



Anonymous Counseling Program



FOR EDUCATORS, PASTORS,
EXEMPT OFFICE EMPLOYEES,
AND THEIR FAMILIES

The Anonymous Counseling Program offered by the Potomac Conference of Seventh-day Adventists is designed to meet the needs of pastors, educators and other full-time, exempt employees and their families who experience personal and/or family conflicts of a sensitive nature that require complete anonymity.

Recognizing the potential for such conflicts to impair the personal and professional lives of its ministers and educators and the sensitive nature of counseling needs, conference administration has developed the following Anonymous Counseling Program.



- The Administrative Committee votes on the counselors to be used in the program.
- Finding counselors to fit the criteria is not always easy, but inquiries among trusted counselors and pastors of mainline faith communities have proved to be very helpful.
- Counselors wishing to be considered for participation in this program can contact the Benefits Assistant in the HR department of the Potomac Conference for additional information.

The health insurance offered by the conference includes a benefit for Mental Health Services and most family/ individual counseling situations should utilize this benefit. The Anonymous Counseling Program is intended to be used for conflicts of a sensitive nature that require complete anonymity.

Who is included to receive this benefit?

- Four coupons are issued at the beginning of each year or at the time of new employment. Along with the coupons, the employee receives a copy of the anonymous counseling brochure which includes counselor listing and contact information.
- The employee makes an appointment with any counselor on the list.
- The employee provides one coupon for each session with the co-payment.

How are counselors paid?

- The counselors have agreed to a discounted fee. In the Greater Washington area, the usual hourly rate for counseling ranges from \$75 to \$200. We have contracted for \$110.00.
- The employee/client is required to pay \$15.00 co-payment. The conference pays the remaining balance up to \$95.00. The primary reason for the co-payment is to help the employee take the counseling seriously.
- We pay only slightly less than most insurance plans. The program, even with the discounted fee is attractive to counselors because no reports are required and would, in fact, not be accepted. Many insurance plans require detailed reports of every session.

- One session is defined as a one-hour time with the counselor. Two hours at one appointment would require two coupons.

How does the counselor receive payment?

- The counselor bills the conference for each session using a client number that the counselor assigns.
- The only information on an invoice: assigned client number, dates of service, total charge, co-pay collected, balance due and an original coupon (not a copy) for each session.
- No identifying data such as name, address or telephone is accepted. If an invoice is received with identifying data through a billing error, it is returned to the counselor for re- issue. (The HR Benefits Assistant receives and processes the invoices before sending the vouchers to the treasury department for payment.)
- No diagnosis code is to be on the bill.

What are the safeguards to prevent misuse of the program?

- Special coupons are issued to each employee and each spouse. They are printed on security paper – sometimes called “check stock.”
- The conference provides a list of eligible employees to the counselors. This is updated periodically – usually about every six months.
- At the time of first visit, the employee must identify to the counselor that they are using the program and must present proper identification, such as employee identification or driver’s license. Counselor will then check identification against the above referenced employee list.

What if someone needs more than the four visits allowed?

- The Vice President for Administration along with the Human Resource Director is authorized to issue addition coupons as needed.
- The client usually is the person to request addition coupons,

although a counselor may also do so, especially if there is a sensitive situation where anonymity is critical. • Those with the authorization privileges check with one another when additional coupons have been authorized. It is done confidentially unless the employee requests otherwise. It is usually a simple statement such as, “I gave one of our pastors extra coupons because I felt that he/she needed or requested them.”



Please choose a counselor from the following list:

WASHINGTON, D.C. & MARYLAND AREA

Bethany Nagel

1010 Dulaney Valley Road, Towson, MD 21204
301-518-6870

CentrePointe Counseling

Please refer to their website to choose a counselor in your area or call

800-491-5369 | CentrePointeCounseling.org

Amy Patrick, Intake Coordinator, Ext. 120

Experience counseling individuals, families, couples and children on anxiety, depression, stress, self-esteem, grief and loss, marital conflict, abuse, relational issues, learning challenges, ministry burnout and leadership coaching.

Locations in the following MD/VA counties: Anne Arundel, Baltimore City & County, Calvert, Carroll, Charles, Frederick, Harford, Howard, Montgomery, Prince George's and Prince William, VA

Denise Crable Crarey, M.S.Ed, NCC, LCPC

Glenn Dale, Maryland 20769

202-437-2545 | crareycounseling@gmail.com

Life Christian Counseling

Please refer to their website to choose a counselor in your area or call

301-292-2778 | LifeChristianCounseling.com

Click on the Counselor tab for a listing of our counselors.

Click on the Counselor name for a full bio.

Peter Buckingham, Practice Manager

Practice includes counseling to individuals, couples, children and families dealing with a wide variety of issues, including marital and family problems, dealing with difficult people, and building healthy relationships. Multiple locations across Maryland, Virginia and DC.

Colleen Mitchell, PhD

8101 Sandy Spring Rd., Suite 250R, Laurel, MD 20707

301-876-4172 | therapists.psychologytoday.com/273886

Each person who enters my office has unique needs and goals. For that reason, I apply a client-centered approach that incorporates cognitive-behavioral and solution-focused strategies to help clients (adolescents, adults and couples) achieve direction and growth in identified areas of need, frequently in a relatively brief period of time.

Emmaus House Counseling

5515 Ridgely Road, Bethesda, MD 20816

301-320-3600 | EmmausHouseCounseling.com

Kevin Schick, MA, LCPC, NCC

Specialties include relationship issues, depression, and spirituality. Counseling adults and adolescents with issues in addiction, anxiety or fears, loss or grief, sex addiction, and substance abuse.

Higher Change LLC

7201 Wisconsin Ave. Suite 440 Bethesda, MD 20814

240-342-6338 | <https://higherchange.com>

Dr. Thomas Luttrell

NORTHERN VIRGINIA

Real Life Counseling, LLC

1557 Bennington Woods Court, Reston, VA 20194

703-887-3088 | reallifecounseling.biz

Samuel Sierra, D. Min., BCPC

Counseling to individuals, couples, and families dealing with a wide variety of issues, including marital and family problems, dealing with difficult people, building healthy relationships and developing a healthy identity.

Associate Counseling Center

129 Park Street NE, Suite C Vienna, VA 22180

703-999-5567 | associatecounselingcenter.com

Janet Raymond, MA, LPC

John Raymond, MA, LPC

Associate Counseling Center

160 Warrior Drive, Stephens City, VA 22655

Practice includes individual, couple, marriage, premarital, family, and children, counseling.



CAPITAL AREA VIRGINIA

Commonwealth Christian Counseling

1504 Santa Rosa Road, Richmond, VA 23220

804-254-7643

Charlotte Markva, LPC, LMFT, CSAC

Specialties include Christian counsel, marital restore, depression, and anxiety or fears. Other issues are addiction, adoption, anger management, ADHD, Child or adolescent, divorce, family conflict, infertility, loss or grief, parenting, relationship issues, substance abuse, trauma and PTSD.

Christian Counseling Associates

5352 Twin Hickory Road Richmond, VA 23220

804-592-2793 | ChristianCounselors4va.org

Please refer to the website to choose a counselor in your area. Jennifer Perkinson, MA, Intake Coordinator Practice includes counseling for children, adolescents, adults, and families, who have been struggling with various emotional, behavioral, and family issues.

Virginia Institute of Pastoral Care

Please refer to the website to choose a counselor in your area or call:

804-282-8332 | vipcare.org

Douglas M. Thorpe, Ph.D, M.Div, Executive Director

The Virginia Institute of Pastoral Care was founded in 1967 as an interfaith, not-for-profit counseling and educational institute. Today it is one of the leading pastoral counseling centers in the nation. VIPCare is accredited by the American Association of Pastoral Counselors as a counseling and training center, and is a recipient of AAPC's Distinguished Program Leadership Award.

SOUTHWEST AREA VIRGINIA

Charles Rife, Ed. S., M Div, LPC, LMFT

5401 Fallowater Lane, Roanoke, VA 24018

540-989-1383

Works with individuals, couples and families treating emotional, behavioral and relational problems. Chuck's areas of clinical expertise include treating depression; anxiety; panic; anger; grief/loss; substance abuse; addictive behaviors; abuse- sexual, physical, and emotional. His clinical expertise also includes counseling on the subject of sexual orientation.

SOUTH CENTRAL VIRGINIA

Christian Counseling Services

22174 Timberlake Rd., Suite D Lynchburg, VA 24502

434-525-9006 | lynchburgcounselor.com

Larry Bell, M.S. L.P.C. & C.R.C J. Paul Marks, D. Min, MA, LPC

Whitney Smith, M.Ed, MA, LPC Beth B. Ulrich, MSW, ACSW, LCSW

John Turner, LCSW Gary P. Wardlaw, MA, LPC

Ryan Vaughn, MA, LMFT, LPC

Practice includes counseling for individual, couple, marriage, premarital, family and children.

Light Counseling

2811 Linkhorne Dr. Lynchburg, VA 24503

434-384-1594 | lightcounseling.net

Mark Shadoan, Ed.D, LCSW Lynette Shadoan, MA, LPC, LMFT Amy

Feigel, MA, LPC, LMFT Doris Demato, Ph.D, LPC, LMFT Dan Sullivan,

MA, LPC Robert Sitler, Ph.D, LCP Elaine Johnson-Snyder, MA, LPC

Michael Morykon, MA, LPC, LMFT Hitomi Makino, Ph.D

Practice includes experience working with adults, children, adolescents and families. Specialty include: eating disorders, child/adolescent issues, relationship issues, sexual abuse, suicide, cutting/self-harm and depression.

Wyndhurst Counseling Center

105 Hexham Drive, Lynchburg, VA 24502

434-237-2655 | wyndhurstcounselingcenter.com

Chuck Rodgers, MA, LPC

Steve Baker MA LPC CAC

John Thomas, Ph.D

Jeanne Brooks, Ph.D

Kirstin Magnuson, MA, LMFT

David Appleby, Ph.D

Tim Barclay, Ph.D

Michael Ramsey, M.Ed.,LPC,

Jason, Wright, Ph.D, LPC, LMFT

Practice includes therapy for individual, couple, marriage, premarital, family, and children. We have extensive experience in counseling clients with depression, anxiety, adjustment issues and grief



TIDEWATER AREA VIRGINIA

Christian Psychotherapy Services

Please refer to this website to choose a counselor in your area or call.

Virginia Beach: 757-490-0377 Chesapeake: 757-312-8002

Newport News: 757-873-0735 Norfolk: 757-622-2114

ChristianPsychotherapy.com

Laura Anderson, Executive Director

Practice includes counseling for individual, couple, marriage, pre-marital, family and children. Specialty Issues: Anxiety, Depression, Step-parenting Issues, Family Issues, Women's Issues, ADHD, Theophostic Prayer Ministry.

Covenant Counseling Services

3101 American Legion Road # 21B, Chesapeake, VA 23221

757-547-7877 | covcounseling.com

George Harvey, Ph. D, LMFT, LPC

Frank Gripka, Ph. D, LPC

Practice includes counseling from a biblical perspective for depression, anxiety, stress, anger, grief and loss, parenting and relational issues, religious and spiritual issues and pastoral issues.

VALLEY AREA VIRGINIA

Springbrook Wellness & Counseling

133 West Springbrook Road, Broadway, VA 22815

540-896-7687

Robin Breeden, LCSW

Lofton Anderson, LPC

Practice includes therapy for individual, couple, marriage, pre-marital, family and children.

Valley Pastoral Counseling Center

300 Chestnut Avenue, Waynesboro, VA 22980

540-943-8722 | valleypastoral.org

Emilie Thomas, MA, LMFT C.

Alan Melton, D.Min, LPC

Stephanie Sterling, MA, LPC

Bill Huffman, M. Div, MA

Melissa Hansen

Resident Practice offers therapy to individuals, couples, families, adolescents & children. Specialties include: adult intensive psychotherapy, family & marital therapy, depression, grief and loss, religious issues, anxiety, stress and relationship issues.

Virginia Center for Family Relations

1450 Sachem Place, Suite 101 Charlottesville, VA 22901

434-973-5640 | vacenterforfamilyrelations.com

Larry French, MA, LPC, LMFT

Peter Schmidt, MA LPC LMFT

Peggy Rudnick, LCSW, BCD

Adrienne Consylman, MA, LPC

Rodney Kibler, Ph.D, LSP, LPC

Merrilee Peske, LMFT

Felicia Aliano, LPC

Virginia Center for Family Relations

100 Mactanly Place, Suite B, Staunton, VA

540-885-3481 | vacenterforfamilyrelations.com

Jeffrey Watros, MA, LPC, LMFT

Practice offers therapy to individuals, couples, families, adolescents & children. Specialties include: adult intensive psychotherapy, family & marital therapy, depression, religious issues, anxiety, stress and anger difficulties, relationship issues, grief

Charis Institute for Psychological & Family Services

21 Southgate Ct., Suite 101 Harrisonburg, VA 22801

540-568-1876 | charisinstitute.org

Randy Weber, Ph. D, LCP, MSCP

Ronda Weber, Ph. D, LCP, LCSW

Practice offers therapy to children, elderly, groups, family, marital couples. The philosophy is to provide a place where people can experience the healing touch of God's grace.

VIRTUAL

Virtual: ELU Counseling, Consulting & Coaching

877-358-2998 | eluccc.org/

info@eluccc.org

Kim Cook, LCSW, Director

Anna Bearrs, RMHCI

Ellen Blasing, LCSW

Kielly Brew-Chann, LCSW

Nathan Chase, LPC-MHSP

Emily Dungey, LPC

Rebecca Horn, LPC

Kate Johnson, LCSW

Jordan Klett, LMSW

Sarah Matthews, LMSW

Toni Nicoletto, LCSW

Greyson Reesor, LMSW

Dominique Reyes, LCSW

Kara Stewart, LPC

Kelly Rao, LMSW

Lydia Torres, MS (bilingual, Spanish)



Potomac Conference

CORPORATION OF SEVENTH-DAY ADVENTISTS®

OFFICE OF THE VICE PRESIDENT FOR ADMINISTRATION

606 Greenville Avenue, Staunton, VA 24401
540-886-0771 | www.pcsda.org