



Eating Disorder Referral Guide

We've put together a complimentary clinical services guide with a specific focus on DC, Maryland and Virginia to help our clients and community members find professionals who really know what they're doing when it comes to eating disorders. Take a look at the listings below and get in touch directly with any providers that are of interest to you.

For nationwide treatment referrals, tools and resources from, check out [The Alliance for Eating Disorders Awareness](#) or call their toll-free helpline at 866-662-1235 to receive live, toll-free support from 9:00 AM to 5:30 PM EST. You can find treatment in your area through their database at www.findedhelp.com/.

For information scholarship support, cash assistance and treatment placement, visit Project HEAL at www.theprojectheal.org/. For information on how to get health insurance coverage for treatment, please visit www.mirror-mirror.org/.

We believe that full recovery is possible, and we want to help you get there. We're glad you're taking a moment to look at these resources. If you have any questions, email us at freedom@rockrecoveryed.org.

**Disclaimer: The information on this page is not a substitute for medical treatment or psychological care. Individuals should talk with a physician and a qualified mental health professional regarding eating disorder symptoms and treatment. Moreover, individuals are responsible for interviewing and selecting practitioners. By requesting resources and referrals you understand and agree that the Rock Recovery is not responsible for any providers' services or lack thereof.*

THERAPISTS

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Clarity Counseling

(571)-318-9141

ClarityCounselingVA@gmail.com

www.claritycounselingVA.com



7150 Heritage Village Plaza, 201
Gainesville, VA 20155

11703 Bowman Green Drive
Reston, VA 20191

2540 Professional Road, Suite 2
Richmond, VA 23235

Therapy is provided in DC, MD, VA and NC



Therapists

Alicia Ayvas, LCSW, CEDS-S

Katie Bowler, LCSW

Tori Palmer, LCSW

Kaitlin Westerman, LCSW

Rachael Scholl, LCSW

Tess Mulrean, LICSW

Holly Serrano, MA, LPC

Michaela "Mickey" Heckman, MA, LPC

Brigid Morse, MA, Resident in Counseling

Gigi Hachim, MA, Resident in Counseling

Samira Khairkhawa, MA, Resident in Counseling

Mackenzie Jardell, MS, Resident in Counseling

Allison Lambropoulos, MS

Specialties

Eating disorders, Anxiety, Depression, Loss and Grief,
Adolescent Issues, Trauma, Self-Harm and Stress Management

Groups

Adult and Adolescent DBT Skills, Teen Process Group, Virtual
Parent Support Group, Young Adult Process (20s – 30s), Adolescent
Anxiety Group, Adult Recovery Support Group

*Not contracted with any insurance provider

Mind Body Health

(571)-328-7408

info@mindbodyva.com

www.mindbodyva.com



4401 Fairfax Drive, Suite 205
Arlington, VA 22203

600 Pennsylvania Ave SE, 340
Washington, DC 20003



Therapists

Sapna Doshi, Ph.D

Abby Brown, Ph.D

Neha Patel, Psy.D

Kristin Zauel, Ph.D; CEDS

Lindsey Berisha, Ph.D.

Raquel Grigera, Psy.D

Carey Schwartz, Psy.D.

Brooke McGinnis, Ph.D.

Natalie Chaykin, Psy.D.

Ted Worm, Ph.D.

Trevor Dunn, Ph.D.

Jessica Kirchhoefer, PhD.

Tishanna Hollins, Ph.D.

Lisa Germeroth, Ph.D.

Katy Higgins Neyland, Ph.D.

Dietitians

Annyck Besso, Msc, RDN

Molly Bremer, MS, RDN

Jenna Gorlick, MPH, RDN

Joanna Pustilnik, MS, RDN,

CDCES

Brittany Kern, MS, RDN, CEDRD

Specialties

Anorexia, Bulimia, Binge Eating Disorder, Avoidant/Restrictive
Food Intake Disorders (ARFID), Nutrition Therapy for Eating
Disorders, Depression, Generalized Anxiety Disorder, OCD,
PTSD, Insomnia, Weight Management, Weight Loss Surgery
Support, Body Dysmorphic Disorder, Body Image Concerns
FBT, CBT, ACT, DBT, ERP, MBCT

*Not contracted with any insurance provider

Stefanie Gilbert

Ph.D.

202-251-8999

gilbert459@aol.com

www.stefaniegilbert.com

4405 East West Highway, 408
Bethesda, MD 20814

Specialties

Binge eating disorder
Bulimia
Anorexia nervosa
Depression
Anxiety
Substance abuse

Groups

Eating Disorder Family
Member Support Group
Psychotherapy Groups for
Women with Eating
Disorders

*Not contracted with any insurance provider

Dana Harron

Psy.D.

202-656-3681

reachout@monarchwellness.com

www.monarchwellness.com

1350 Connecticut Ave NW, 801
Washington, DC 20036

Specialties

Anorexia nervosa
Bulimia nervosa
Binge-eating disorder
Emotional eating
Disordered eating
Anxiety disorders

Groups

Eating Disorder Support Group

*Not contracted with any insurance provider

Lisa Lilienfeld

Ph.D.

703-203-7117

Llilienfeld@argosy.edu

1800 Michael Faraday Drive, 206
Reston, VA 20190

Specialties

Eating disorders
Body image disturbance
Anxiety disorders
Cognitive-behavioral therapy
Maudsley-model
Family-based treatment

*Not contracted with any insurance provider

Balanceworks Counseling

757-403-1615

info@balanceworkscounseling.com

www.balanceworkscounseling.com

1500 Lee Highway, 130
Arlington, VA 22209

Therapists

Meredith Luttrell, LPC, LCPC
Katrina Crichton, RD
Alexis Buckheit Hurdle, LPC
Jamie Kanter, LMFT

Specialties

Eating Disorder Treatment
Anxiety Disorders
Depression
Relationship Difficulties
Life Transitions
Couples Therapy
Family Therapy
Nutrition Counseling

Groups

Eating Disorder
Recovery/Process Group

*Not contracted with any insurance provider

The Retreat Wellness & Recovery Center

Michelle Market, LPC, CEDS,
EMDR Certified
703-597- 7869,
mmarketlpc@gmail.com

Michelle Cantrell, M.Ed.
Resident in Counseling
571-969-4393,
mdc@michellocantrell.com

461A Carlisle Drive
Herndon, VA 20170

Specialties

EMDR
Trauma
Eating disorders
Emotional eating
Self-esteem
Life stress
Codependency
Love addiction

Groups

Trauma Recovery
Eating Disorder Support
Binge Eating Support
Self Esteem
Relationship Recovery

*Not contracted with any insurance provider

Liz Marsh

LICSW

202-681-6189
LizMarshLICSW@gmail.com

1801 Connecticut Ave NW, 300
Washington, DC, 20009

Specialties

Eating disorders
Body image issues
Depression
Anxiety
Relationship difficulties
Self-esteem
Identity issues
Life transitions
Codependency
Addiction
Trauma
Issues related to young adulthood
Sex and sexual orientation

*Not contracted with any insurance provider

Total Health Concepts

703-225-7012
www.TotalHealthConcepts.net

169 East St. NE.,
Vienna, VA 22180
8095 Windward Key Dr.,
Chesapeake Beach, MD 20732

Therapists

Virginia Inglese - LCSW, RD, CEDS,
CLC
J.R. Lippold, MA, MSW
Ashley Ranellone, MS

Specialties

Eating Disorders (Anorexia, Bulimia,
Binge Eating Disorder)
Anxiety
OCD
Trauma
Addictions
Self-esteem/Identity/Sexual
orientation issues
Emotion focused couples therapy
Family therapy and parent support
Nutrition therapy and meal support
Movement/yoga /body image work

Groups

Eating Disorder Therapy
Focus on self-esteem
Relationship recovery
Social anxiety

*Contracted with some insurance providers
www.psychologytoday.com/us/therapists/virginia-inglese-vienna-va/44824

Donna Schwartz

LICSW

202-728-9550
donna@donnaschwartztherapist.com
www.donnaschwartztherapist.com/

2200 Pennsylvania Ave NW
4th Floor
Washington, DC 20037

Specialties

Anorexia Nervosa
Bulimia Nervosa
Binge Eating Disorder
Disordered Eating
Anxiety Disorder
Perinatal Depression
Postpartum Depression

*Not contracted with any insurance provider

The Eating Disorder Center

301-832-7388

www.theeatingdisordercenter.com

932 Hungerford Dr
#35B Rockville, MD, 20850

www.katedansietherapy.com

7935 Belle Point Drive
Greenbelt, MD 20770



Specialties

Binge Eating Disorder
Bulimia
Anorexia
ARFID

Obsessive Compulsive Disorder
Generalized Anxiety Disorder
Mood Disorders

*Not contracted with any insurance provider

Laura Jones

LPC

571-317-1597

laurajones@ipamclean.com



6845 Elm St. Suite 507
McLean, VA 22101



Specialties

Eating Disorders (especially BED)
Disordered Eating
Body Image Issues
Anxiety
Depression
Trauma
LGBTQ+ Issues
Multicultural Issues
Children and Adults

Virtual Therapy offered on a
case-by-case basis

Accepts CareFirst BCBS

Jackie LaRusso

LPC

(202) 417-2701

[www.psychologytoday.com/us/
therapists/jacquelyn-larusso-
washington-dc/317512](http://www.psychologytoday.com/us/therapists/jacquelyn-larusso-washington-dc/317512)



4545 42nd Street NW
Washington, DC 20015



Specialties

Eating Disorders
Trauma
Body image issues
Anxiety
Mood Disorders
Self-harm behaviors

Treatment Modalities:

Psychodynamic
Cognitive Behavioral Therapy
Dialectic Behavioral Therapy
Mindfulness
Attachment theory
Trauma informed
EMDR

*Not contracted with any insurance provider

Harmony Therapy Group

Meredith Riddick, LPC, CEDS-S
703-542-4010

info@harmonytherapygroup.com
www.harmonytherapygroup.com



44075 Pipeline Plaza, Suite
300 Ashburn, VA 20147



Specialties

Adolescent/Adult Eating Disorders
- FBT, RO DBT, CBT, ERP, DBT,
ACT, and EMDR

Anxiety Disorders - RO DBT, ERP,
CBT, ACT, and EMDR

Trauma - EMDR, CBT, ACT
Individuals seeking to work on
relationships utilizing Gottman
Method

Groups

Eating disorders
Topics vary

*Not contracted with any insurance provider

The Eating Disorders Center of Potomac Valley: Potomac Valley Psychotherapy Associates

.....
(301) 984-3333
info1@potomacvalleypsychotherapy.com
www.potomacvalleypsychotherapy.com

11300 Rockville Pike Suite 503 North
Bethesda, MD 20852

Therapists

Raine Weiner, PhD;
Diane Scheininger, LCSW-C, ACSW
Jill Fuster, MS, RD, LDN
Deanie Jennings, LCSW-C
Stephanie Ayala, RD, LDN

Specialties

Eating Disorders in all ages;
Anorexia; Bulimia; Binge Eating
Disorder; Avoidant Restrictive
Food Intake Disorder (ARFID),
Unspecified Eating Disorders; Body
Image Concerns; Nutritional
counseling; Diabetes Management;
Anxiety; Depression; OCD;
Trauma; Relationship Difficulties;
Life Transitions; Social Anxiety;
Family and Peer Problems;
Parenting Concerns

Groups

Groups for Adolescent Girls
(depression, anxiety, or eating
disorders)
Young Adult Group for Women
(depression, anxiety, or
eating disorders)
Women's Group for Binge Eating
Disorders
Women's Group for Moms
(focused on self-care for women
with depression or anxiety)

*Not contracted with any insurance provider

Empowering You, LLC.

www.empoweringyoullc.com
info@empoweringyoullc.com
240-324-6033

.....
3401 Olandwood Court, Suite 204
Olney MD 20832

Therapists

Nooshin Kiankhooy, LCPC, CEDS
Kate Stephens, MA, LGPC
Abby Hock, MSW, LMSW
Cybele Hirschhorn, LCSW-C

Dietitians

Beatrice Paganini MS, RD, LDN

Specialties

Eating Disorders
Body Image
Trauma
Anxiety
Depression
Self-Injury

Groups

Teen/HS group (Tues.; 7PM)
Adult Group (Tues.; 5:30PM)
Virtual College Group (Tues.; 7PM)

Low cost at \$65 per group.

*Not contracted with any insurance provider

Prosperity Eating Disorders & Wellness

Heather Baker LCSW, CEDS
703-466-5150
434-326-4577

information@prosperityedwell.com
www.prosperityedwell.com

.....
1031 Sterling Road, Suite 203
Herndon, VA 20170

709 A West Main Street
Charlottesville, VA 22903

Specialties

Eating Disorders
Relationships
Anxiety

Groups

Art Therapy
BED Support Group
Binge Eating Intensive Outpatient
Body Image
CBT
DBT
Life Skills
Sibling Therapy

*Accepts Aetna, Anthem, BCBS Federal,
Healthkeepers, Carefirst & Beacon Health,
CIGNA and TRICARE. Single case agreements
with Optum and United.

Coastal Collaborative Care

571-249-5332

admin@coastalcollaborativecare.com

www.coastalcollaborativecare.com/



**Telehealth and in-person sessions available

Office Location:
Old Town North
Alexandria, VA 22314



Therapists

Gabrielle Katz, LCSW, CEDS-S
Kelsey West, MSW
Aubrey New, MSW
Kianta English, MS

Specialties

Eating Disorders
Body Image
Anxiety Disorders
Mood Disorders
Emotional Regulation
Distress Tolerance
Interpersonal Difficulties
Trauma-Informed Care
Cognitive Behavioral Therapy (CBT)
Dialectical Behavioral Therapy (DBT)
Exposure Therapy (ERP)

*Not contracted with any insurance provider, but will provide superbill for reimbursement

Alex Altman Therapy

301-241-8664

alexaltmantherapy@gmail.com

www.alexaltmantherapy.com/



Virtual sessions available to clients in MD and DC



Treatment Approach

Health at Every Size
Psychodynamic/Relational
Feminist

Treatment Modalities

Integrative (ACT, Narrative, CBT)

Specialties

Anxiety
Body Image
Disordered Eating
Eating Disorders
Binge Eating Disorder
Depression
Relationship Issues
Self-Worth and Self-Esteem Issues
Adoption
Identity-related Concerns

*Not contracted with any insurance provider, but provides sliding scale sessions

Kristen Quigley

LICSW

202-669-9169

Quigley.kristen@gmail.com

www.psychologytoday.com/us/therapists/kristen-quigley-washington-dc/240156

[dc/240156](http://www.psychologytoday.com/us/therapists/kristen-quigley-washington-dc/240156)



Virtual telehealth therapy available



Specialties

Eating disorders (anorexia, bulimia, binge eating disorder, orthorexia, compulsive overeating, body image issues, etc.)
Anxiety
Depression
Trauma
Addiction
Abuse
Grief
Attachment disorders
Family of origin issues
Stress
Relationship issues
Fertility and postpartum

*Not contracted with any insurance provider. Sliding scale available for those who reference Rock Recovery.

Jenny Slattery

M.A.

Resident in Counseling

Supervisor: Sarah McClerren, LPC, ACS

703) 261-4583

jenny@mcclerrengroup.com

www.mcclerrengroup.com



Office Location:
1304 Vincent Place
McLean, VA 22101

Virtual and in-person sessions available to VA residents



Specialties

Eating Disorders (Adult/Adolescent)
Body Image
Anxiety/Depression
Identity-Related Concerns
Issues Related to Young Adulthood
Life Transitions
Self-compassion
Parenting Concerns
Pregnancy/Postpartum
Relationship and Boundary Difficulties
Faith-based counseling

**Need-based sliding scale available

Resolve Psychological Services

773-492-6813

www.resolvepsychologicalservices.com

[Click to book appt. online](#)



Currently telehealth services

Office Location:

1501 Lee Highway, Ste 130
Arlington, VA 22209



Therapists

Dr. Heather Leahy Hecht
Dr. Taylor Bonanni Hawk
Christina Halstead, LCSW

Specialties

Anxiety Disorders
Anorexia Nervosa
Body Dysmorphia
Binge Eating Disorder (BED)
Chronic Dieting
Eating Disorders
Life Transitions
Mindfulness
Mood Disorders
Trauma-Informed Care
Cognitive Behavioral Therapy (CBT)
Dialectical Behavioral Therapy (DBT)
Exposure Therapy (ERP)
Emotionally-focused Couples Therapy

Groups

Body Image Group

*Not contracted with any insurance provider,
but will provide superbill for reimbursement

Sunstone Counseling

703-534-5100

appointment@sunstonecounselors.com

www.sunstonecounselors.com/



**Virtual and in-person services

Multiple VA locations:

Alexandria McLean
Ashburn Richmond
Falls Church



Therapists

Anna Blevins, M.Ed Hannah Moore
Sarah Boothe, MA Patricia Pascoe, LCSW
Callie Dyer, LPC Liz Rae, MA, NCC
Colleen McCarron, LPC, CEDS Emily Goff Trkula, LPC

Specialties

Anxiety
Body Dissatisfaction
Chronic Dieting
Compulsive Exercise
Eating Disorders (Adult/Adolescent)
Life Transitions
Self Esteem

Groups

Teen Eating Disorder Recovery Group (13 -17)
Young Adult Recovery Group (18 - 22)
Adult Recovery Group (23+)

*Not contracted with any insurance provider,
but will provide superbill for reimbursement

Everhart Therapy

Lindsay Everhart, LCSW, LICSW

571-360-4083

lindsay@everharttherapy.com

www.everharttherapy.com/



*Virtual and in-person services
for DC and VA

324 N. Fairfax St. Suite 200
Alexandria, VA 22314



Specialties

Eating Disorders
Disordered Eating
Body Image
Anxiety
Trauma
Relationship Issues
Identity
Self-esteem
Depression
LGBTQ+ affirming

*Not contracted with any insurance provider,
but will provide superbill for reimbursement

Hallie Fleisch

LCSW

703-822-7854

halliefleischlcsw@gmail.com

halliefleischlcsw.com



**Telehealth and in-person sessions available for DC and VA residents

Office Location:

324 N. Fairfax Street, Suite 200, Alexandria, VA 222314



Specialties

Eating Disorders

Mood Disorders

Anxiety Disorders

LGBTQ+ affirming

Trauma

Relationship issues

Self-esteem

Groups

Eating Disorder Recovery Group

*Not contracted with any insurance provider, but will provide superbill for reimbursement

DIETITIANS

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Potomac Behavioral Solutions

(571)-257-3378
info@pbshealthcare.com
www.pbshealthcare.com

2001 Jefferson Davis Highway
Crystal City, Arlington, VA 22202

Therapists

Joanna Marino PhD; Elizabeth Wine PsyD; Sarah Fischer PhD; Katy Higgins Neyland PhD; Rebecca Hardin PsyD; Mary Dolby McDonald LICSW; Nichole Krechting PhD; Laura Trinastic PhD; Charlie Bailey PhD; Susan Snyder MSW

Specialties

Adult and Adolescent Eating Disorders, Anorexia, Bulimia Nervosa, Binge Eating, Avoidant Restrictive Food Intake Disorder (ARFID), Purging Disorder, Unspecified Eating Disorders, Night Eating Syndrome, and Body Image Distress, Maudsley Family Based Therapy (FBT), Dialectical Behavioral Therapy (DBT), Anxiety, OCD, Trauma, Mood Disorders

Groups

Food Exposure with DBT skills group, Comprehensive DBT, Social Anxiety Group, OCD Intensive, Day Treatment Program

*Not contracted with any insurance provider

Elizabeth Holm

Dr. PH | RD

703-660-9614
emholm@verizon.net

1707 Belle View Boulevard, B-2
Alexandria, VA 22307

Specialties

Eating Disorders

Groups

Support for young adults recovering from eating disorders

*No insurance provider listed

Rebecca Bitzer & Associates

240-670-4675
rebecca@rbitzer.com
www.empoweredeatingblog.com

5457 Twin Knolls Rd Suite 303
Columbia, MD 21045

7219 Hanover Parkway, Suite D
Greenbelt, MD 20770

611 Ridgely Avenue
Annapolis, MD 21401

Dietitians

Rebecca Bitzer, MS, RD, LD,
Certified Eating Disorder
Registered Dietitian (CEDRD)
Dana Magee, RD, LD, CLT

Specialties

Anorexia nervosa, orthorexia,
All eating disorders including
ARFID, Binge-eating
disorder, anorexia nervosa,
eating disorders in athletes;
provides virtual appointments,
Eating disorders, digestive
health, Meal support, athletes
who struggle with food

Groups

Food & Mood Group

*Not contracted with any insurance provider

Prosperity Eating Disorders & Wellness

Heather Baker LCSW, CEDS
703-466-5150
434-326-4577
information@prosperityedwell.com
www.prosperityedwell.com

1031 Sterling Road, Suite 203
Herndon, VA 20170

709 A West Main Street
Charlottesville, VA 22903

Specialties

Eating Disorders
Relationships
Anxiety

Groups

Art Therapy
BED Support Group
Binge Eating Intensive Outpatient
Body Image
CBT
DBT
Life Skills
Sibling Therapy

*Accepts Aetna, Anthem, BCBS Federal, Healthkeepers, Carefirst & Beacon Health, CIGNA and TRICARE. Single case agreements with Optum and United.

Total Health Concepts

703-225-7012

www.TotalHealthConcepts.net

169 East St. NE.,
Vienna, VA 22180

8095 Windward Key Dr.,
Chesapeake Beach, MD 20732

Therapists

Virginia Inglese, LCSW, RD, CEDS,
CLC

J.R. Lippold, MA, MSW
Ashley Ranellone, MS

Specialties

Eating Disorders (Anorexia, Bulimia,
Binge Eating Disorder)

Anxiety

OCD

Trauma

Addictions

Self-esteem/Identity/Sexual
orientation issues

Emotion focused couples therapy

Family therapy and parent support

Nutrition therapy and meal support

Movement/yoga /body image work

Groups

Eating Disorder Therapy

Focus on self-esteem

Relationship recovery

Social anxiety

*Contracted with some insurance providers
www.psychologytoday.com/us/therapists/virginia-inglese-vienna-va/44824

Tepper Nutrition

571-384-8181

info@teppernutrition.com

www.teppernutrition.com

4000 Albemarle St. NW,
Washington, DC 20016

228 S Washington Street
Alexandria, VA 22314

109 S. King Street, Suite A
Leesburg, VA 20175

Telehealth Services

Practitioners:

Allison Tepper, MS, RD, LD, RYT

Rachel Gabauer, RD, LD

Grace Garrett RD, LD

Mary Frances Hartley, MS, RD

Emma Levi, RD

Specialties

Eating Disorders

Intuitive Eating

GI Disorders

Prenatal/Postpartum

Nutrition

Faith Based Nutrition

Counseling

Pediatric Nutrition

*Not contracted with any insurance provider

Pinney Davenport Nutrition

202-997-6372

information@pinneydavenport.com

www.pinneydavenport.com/

2440 M Street NW, Suite 411
Washington, DC 20037

4801 Wisconsin Ave, NW, Ste. 506
Washington, DC 20016

Specialties

Eating disorders

Mindful Eating

IBS

*Not contracted with any insurance provider

Mood Balance Nutrition

703-852-9675

info@moodbalancenutrition.com

www.moodbalancenutrition.com

461A Carlisle Drive
Herndon, VA 20170

7150 Heritage Village Plz, Unit 201
Gainesville, VA 20155

2540 Professional Road Suite 2
Richmond, VA 23255

Dietitians

Ashley Palatiello, RDN, CEDRD

Elizabeth Toland, MS, RDN

Melissa Stitt, RDN

Veronica Hayes, RDN

Carly Onopa, MS, RDN

Specialties

Eating Disorders for both men
and women, and all ages

Groups

Meal Support

Psychoeducation

*Not contracted with any insurance provider

NourishED

410-370-0415

info@nourishfamily.com

www.nourishnutritionED.com

8415 Bellona Lane, Ste 213

Towson, MD 21204

3644 Chamblee Tucker Rd, Ste C

Atlanta, GA 30341

Virtual telehealth appts. available

Dietitians

Rebecca Rhine, RDN, LDN, CDE

Abigail Billingsley RDN, LDN

Katelyn Manga, RDN, LDN

Caroline Burkholder, RDN, LDN

Melanie Beers, RDN, LDN

Teryn Franzen, RDN, LDN

Specialties

Adult/Adolescent Eating Disorders

Anorexia Nervosa

Bulimia Nervosa

Binge Eating Disorder

Avoidant Restrictive Food Intake

Disorder (ARFID)

Other Specified Feeding or Eating

Disorders (OSFED)

Intuitive Eating/Health At Every Size

Groups

Support groups (incl. virtual)

Dining/meal support

Carefirst, BCBS, Cigna, Aetna, Anthem,
United, EHP

Ayana Habtemariam

MSW, RDN, LDN

Nutrition Therapist | Certified

Intuitive Eating Counselor

Phone: 703.656.6631

info@trulyrealnutrition.com

trulyrealnutrition.com

4001 9th St N, Suite 220

Arlington, VA 22203

Telehealth services available

Specialties

Black women and girls

BIPOC women and girls

Intuitive Eating

Health at Every Size® informed

Social justice informed lens

Ages

Adolescents

Teens

Adults

Trauma informed nutrition
therapy for adults and adolescents
with underrepresented identities.

Out of network provider. Accepts
HSA card payments

Courage to Nourish Nutrition LLC.

(301) 202 4532

couragetonourish.com/

7307 Baltimore Ave, Ste 108

College Park, MD 20740

8115 Maple Lawn Blvd, Ste 350

Fulton, MD 20759

901 N Washington St,

Alexandria, VA 22314

Dietitians

Bobbi Boteler RDN, LDN, CEDRD

Alex Raymond RDN, LDN, CEDRD

Emilee Wells RDN, LDN

Georgia McArtney MS, RD, LD

Sydney Richards RDN, LDN

Lauren Hirschhorn, RDN, LDN

Kathryn Karukas MS, RD, LD

Specialties

Anorexia Nervosa

Bulimia Nervosa

Binge Eating Disorder

Avoidant Restrictive Food Intake

Disorder (ARFID)

Other Specified Feeding or Eating

Disorders (OSFED)

Family nutrition/family feeding

Sports nutrition

Intuitive eating/Disordered eating

Groups

Groups for individuals, college
students and loved ones

Uncovered Nutrition

Desa Crews, MS, RD, LDN

desacrewsrd@gmail.com

www.uncoverednutrition.com

Virtual services in DC, MD,
VA and NC

Specialties

Christian Nutrition Counseling

Eating Disorders (orthorexia,

anorexia, bulimia, BED, food

avoidance/ARFID)

Intuitive Eating

Disordered Eating

Chronic Dieting

Mindful Eating

Food & Body Peace

Nutrition for Young Adults &

College Students

Chronic Disease Management

General nutrition and wellness

Groups

Nutrition Foundations

(3 -week course)

Not in network with any insurance providers.

Rooted Recovery

Julia Oliver, RD, LDN, RYT
Dietitian & Yoga Instructor

(301) 284-8469

juliaoliverldn@gmail.com

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



Virtual nutrition counseling
in MD, VA and PA

In-person services for Montgomery
County, Maryland & nearby areas

On-Demand Yoga Classes for
Eating Disorder Recovery



Specialties

Eating Disorders
Intuitive Eating
Meal Planning
Meal Support
Meditation
Nutrition Counseling
Nutrition Coaching
Yoga for Recovery

*Not contracted with any insurance provider

Devoted Recovery

Carly Onopa, MS, RD, LDN
Certified Eating Disorder Specialist
Project HEAL Partner

703-348-5271

devotedrecoveryrd@gmail.com

www.devotedrecovery.com



Virtual services in VA and NC



Specialties

Adolescent Nutrition
ARFID
Christian Nutrition Counseling
Chronic Dieting
Disordered Eating
Eating Disorders
Intuitive Eating
Mindful Eating

Not in network with any insurance providers.

Listen Nutrition

Erica Ingraham, MS, RDN
Binge Eating Disorder Specialist

202-670-9674

erica@listennutrition.com

www.listennutrition.com



Virtual services in VA



Specialties

Binge Eating Disorder
Anorexia Nervosa
Bulimia Nervosa
Disordered Eating
Neurodiversity-Affirming Nutrition
PCOS
Body Image Healing
Intuitive Eating

Groups

Binge Freedom Group Coaching
(Adults only)

Not in network with any insurance providers.
Accepts HSA payments and limited sliding
scale options available.

Faithfully Fed Nutrition

Gina Izbicki, RDN
Registered Dietitian Nutritionist
Medical Nutrition Therapy and
Nutrition Coaching

(617) 463-9259

gina@faithfullyfednutrition.com

www.faithfullyfednutrition.com/



All sessions are virtual and
available to the following states:
AZ, CA, CO, CT, ID, IN, MI, NH,
NY, OK, PA, TX, VT, VA, WY



Specialties

Christian-based Counseling
Eating Disorders (all types)
Health at Every Size (HAES)
ARFID
Works with all ages and stages

Groups (Email to inquire)

Intuitive Eating
Eating Disorder Recovery
Christian Intuitive Eating

Not in network with any insurance providers
but able to provide superbills. Sliding scale
available to those who need assistance.

RD Emily & Team

Emily Arkin, MS, RD, LD
Desa Crews, MS, RD, LDN
Kelsey Lloyd, MS, RD, LDN

240-242-9440
emily@rdemily.com
www.rdemily.com



Virtual and in-person services
DC, MD, VA (NC virtual only)

Office address:
1725 I Street, Ste 300
Washington, DC 20006



Specialties

Eating Disorders
Gastrointestinal Disorders
Blood Sugar Concerns (i.e.
diabetes, PCOS)
Sports Performance Nutrition
Managing Chronic Conditions
(weight-inclusive approaches)

Groups

Meal Support
Body Image
Intuitive Eating
(email to express interest)

*This practice is out-of-network with insurance but provides monthly superbills for clients to submit for potential reimbursement. Possible sliding scale if client does not have out-of-network benefits or is denied a single case agreement.

Dr. Daisy & Co

Daisy Miller, Ph.D., LDN
Laurie Dunham, MS RD, CEDRD-S
Lauren Wenderoth, LDN, RD
Amanda Boostrom, MS, LDN, RD
Adrienne Inger, LDN, RD
Shira Sliffman, OTR/L

240-449-4022
needhelp@drdaisy.com
www.drdaisy.com



Virtual and in-person services
in MD & VA. Virtual services in
NM, OH and CA



Specialties

Eating Disorders
Sports Nutrition
ARFID
Pediatrics Nutrition
Teen Nutrition
PCOS Nutrition

Groups

Meal Support
Non-diet Health Class

*The dietitians and occupational therapist at Dr. Daisy & Co. are out-of-network providers.

DOCTORS

**Disclaimer: The information on this page is not a substitute for medical treatment or psychological care. Individuals should talk with a physician and a qualified mental health professional regarding eating disorder symptoms and treatment. Moreover, individuals are responsible for interviewing and selecting practitioners. By requesting resources and referrals you understand and agree that the Rock Recovery is not responsible for any providers' services or lack thereof.*

Elizabeth Weaver

MD

703-466-5000

dr.weaverprosperity@gmail.com



209 Elden St., Suite 209
Herdon, VA 20170



Specialties

Eating Disorders

*Accepts most major insurance providers:
Aetna, AnthemBlue Cross, Anthem
HealthKeeper HMO, Blue Cross BlueShield
PPO, CareFirst PPO, Cigna, Medicare,
OptimumChoice, United Health Care

COACHING

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Caroline Sarah Coaching

202 629-0310
ceo@carolinesarah.com
www.carolinesarah.com



Virtual and in-person coaching sessions are offered.



Specialties

Body image
Reintegration into life after ED treatment
Confidence
Self-image
Leadership
Family coaching
Relationships

FreEDom Recovery Coaching

Steffanie McKay
CCI Certified Eating Disorder
Recovery Coach



703-772-0930
steffanie@freedomrecoverycoach.com
www.freedomrecoverycoach.com



Virtual and in-person coaching sessions are offered.



Specialties

Specialties
Anorexia Nervosa
Bulimia Nervosa
Binge Eating Disorder
Avoidant Restrictive Food Intake Disorder (ARFID)
Disordered Eating

Groups

Meal Support

*Offers sliding scale rates for clients who need financial support.

NATIONWIDE HIGHER LEVEL OF CARE PROGRAMS

When reaching out to inpatient and residential programs, be sure to let them know that Rock referred you!

**Disclaimer: The information on this page is not a substitute for medical treatment or psychological care. Individuals should talk with a physician and a qualified mental health professional regarding eating disorder symptoms and treatment. Moreover, individuals are responsible for interviewing and selecting practitioners. By requesting resources and referrals you understand and agree that the Rock Recovery is not responsible for any providers' services or lack thereof.*

Center for Discovery

1-866-690-0875

www.centerfordiscovery.com

Locations

Multiple locations across the U.S.

Programs

Residential
PHP
IOP

*Accepts several major insurance providers. For more information visit <https://centerfordiscovery.com/admissions/>

Eating Disorder Hope

www.eatingdisorderhope.com/

Locations

Nationwide Resources

Resources

Education & Awareness
Eating Disorder Treatment
Eating Disorder Therapist Directory
Recovery Tools & Support

ED Hope Programs

College Hope
Career Center
Professional Resources

Eating Recovery Center

1-877-711-1878

www.eatingrecoverycenter.com
www.eatingrecoverycenter.com/support-groups

Locations

Multiple locations across the U.S.

Programs

Residential
IOP
PHP
Virtual Support Groups

*Accepts several major insurance providers.

Nourish in Recovery (Banyan)

1-855-661-3590

banyantreatmentcenter.com

Locations

Langhorne, PA

Programs

PHP
IOP (daytime)

Transitional housing is available for PHP

*In-network with Blue Cross Blue Shield

Reasons Eating Disorder Center

844-950-3144

www.reasonsedc.com/

Locations (California only)

Rosemead, Los Angeles
Pasadena, San Marino

Programs

Residential
Inpatient
IOP
PHP
Virtual Outpatient

*Accepts most major managed health care and medical insurance plans and Tricare. Visit www.reasonsedc.com/admissions/insurance-information/ to learn more.

The Renfrew Center

1-800-736-3739

www.renfrewcenter.com/

Locations

Multiple locations across the U.S.

Programs

Residential
Day
IOP
Outpatient

*Please call Renfrew's Program Information Coordinators at 1-800-RENFREW (736-3739) for a comprehensive review of your insurance benefits.

Sheppard Pratt

410-938-4433

www.sheppardpratt.org/

Locations

Towson, MD

Programs

Inpatient

*Accepts several major insurance plans, Medicare, Tricare, MD Medicaid and some DE, PA & VA Medicaid plans.

Veritas Collaborative

855-875-5812

www.veritascollaborative.com/

Locations

Atlanta, Georgia
Durham, North Carolina
Richmond, VA

Programs

In-patient (Durham/Atlanta)
Residential
PHP
IOP

*Accepts several major insurance providers. See the full list at <https://veritascollaborative.com/insurance/>

WEEKLY LOW-COST RECOVERY GROUPS

**Disclaimer: The information on this page is not a substitute for medical treatment or psychological care. Individuals should talk with a physician and a qualified mental health professional regarding eating disorder symptoms and treatment. Moreover, individuals are responsible for interviewing and selecting practitioners. By requesting resources and referrals you understand and agree that the Rock Recovery is not responsible for any providers' services or lack thereof.*

Sunday Groups

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International Eating Disorder Family Support

Leader: Lisa Lau

Location: Online via Facebook Group - International Eating Disorder Family Support

Cost: Free

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"Lift the Shame" Online Support Group (Timberline Knolls)

For pregnant women and moms struggling with eating disorders

Leader: Crystal Karges
Crystal@crystalkarges.com

Location: Online

Cost: Free

Time: Last Sundays, contact for details about time

Sliding scale pricing available

Monday Groups

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Rock Recovery Breaking Bread Therapy Group

571-255-9906
www.rockrecoveryed.org
freedom@rockrecoveryed.org

Location:
Arlington, VA 22209

Group Therapist:
Jenifer Smith

Cost: \$120 per week

Time: Monday, 6:30 - 8:30 PM

This is NOT a drop-in support group, it is an outpatient therapy group. You must complete an assessment to join.

Schedule your free interest call at go.oncehub.com/RockRecovery

Sliding scale pricing available

Courage to Nourish ANAD Support Group

Leader: Bobbi Boteler

240-2850-8061
couragetonourish.com
bobbi@couragetonourish.com

Location: 9881 Broken Land Pkwy #105, Columbia, MD 21046

Cost: Free

Time: Mondays at 7:15 PM

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Monday Online Support in Recovery (Center for Discovery)

Leader: Center for Discovery

833.410.9607
centerfordiscovery.com/groups/

Location: Online

Cost: Free

Time: 2nd & 4th Mondays,
8 - 9 PM

Family Support Group

Leader: Alexis Buckheit, LPC

703-466-5150
www.prosperityedwell.com
information@prosperityedwell.com

Virtual via Zoom

Cost: Free

Time: Mondays, 5 - 6 PM

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International Eating Disorder Family Support

Leader: Alec Rodney

Location: Online via Facebook Group - International Eating Disorder Family Support

Cost: Free

***DISCLAIMER:** This group is an adjunct, not a replacement for professional consultation. Neither moderators nor other members are here to offer medical, individual therapeutic or dietary advice. Should you have immediate concerns, we will always suggest you reach out to a health care professional.

Tuesday Groups

Rock Recovery Bridge to Life Body Image Therapy

571-255-9906

www.rockrecoveryed.org

freedom@rockrecoveryed.org

Virtual Groups (online via Zoom)

In-person Group (Arlington, VA)

Group Therapists:

Kate Jarvi, LPC (Virtual - VA only)

Mackenzie Jardell (Arlington, VA)

Cost: \$75 per week

Tuesdays, 6:30 - 8 PM EST

This is NOT a drop-in support group, it is a therapy group.

Schedule a free consultation at go.oncehub.com/RockRecovery

Sliding scale pricing available

Rock Recovery Parents & Loved Ones Prayer Group

Leader: Beth Ask

571-255-9906

www.rockrecoveryed.org

freedom@rockrecoveryed.org

Virtual via Zoom

Cost: Free

1st Tuesday of the month

7 - 8 PM EST

For more info about this group and details on registration, email faithsupport@rockrecoveryed.org

International Eating Disorder Family Support

Leader: Karen Sandman

Location: Online via Facebook Group - International Eating Disorder Family Support

Cost: Free

Caregiver Support Group for Parents & Family Members of Adolescents/Young Adults with Eating Disorders (Stay Strong VA)

Leader: Elisabeth Stansfield

804-874-9003

Elisabeth_Stansfield@yahoo.com

www.staystrongvirginia.org/stay-strong-va-support-groups/

Location: Huguenot Road Baptist Church, 10525 W. Huguenot Rd.

Cost: Free

Time: 1st Tuesdays, 7 - 8:30 PM

Online Eating Disorder Support Group (ANAD)

Leader: Eileen Moran, LCSW

eileenlcsw@gmail.com

anad.org/online-support-groups/

Location: Online

Cost: Free

Time: 2nd & 4th Tuesdays, 10 AM

Caregiver Support Group for Parents & Partners of Adults with Eating Disorders (Stay Strong VA)

Leader: Elisabeth Stansfield

804-874-9003

Elisabeth_Stansfield@yahoo.com

www.staystrongvirginia.org/stay-strong-va-support-groups/

Location: Huguenot Road Baptist Church, 10525 W. Huguenot Road

Cost: Free

Time: 3rd Tuesdays, 7 - 8:30 PM

***DISCLAIMER:** This group is an adjunct, not a replacement for professional consultation. Neither moderators nor other members are here to offer medical, individual therapeutic or dietary advice. Should you have immediate concerns, we will always suggest you reach out to a health care professional.

Wednesday Groups

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Binge Eating Disorder Support Group (Center for Discovery)

Leader: Center for Discovery

833.410.9607
centerfordiscovery.com/groups/

Location: Online

Cost: Free

Time: Wednesdays, 7 - 8 PM

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Abuse, Bulimia, & Trauma Online Group (Hope Recovery)

Leader: Hope Recovery

recovery@hope4-recovery.org
www.hope4-recovery.org/group.html

Location: Online

Cost: Free

Time: Wednesdays, 7 - 8:30 PM

BET (Binge Eating and Trauma) Online Group (Hope Recovery)

Leader: Hope Recovery

recovery@hope4-recovery.org
www.hope4-recovery.org/group.html

Location: Online

Cost: Free

Time: Wednesdays, 1 - 2:30 PM;
Wednesdays, 7 - 8:30 PM

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For Loved Ones Support Group (Center for Discovery)

Leader: Center for Discovery

833.410.9607
centerfordiscovery.com/groups/

Location: Online

Cost: Free

Time: 2nd & 4th Wednesdays,
8 - 9 PM

Wednesday Online Eating Disorder Support Group (ANAD)

Leader: Brooke

brookeanad@gmail.com
anad.org/online-support-groups/

Location: Online

Cost: Free

Time: Wednesdays, 8 PM

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International Eating Disorder Family Support

Leader: Mia Elena Lopez

Location: Online via Facebook Group - International Eating Disorder Family Support

Cost: Free

Thursday Groups

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Rock Recovery Breaking Bread Meal-Support Group

571-255-9906

www.rockrecoveryed.org
freedom@rockrecoveryed.org

Virtual via Zoom (DC/MD/VA)

Group Therapist:
Heather Clark, LPC, LCPC

Cost: \$105 per week

Time: Thursdays, 6:30 - 8:30 PM

This is NOT a drop-in support group, it is an outpatient therapy group. You must complete an assessment to join.

Schedule your free interest call at
go.oncehub.com/RockRecovery

Sliding scale pricing available

***DISCLAIMER:** This group is an adjunct, not a replacement for professional consultation. Neither moderators nor other members are here to offer medical, individual therapeutic or dietary advice. Should you have immediate concerns, we will always suggest you reach out to a health care professional.

**Rock Recovery Set Free
Devotional Group**

Leader: Varies

571-255-9906

www.rockrecoveryed.org
freedom@rockrecoveryed.org

Virtual via Zoom

Cost: \$50 per month

Thursdays, 7:30 - 8:30 AM EST

Register:

www.rockrecoveryed.org/set-free-support-group

For questions, email
faithsupport@rockrecoveryed.org

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**International Eating
Disorder Family Support**

Leader: Preetisura Gupta

Location: Online via Facebook
Group - International Eating
Disorder Family Support

Cost: Free

Friday Groups

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**Rock Recovery Breaking
Bread Binge Eating Group**

571-255-9906

www.rockrecoveryed.org
freedom@rockrecoveryed.org

Virtual via Zoom (DC, MD & VA)

Group Therapist:

Heather Clark, LPC, LCPC

Cost: \$65 per week

Time: 12:15 - 1:15 PM

This group is specially designed
for those who struggle with the
binge-restrict cycle.

This is NOT a drop-in support
group, it is a therapy group.

Schedule a free consultation at
go.oncehub.com/RockRecovery

Sliding scale pricing available

***DISCLAIMER: This group is an adjunct, not a replacement for professional consultation. Neither moderators nor other members are here to offer medical, individual therapeutic or dietary advice. Should you have immediate concerns, we will always suggest you reach out to a health care professional.**

**International Eating
Disorder Family Support**

Leader: Bethany Mierzejewski

Location: Online via Facebook
Group - International Eating
Disorder Family Support

Cost: Free

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Alsana Open Support Group

Leader: Alsana

(866) 884-6139

www.alsana.com/online-eating-disorder-support-groups

Location: Online

Cost: Free

Time: Fridays, 3 PM

Saturday Groups

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**International Eating
Disorder Family Support**

Leader: Arlene Hrinkevich

Location: Online via Facebook
Group - International Eating
Disorder Family Support

Cost: Free