

## DC-Area Therapists & Support

*Recommendations from State's Child & Family Program, FSYP Contacts and FS Families*

*Please note that this list is not exhaustive and implies no endorsement by FSYP or the Child and Family Program.*

### Information Quest (State Department)

This is service for State Department employees and their families. It is 24/7 service that is accessed by calling the toll-free number 1-866-552-4748. They provide resources, online seminars, informational guides, as well as 3 free flexible care hours per year or discounted legal document preparation, etc.

#### To Access IQ:Info Quest On-Line resources

For new AND current users: log on to [www.WorkLife4You.com](http://www.WorkLife4You.com) and look for the "Member Login" box. Enter screen name: **statedepartment** and password: **infoquest** (case sensitive). Use the same codes each time you log on. If you have trouble logging in to the site, please contact the WorkLife4You help desk at **888.604.9565**, or [Help@LifeCare.com](mailto:Help@LifeCare.com).

### Staff Care Program (USAID)

This service is for USAID employees and families. It is a 24/7 service that provides free services, guidance and referrals. For more information, go to: <http://staffcare.usaid.gov/>

### From the Child & Family Program (CFP)

**Dr. Neil Schiff** (works with a lot of FS kids and is himself a Third Culture Kid)

202-244-8614

[Nschiff706@aol.com](mailto:Nschiff706@aol.com)

4545 Connecticut Avenue, NW

Washington, DC 20008

CFP also works closely with the Alvord Baker Group, which has many therapists:

#### Group Therapy Center and Center for Family Change

<http://www.alvordbaker.com/>

11161 New Hampshire Ave Suite 307

Silver Springs, MD 20904

301-593-6554

Fax 301-754-1034

3200 Tower Oaks Blvd

Suite 200

Rockville MD 20852

301-593-6554

Fax 301-255-0461

## DC-Area Therapists & Support

*Recommendations from State's Child & Family Program, FSYP Contacts and FS Families*

*Please note that this list is not exhaustive and implies no endorsement by FSYP or the Child and Family Program.*

### From FS Community (via FSParent Yahoo group and FS Contacts)

**Dr. Edward Farber** (child psychologist)

11306 Cushman Road, Bethesda, MD 20852, 703.437.3236

"He has worked with many FS kids. Has an office in NoVA but also works out of his house in Bethesda one day per week. He really, really helped recommending family's son work through some issues."  
(2014)

**Dr. Joel Gunzburg.**

[http://therapists.psychologytoday.com/rms/name/Joel\\_Gunzburg\\_LCSW-C\\_Bethesda\\_Maryland\\_46313](http://therapists.psychologytoday.com/rms/name/Joel_Gunzburg_LCSW-C_Bethesda_Maryland_46313)

"We saw him regularly when we lived in DC and he has a convenient Bethesda location (free parking or 3 blocks from Bethesda metro). He used to work as the counselor for the British School of Washington and [we] feel he'd be very understanding of FS life. "(2014)

**Dr. Nancy Ingraham**

Columbia Associates

2501 N Glebe Rd Ste 303, Arlington, VA 22207

(703) 841-1290

"Dr. Ingraham was really wonderful with my daughter and I think she was great at getting her to open up and feel comfortable. " (2014)

**Dr. Anna Lee**

Family Therapist

5999 Burke Commons Rd, Burke, VA 22015 (2014)

(540) 986-4839; (703) 249-7245

**Dr. Virginia Lindahl**

<http://www.wellspringpsych.net/>

"Recommending family had child with OCD triggered by sudden evacuation from Guinea. She was respectful, empowering and help son gain a sense of control. After 3 months of twice weekly sessions, OCD was under control and son had tools to manage issues." (2014)

**Lisa Pittman**

[lpittman@sbhsva.com](mailto:lpittman@sbhsva.com)

Licensed psychologist, lived abroad, co-authored the book "Expatriate Teens Talk" (2014)

**Dr. Adelaide Robb**

Children's National Medical Center

Fairfax VA and Washington DC offices

111 Michigan Ave NW #1200, Washington, DC 20310

(202) 476-5544 (2014)

## DC-Area Therapists & Support

*Recommendations from State's Child & Family Program, FSYP Contacts and FS Families*

*Please note that this list is not exhaustive and implies no endorsement by FSYP or the Child and Family Program.*

### **Alyson Rose Wood and Carol Rose**

Alyson is a former FS youth, former head of the FSYP Globe Trotters youth group, former member of the FSYP Board of Directors, and current member of the FSYP Advisory Council. Carol is a former Foreign Service Officer (all hardship posts), parent of two TCKs (both now adults), retired special education teacher, with 12 credits in School Counseling from George Mason U, and one of four teachers who founded the Discovery School, Tegucigalpa, Honduras. Together they are well-placed to understand adjustment issues and are happy to lend a sympathetic ear and a bit of perspective and advice. Please contact FSYP at [fsyf@fsyf.org](mailto:fsyf@fsyf.org) if you would like to arrange a meeting with this mother-daughter team.

## Psycho Educational Evaluations

### **Kingsbury Center in Washington DC**

[www.kingsbury.org](http://www.kingsbury.org)

5000 14th St. NW, Washington DC 20011-6926

202-722-5555

"It was a thorough evaluation, probably one of the best our son received." (2014)