)

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4)**PSYACT** Dr. Sonya Lott

[www.drsonyalott.com](http://www.drsonyalott.com)

267.825.0467

Notes: Up to 3 pro bono. Expertise in trauma, depression, anxiety, grief and loss, death related grief, Brainspotting

5)**PSYACT** Hannah Boes, Psy.D., M.Ed.

[hannahboes@intandempsych.com](mailto:hannahboes@intandempsych.com)

[Intandempsych.com](http://Intandempsych.com)

Notes: 2 pro bono

6)**DC and OR and NC and PA ONLY** Dr. Lisa Nyabinghi

<https://www.abundanthhealing.org>

Notes: Also licensed pastoral counselor, specializing in grief counseling and PTSD, Immediate openings. Telehealth and in person. 5 pro bono, no limit on sliding fee clients.

7)**PSYACT** Nicole Morgan, PsyD and **Virginia licensed** two Counseling Residents in the Practice Commonwealth Clinical Services

804.368.7786

Notes: 1 pro bono, sliding fee, accepts BCBS Federal Employee insurance. Room in practice for 15 clients, practice has three therapists who can do EMDR, work with military, veterans, first responders, and LBTGQIA+

8)**PSYACT** Yolanda D. Segal, PsyD

520.428.0341

<http://www.sessionswithsegal.com>

Notes: 2 pro bono spots, accepts FedBCBS, Aetna, UHC, UMR & TriWest insurances.

9)**HOUSTON ONLY** Leonard Bohanon, PhD

Director of Behavioral Health at Interfaith Community Clinic

for The Woodlands, TX (a Houston suburb), staffed by

Marriage and Family Therapists (MFTs) and Psychology Practicum students under Dr. Bohanon supervision.

Notes: Counseling services to anyone in Houston area, no fees, no insurance. Voluntary donations accepted.

10)**MICHIGAN ONLY** Henrya Rachmiel, PhD

[hrachmiel@gmail.com](mailto:hrachmiel@gmail.com) (email preferred)

248.661.4854 landline

Notes: 1-2 pro bono

11)**PSYACT** Alisa M. Roman, PhD, LCP

[drroman@therpr.com](mailto:drroman@therpr.com) please note that spelling.

Notes: can take 1-2 pro bono, accepts BCBS

12)**VA and NC ONLY** Dr. Pholile Dlamini, PSY.D, HSP-P

Safety Harbor Assessment & Therapy Services, PLLC

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13)**PSYACT** Dr. Pamela J. Goss-Power  
(603) 491-5510

Notes: 1 pro bono or 1 sliding fee, accepts Federal BCBS

14)**Virginia ONLY** Jane Wootton, PhD  
La Ventana Psychology LLC  
540-425-3067

Notes: 1 pro bono only

15)**PSYACT** Judith Markey, PsyD  
Licensed Psychologist  
jmarkeypsyd@gmail.com  
(802) 751-9347

Web: [www.judithmarkeypsyd.com](http://www.judithmarkeypsyd.com)

Notes: 1 pro bono

16)**VIRGINIA ONLY** Ed Tiller, PhD  
Licensed Psychologist  
Williamsburg Centre For Therapy

Notes: EMDR, 1 pro bono, accepts TriCare, Medicare, Medicaid, most BCBS policies

17)**PSYACT** Dr. Aliya R. Chapman, Ph.D., LCP  
Pathways Psychology LLC  
Phone: (540) 602-5757

[www.pathwayspsychology.net](http://www.pathwayspsychology.net)

Notes: 1 pro bono spot open at end of March, also self-pay

18)**OHIO ONLY** Dr. Traci Fraley  
[www.tracifraley.com](http://www.tracifraley.com)

dr.tracifraley@gmail.com

Notes: can do some pro bono, also Functional Diagnostic Nutrition Practitioner

19)**NEW YORK STATE ONLY** Barbara Eisold, PhD  
646-765-4954

Notes: 1 pro bono, Accepts Aetna, GHI, Empire BCBS, Anthem BCBS, Cigna

20)**PSYACT** Alison C. Smith, PhD, CCTP  
703-407-9181

[www.NorthernVaPsychologist.com](http://www.NorthernVaPsychologist.com)

Notes: 1 pro bono

21)**VA and NY** E. Annette McPhatter, PsyD  
McPhatter Psychological Services, PLLC  
757.771.0588 or 757.213.6835

Notes: 1-2 pro bono, accepts insurance

Email: dramcp@mcphatterpsych.com

22)**PSYACT** Marya A. Myslinski, Psy.D., PLLC  
Licensed Psychologist  
703-346-8215

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23) **PA AND NJ AND MA AND VIRGINIA** Lauren Dottor, DSW, MSW, MS, LCSW, LPC  
267-421-7921

[www.drilaurendottor.com](http://www.drilaurendottor.com)

Notes: 1 pro bono, accepts Aetna, Medicare, Blue Cross and Optum plans.

24) **PSYPACT** Dr. Susan Richardson

[info@drsusanrichardson.online](mailto:info@drsusanrichardson.online)

Notes: 1 pro bono, has one immediate opening, another opening in late March

25) **MARYLAND, NY, VIRGINIA ONLY** Dr. Michelle Friedman

518-253-9289

Notes: 2 pro bono slots, accepts Blue Cross, Cigna, Medicare

26) **PSYPACT** Steven O. Kidd, PhD

(314) 610-0556

Notes: 1 pro bono, with insurance in Missouri or Colorado, self-pay other states

27) **GA ONLY** Louis McLeod, PhD

[Relationshipcounselingatlanta.com](http://Relationshipcounselingatlanta.com)

Notes: 1 pro bono couple or 1 pro bono individual

## **B.1:1 THERAPY ON SLIDING FEE SCALE (aka PSYCHOLOGISTS OFFERING THERAPY AT REDUCED RATE)**

Please note that **SLIDING FEE AMOUNT** varies from psychologist to psychologist. Please call to determine what each psychologist is requesting in terms of sliding fee. Remember to identify yourself as a recent Federal Employee.

1) **PSYPACT** Gail Post, Ph.D.

Licensed Psychologist

(215) 884-9260

[www.gailpost.com](http://www.gailpost.com)

Notes: 1 reduced rate slot

2) **PSYPACT** Dr. Felicia Fisher-Green

Licensed Psychologist

(P) 214.449.0613

(F) 888.302.3975

[www.wellredefined.com](http://www.wellredefined.com)

Notes: 2 SHORT TERM Reduced Fee slots, also accepts Aetna and United Behavioral Health, awaiting paneling with BCBS

3) **PSYPACT** Holly A. Zanzville, Ph.D.

Licensed Psychologist

301-678-9594

<http://www.drhollyzanville.com>

Notes: 1 pro bono or 1 sliding fee or 1-2 with insurance

4) **PSYPACT** Nicole Morgan, PsyD and **Virginia licensed** two Counseling Residents in the Practice  
Commonwealth Clinical Services

804.368.7786

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5)**GA** (on south side and Metro Atlanta) Michael Morgan PhD  
Gatespsychology.com  
470-743-8264

Notes: Accepting new patients, willing to discuss reduced cash rates, accepts almost all insurances.

6)**PSYPACT** Katherine Fedeles, PhD  
Mindful Motivation Counseling Services, LLC  
412-219-2622  
[www.mindfulmotivationcounselingservices.com](http://www.mindfulmotivationcounselingservices.com)

Notes: can do reduced fee, accepts Aetna

7)**PSYPACT** Dr. Noel Shadowen  
Licensed Psychologist  
Skyline Psychotherapy & Assessment Services, PLLC  
<https://www.skylinepsych.com/noel-shadowen>  
noel.shadowen@skylinepsych.com

Office Main Number: 267-598-6323

Notes: Would especially like to work with USAid folks, sliding fee, accepts Aetna or self-pay

8)**NY and NC ONLY** Darin Witkovic  
Clinical Health Psychologist  
323.301.2334  
Notes: Sliding fee, also accepts Aetna

9)**PSYPACT** Dr. Amy Ebeid  
703-798-6358  
[www.ebeidpsychology.com](http://www.ebeidpsychology.com)  
Notes: 1 sliding fee, self-pay

10)**DC and OR and NC and PA ONLY** Dr. Lisa Nyabinghi  
<https://www.abundanthhealing.org>  
Notes: Also licensed pastoral counselor, Immediate openings. Telehealth and in person. 5 pro bono, no limit on sliding fee clients. Also accepts Aetna and Tricare

11)**PSYPACT and NY and Hawaii** Lynn Coleman, MBA, EdD,  
3 in group LICENSED IN **MASSACHUSETTS**  
617-203-8936  
[Ever Human Therapy, PLLC](http://EverHumanTherapy.PLLC)  
Notes: Offers sliding fee "memberships," accepts BCBS, Medicare, and self-pay

12)**PSYPACT** Dr. Pamela J. Goss-Power  
(603) 491-5510  
Notes: 1 pro bono or 1 sliding fee, accepts Federal BCBS

13)**PSYPACT** Amanda Etienne, Psy.D.  
[www.amandaetiennepsychd.com](http://www.amandaetiennepsychd.com)  
amanda@amandaetiennepsychd.com  
914-620-2405

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Licensed Psychologist

703-346-8215

[www.drmaryamyslinski.com](http://www.drmaryamyslinski.com)

Notes: 1 pro bono or 1 sliding fee scale slot

15)**PSYPACT and IOWA** Dr. Elaina G Meier

Licensed Psychologist in WI and IA/ LPC in WI, MO, and PA. Contact at

[info@integratedcounselingllc.com](mailto:info@integratedcounselingllc.com). Notes: 2-4 reduced fee slots

16)**NORTH CAROLINA and CA** Laurel Ealy, PsyD

[leichler@rocketmail.com](mailto:leichler@rocketmail.com)

650-455-3900

Notes: 1 sliding fee

17)**NY ONLY** Melissa M. Schroeder, Psy.D., BCBA

Licensed Psychologist

NYS Licensed Board Certified Behavior Analyst

631-268-4148

Notes: 1 sliding scale, any self pay, utilizes contemplative and dynamic perspective, CPT, exposure, and ACT.

### **C.SLIDING FEE SCALE (aka REDUCED FEE)**

**CLINICS or CENTERS staffed by Psychology PhD students who are supervised by Licensed Psychologists**

1)**EVERY Psychology PhD program (Clinical or Counseling) will have a Clinic staffed by PhD students**, and supervised by Licensed Psychologists. These are training clinics and they exist in most major universities. The clinics offer a low sliding Fee (e.g., \$10 - \$30 per session), Here are just a few examples:

<https://psychology.emory.edu/psychological-center/>

<https://ccmh.gmu.edu/>

<https://psychologyclinic.ua.edu/>

2)**CA ONLY** Alliant U telehealth clinic staffed by practicum students

Notes: Immediate openings for virtual individual therapy \$15 per session, free drop in skills group for federal workers or family members. 916.900.3130

### **D.GROUP THERAPY—PRO BONO or REDUCED FEE**

1)**PSYPACT** Tam Nguyen-Louie, Ph.D.

Licensed Psychologist

[www.alignedpsych.com](http://www.alignedpsych.com)

[tam@alignedpsych.com](mailto:tam@alignedpsych.com)

Pro bono virtual support group

Please contact for more information.



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~~Notes: If enough interest for Veterans Affairs Employees only, then virtual group therapy on sliding fee can be offered~~

Please contact for more information.

### 3) **PSYACT** Brianna Ector, PsyD

Low cost virtual grief group therapy for people that have been impacted

director@serenitywellnesspathways.com

202-235-4909

Please contact for more information

### 4) **BREATHWORK GROUP for Federal Employees (online nationwide)**

By Breathwork Instructor Chuck McGee

(NOT a Psychologist, eager to offer breathwork services):

Certified [Wim Hof Method](#) Instructor, [Oxygen Advantage](#) Master Instructor

Certified [XPT Performance Breath Coach](#)

Notes: especially helpful for anxiety, stress reduction, and chronic pain

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

## **III. LIST 2 OF PSYCHOLOGISTS:**

### **Only for recent or current federal employees**

#### **A.1:1 therapy Psychologists Taking Insurance**

##### 1) **PSYACT** Dr. Felicia Fisher-Green

Licensed Psychologist

(P) 214.449.0613

[www.wellredefined.com](http://www.wellredefined.com)

Notes: accepts Aetna and United, and awaiting paneling with BCBS.

##### 2) **PSYACT** Carolyn McKamey, PsyD

Licensed Psychologist

Hope Springs Behavioral Health, LLC

[www.drcarolynmckamey.com](http://www.drcarolynmckamey.com)

Notes: Immediate openings, accepts out of pocket OR BCBS PPO but NOT BCBS Federal Employee

##### 3) **PSYACT** Holly A. Zanzville, Ph.D.

Licensed Psychologist

301-678-9594

<http://www.drhollyzanzville.com>

Notes: 1-2 with insurance

##### 4) **PSYACT** Janet Horwitz, Psy.D.

(267) 251-8575

janhope22@gmail.com

[www.drjanethope.com](http://www.drjanethope.com)

Notes: A few openings, accepts BCBS Federal Employee (FEP), does Emotionally Focused Therapy (EFT)

##### 5) **PSYACT and MA licensed** Psychologists in Practice of Tanya Vishnevsky, PhD



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617-752-2630

Notes: Several psychologists with openings, accepts BCBS network

6)**PSYPACT** Dr. Gregory Milbourne

[drmilbourne.com](http://drmilbourne.com) for scheduling

Notes: Accepts BCBS

7)**PSYPACT** Nidhi Trivedi, PsyD

Website: <https://www.trueselfpsychotherapy.org/>

[trueselfpsychotherapy@gmail.com](mailto:trueselfpsychotherapy@gmail.com)

Phone: 312.547.1323

Notes: Can accommodate 5-6 people, TF-CBT and crisis intervention to clients, individual or group therapy (process group, virtual). Accepts BCBS PPO, Aetna, self-pay.

8)**DC and OR and NC and PA ONLY** Dr. Lisa Nyabinghi

<https://www.abundanthealing.org>

Notes: Also licensed pastoral counselor, Immediate openings. Telehealth and in person. Accepts Aetna and Tricare

9)**PSYPACT** Nicole Morgan, PsyD and **Virginia licensed** two Counseling Residents in the Practice Commonwealth Clinical Services

804.368.7786

Notes: Accepts BCBS Federal Employee insurance. Room in practice for 15 clients, practice has three psychologists who can do EMDR, work with military, veterans, first responders, and LBTGQIA+

10)**PSYPACT** Yolanda D. Segal, PsyD

520.428.0341

<http://www.sessionswithsegal.com>

Notes: Accepts FedBCBS, Aetna, UHC, UMR & TriWest insurances.

11)**GA** (on south side and Metro Atlanta) Michael Morgan PhD

[Gatespsychology.com](http://Gatespsychology.com)

470-743-8264

Notes: Accepting new patients, accepts almost all insurances.

12)**PSYPACT** Katherine Fedele, PhD

Mindful Motivation Counseling Services, LLC

412-219-2622

[www.mindfulmotivationcounselingservices.com](http://www.mindfulmotivationcounselingservices.com)

Notes: accepts Aetna Insurance

13)**PSYPACT and NY and Louisiana** Liz Berk, PhD

<https://elizabeth-berk.clientsecure.me/>

201-892-4433

Notes: Accepts BCBS

14)**PA and NJ and NY** Daniel Schwarz, PhD

Tel.: 215-646-3695

website: [www.drthanpsychologist.com](http://www.drthanpsychologist.com)

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[www.grasyagrigoireva.com](http://www.grasyagrigoireva.com)

415-629-8909

Notes: Accepts Medicare, Adult, Elderly Individuals+Couples, Depth Psychotherapy, Psychedelic Integration

16)**PSYACT** Melissa Sisco, PhD, HSP-P  
Clinical Director, Licensed Psychologist  
Grotto Psychological Solutions, P.C.

[www.grottopsych.com](http://www.grottopsych.com)

(704) 292-6020

Notes: Accepts BCBS

17)**PSYACT** Dr. Noel Shadowen  
Licensed Psychologist  
Skyline Psychotherapy & Assessment Services, PLLC

<https://www.skylinepsych.com/noel-shadowen>

noel.shadowen@skylinepsych.com

267-598-6323

Notes: Would especially like to work with USAid folks, accepts Aetna or self-pay

18)**PSYACT** Armande Gil, PhD

202-816-6171 / 305-519-4865

Notes: Accepts Carefirst and all Blue CrossBlue Shield plans

19)**VIRGINIA ONLY** Vivian A. Shelton, Psy.D.

Director and Clinical Psychologist

Evolutionary Wellbeing

703-475-6478

Notes: Accepts BCBS Federal, CareFirst, Tricare Reserve and Standard (not Prime), Anthem BCBS

20)**PSYACT and Iowa** Dr. Elaina G. Meier

licensed Psychologist in WI & IA / LPC in WI, MO, and PA. Contact the Practice at

info@integratedcounselingllc.com.

Notes: accepts insurance

21)**NY and NC ONLY** Darin Witkovic, PhD

Clinical Health Psychologist

323.301.2334

Notes: Accepts Aetna

22)**PSYACT** Susan Ann Allender, PhD

Licensed Psychologist

[www.drSusanAllender.com](http://www.drSusanAllender.com)

(203) 628-2970

Notes: now 1-2 openings, specializes in trauma, anxiety, OCD, ADHD, life transitions and stressors, and women's issues. Accepts GEHA with United Healthcare, Optum, United, Oxford, Aetna, and Medicare.

23)**PSYACT** Dr. Karolyn W. Seidl

443-465-1889

drkwseidl@protonmail.com

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drroman@therpr.com (please note that spelling)

Notes: accepts BCBS

25)**PSYPACT** Rielle Johnson, PsyD

p: 312-625-9051

[www.introspectivepsych.com](http://www.introspectivepsych.com)

Notes: Immediate availability, accepts BCBS and Aetna

26)**VIRGINIA ONLY** Ed Tiller, PhD

Licensed Psychologist

Williamsburg Centre For Therapy

Notes: EMDR, accepts TriCare, Medicare, Medicaid, most BCBS policies

27)**NEW YORK STATE ONLY** Barbara Eisold, PhD

646-765-4954

Notes: Accepts Aetna, GHI, Empire BCBS, Anthem BCBS, Cigna

28)**PSYPACT and NY and Hawaii** Lynn Coleman, MBA, EdD,

3 in group LICENSED IN **MASSACHUSETTS**

617-203-8936

[Ever Human Therapy, PLLC](http://Ever Human Therapy, PLLC)

Notes: Accepts BCBS, Medicare, and self-pay

29)**PSYPACT** Hannah Holmes, Ph.D., LP

[www.holmespsychology.com](http://www.holmespsychology.com)

Notes: Accepts Federal BCBS

30)**PSYPACT** Dr. Pamela J. Goss-Power

(603) 491-5510

Notes: Accepts Federal BCBS

31)**PSYPACT** Tam Nguyen-Louie, Ph.D.

Licensed Psychologist

[www.alignedpsych.com](http://www.alignedpsych.com)

[tam@alignedpsych.com](mailto:tam@alignedpsych.com)

443-355-7572

Notes: Accepts BCBS and Aetna

32)**VIRGINIA AND NORTH CAROLINA ONLY** Sara Rosenquist, PhD, ABPP

Board Certified Clinical Health Psychologist

American Board of Professional Psychology

<https://drsara.fullslate.com> First choose SecureVideo as the office location then indicate insurance.

Notes: Immediate openings, accepts Federal BCBS, Aetna

33)**MARYLAND, NY, VIRGINIA ONLY** Dr. Michelle Friedman

518-253-9289

Notes: accepts Blue Cross, Cigna, Medicare

34)**PSYPACT** Rameshwari (Rami) Rao, PhD

[rami@drramirao.com](mailto:rami@drramirao.com)

[www.drramirao.com](http://www.drramirao.com)

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McPhatter Psychological Services, PLLC  
757.771.0588 or 757.213.6835  
Notes: accepts insurance  
Email: [dramcp@mcphatterpsych.com](mailto:dramcp@mcphatterpsych.com)

36)**PA AND NJ AND MA AND VIRGINIA** Lauren Dottor, DSW, MSW, MS, LCSW, LPC  
267-421-7921  
[www.drilaurendottor.com](http://www.drilaurendottor.com)  
Notes: accepts Aetna, Medicare, Blue Cross and Optum plans.

37)**MARYLAND ONLY** Dr. Rita Mercer  
Email: [dr.mercer@serenitypsych.org](mailto:dr.mercer@serenitypsych.org)  
Serenity Psychological Services, LLC  
Phone: (909) 702-5995  
Notes: Accepts BCBS

38)**PSYPACT** Dr. Susan Richardson  
[info@drsusanrichardson.online](mailto:info@drsusanrichardson.online)  
Notes: accepts BCBS, has one immediate opening, another opening in late March

39)**NORTH CAROLINA and CA** Laurel Ealy, PsyD  
[leichler@rocketmail.com](mailto:leichler@rocketmail.com)  
650-455-3900  
Notes: A few openings. Insurances accepted: In NC and CA–Aetna, BCBS, Quest, Cigna. In NC: Carelon in NC, In CA: Blue Shield CA, Magellan CA  
40)**PSYPACT** and NY Elysian Psychological Services  
<https://www.elysianps.com/>  
571-620-6181  
Notes: Many clinicians, accepts most major insurances

40)**PSYPACT** Dr. Nick Joyce  
[Www.drnickjoyce.com](http://Www.drnickjoyce.com)  
Notes: most insurances, exposure, adjunct professor

41)**PSYPACT** Dr. Syb Pongracic  
404-220-8188  
[info@peakminds.org](mailto:info@peakminds.org)

42)**PSYPACT** Jessica L. Cardwell, PsyD  
571-335-0893  
[drjcardwell@gmail.com](mailto:drjcardwell@gmail.com)  
[www.drjcardwell.com](http://www.drjcardwell.com)  
Notes: Accepts Anthem/BCBS (not medicaid), BCBS Federal, and Carefirst.

**III B.1:1 therapy with Psychologists who take Self-Pay** (which means that they are on NO or FEW insurance panels and they are “out of network” with non-paneled insurances). Please ask your insurance company if you have out of network benefits. IF you have out of network benefits, then client pays the psychologist out of pocket (at psychologist’s rate—which varies) and then client can submit Superbill from psychologist (which indicates you paid for therapy out of pocket) to insurance company for client to receive partial reimbursement of monies paid to psychologist. That partial reimbursement to client would come from client’s insurance. That is only true IF client has out of network benefits with their insurance, and if client submits the superbill to insurance. If you do not have insurance, or out of network is still unaffordable, then you must pursue

## ← MH SUPPORT (lists 1 and 2) for FED EMPLOYEES

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1) **PSYACT** Dr. Amy Ebeid

703-798-6358

[www.ebeidpsychology.com](http://www.ebeidpsychology.com)

Notes: self-pay

2) **PSYACT** Carolyn McKamey, PsyD

Licensed Psychologist

Hope Springs Behavioral Health, LLC

[www.drcarolynmckamey.com](http://www.drcarolynmckamey.com)

Notes: Immediate openings, accepts out of pocket OR BCBS PPO but NOT BCBS Federal Employee

3) **PSYACT** Nidhi Trivedi, PsyD

Website: <https://www.trueselfpsychotherapy.org/>

trueselfpsychotherapy@gmail.com

Phone: 312.547.1323

Notes: Can accommodate 5-6 people, TF-CBT and crisis intervention to clients, individual or group therapy (process group, virtual). Accepts BCBS PPO, Aetna, self-pay.

4) **PSYACT** Dr. Noel Shadowen

Licensed Psychologist

Skyline Psychotherapy & Assessment Services, PLLC

<https://www.skylinepsych.com/noel-shadowen>

noel.shadowen@skylinepsych.com

Office Main Number: 267-598-6323

Notes: Would especially like to work with USAid folks, accepts Aetna or self-pay

5) **PSYACT** Bruce G. Borkosky, Psy.D. PA

863-386-0276

800-919-9008

Email DrBorkosky@Gmail.com

<https://www.common-sense-counseling.com/>

Notes: out of network or thru headway.co or self-pay

6) **PSYACT** Dr. Aliya R. Chapman, Ph.D., LCP

Pathways Psychology LLC

Phone: (540) 602-5757

[www.pathwayspsychology.net](http://www.pathwayspsychology.net)

Notes: self-pay

7) **PSYACT and NY and Hawaii** Lynn Coleman, MBA, EdD,

3 in group LICENSED IN **MASSACHUSETTS**

617-203-8936

[Ever Human Therapy, PLLC](#)

Notes: accepts BCBS, Medicare, and self-pay

8) **MARYLAND ONLY** Chandni Shah, PhD

[Moonlight Therapy, LLC](#)

Immediate openings for individual therapy, flexible schedule

9) **PSYACT** Jen Schager, PsyD, HSP

[www.drjenpsyd.com/contact](http://www.drjenpsyd.com/contact)

## ← MH SUPPORT (lists 1 and 2) for FED EMPLOYEES

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chronic illness, life transitions

10)**PSYPACT** Jeff Paulez, PhD

Licensed Psychologist

Wander Haven Psychology, PLLC

jeff@wanderhavenpsychology.com

(303) 578-0708

Notes: CPT, Written Exposure Therapy (WET), integrated and holistic trauma processing, works with clients around minority stress and oppression, including across differences

11)**NY ONLY** Melissa M. Schroeder, Psy.D., BCBA

Licensed Psychologist

NYS Licensed Board Certified Behavior Analyst

631-268-4148

Notes: 1 sliding scale, any self pay, utilizes contemplative and dynamic perspective, CPT, exposure, and ACT.

12)**PSYPACT** Steven O. Kidd, PhD

(314) 610-0556

Notes: With insurance in Missouri or Colorado, private pay other states

### **IIIC).GROUP THERAPY—USING INSURANCE**

1)**PSYPACT** Nidhi Trivedi, PsyD

Website: <https://www.trueselfpsychotherapy.org/>

trueselfpsychotherapy@gmail.com

Phone: 312.547.1323

Notes: Can accommodate 5-6 people, TF-CBT and crisis intervention to clients, individual or group therapy (process group, virtual). Accepts BCBS PPO, Aetna, self-pay.

**Here is ANOTHER different LIST of Psychologists, compiled by a Psychologist colleague:**

<https://docs.google.com/spreadsheets/d/1KVAj2jKFXDoo9GjDQHmJy5M8k1Hf9l100JQaPrDqgbl/edit?pli=1&gid=0#gid=0>