

# HEATHER ULRICH, PH.D.

Clinical Referral Guide for Pediatric Practices

*Bridging Pediatric Medicine and  
Complex Family Dynamics*

As a pediatrician, you regularly encounter children whose emotional distress manifests physically. Chronic somatic complaints—such as unexplained abdominal pain, sleep disruptions, and acute anxiety—are frequently rooted in high-conflict family structures or attachment breakdowns. **Dr. Ulrich specializes in treating the family system so your medical treatments can succeed.**

## SOLVING YOUR PRACTICE'S CORE CHALLENGES

### 1. Treats Root Causes of Somatic Symptoms

Utilizing relational neurobiology and attachment-based care, Dr. Ulrich addresses underlying relational trauma and systemic stress within the household to directly relieve stress-induced somatic conditions.

### 2. Resolves Decision-Making Deadlocks

When separated or hostile co-parents experience legal gridlock over crucial medical interventions (ADHD meds, vaccines, psychiatric referrals), Dr. Ulrich steps in to settle disputes outside the clinic or courtroom.

### 3. Eliminates Office Legal Burdens

With over 7 years of specialized court-involved consultation experience, Dr. Ulrich implements rigorous clinical boundaries to protect the child's therapeutic space and to help keep your practice insulated from custody disputes.

## PROVIDER PROFILE

### Heather Ulrich, Ph.D.

#### LICENSED CLINICAL PSYCHOLOGIST

Possesses over 20 years of professional expertise across residential health systems, private practice, and research-based academia.

#### Academic Background:

*Former Assistant Professor & Guest Lecturer at UNC Asheville, Western Carolina University, and the University of Montana.*

#### Advanced Expertise:

- Relational Neurobiology.
- Infant Mental Health
- Parent Coordination
- High-Conflict Co-Parenting



## PRACTICE SCOPE & REGIONAL DIRECTORY

SERVICE LINE	JURISDICTION	MODEL
Child & Adolescent Outpatient Therapy	MD, DE, NC	Telehealth
Co-Parenting Therapy & Parenting Coordination	MD, DE, NC	Telehealth
Parent Coaching	Global Available	Telehealth
Comprehensive Custody Evaluations	MD & DE Only	In-Person Only

*\* 100% remote telehealth framework effectively eliminates traditional logistical and scheduling barriers.*

## SPECIALIZED SERVICE FRAMEWORKS

**High-Conflict Co-Parenting Therapy:** Structured, high-accountability intervention for families frequently involved in conflict. Removes clinical gridlock straining medical operations.

**Real Time Text/Email Support:** Active outpatient clients retain exclusive access to real-time support outside business hours to catch escalating parental or child crises early.

**Infant & Early Childhood Mental Health:** Targeted at early developmental trauma, attachment disturbances, and emotional or behavioral concerns in toddlers.

## SCIENTIFIC PHILOSOPHY

Maladaptive behaviors develop within relational environments; authentic clinical healing must strengthen foundational systems. Rather than treating young patients in isolation, Dr. Ulrich incorporates comprehensive Parent Coaching into all her treatments to equip families with neuroscience-backed frameworks for life.

## ACCEPTED INSURANCE & FINANCIAL PAYMENTS

To ensure seamless administrative onboarding for your clinical referrals, Dr. Ulrich is an in-network provider with major insurance carriers:

### In-Network Insurance:

- Aetna
- Blue Cross Blue Shield (BCBS)
- Cigna
- Optum

### Private Pay & Digital Systems:

- Private Pay / HSA / FSA
- Credit & Debit
- Venmo
- PayPal
- Cash App

### COMPLIMENTARY 15-MINUTE PHONE CONSULTATIONS

Dr. Ulrich provides free 15-minute phone consultations for any prospective client. The consultation can be booked online at:

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

### DIRECT PATIENT REFERRALS

Direct Line: (828) 508-7419

Email: [drheatherulrich@gmail.com](mailto:drheatherulrich@gmail.com) Licensures: NC, MD, DE

Intake Form: [www.drheatherulrich.com/for-professionals](http://www.drheatherulrich.com/for-professionals)