

## Health Psychology Services

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Call for details

Other Eligibility Criteria

Serves children, adolescents and adults.

Intake Process

Call the office for information or to schedule an appointment. Consultations can be done through Skype or telephone.

Intake Contact Telephone

(703) 723-2999

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Ashburn Psychological and Psychiatric Services

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

<https://www.ashburnpsych.com/treatment-issues/health-psychology-services-2/>

<https://www.facebook.com/AshburnPsychiatrist/>

@AshburnPsych1

Main

(703) 723-2999

44095 Pipeline Plaza, Suite 240

20147 VA

United States

Monday: 9:00 am-9:00 pm

Tuesday: 9:00 am-9:00 pm

Wednesday: 9:00 am-9:00 pm

Thursday: 9:00 am-9:00 pm

Friday: 9:00 am-9:00 pm

Saturday: 9:00 am-9:00 pm

Sunday: 9:00 am-9:00 pm

Fee Structure

Fee Range

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Call for Information

Payment Method(s)

Private Pay

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Private Insurance

Languages Spoken

English

Ashburn Psychological and Psychiatric Services has expertise in applying the principles of Health Psychology to a wide range of problems, disorders and health issues including:

- Headache, fibromyalgia, and other chronic pain conditions;
- Stress-related conditions;
- Substance abuse, including tobacco, alcohol and other drugs;
- Health anxiety and excessive worry about physical symptoms;
- Eating disorders, including binge eating, bulimia and anorexia;
- Adjustment to chronic illness, such as cardiovascular disease, cancer and diabetes;
- Weight management and dietary change;
- Exercise adherence;
- Insomnia.

Psychologists will evaluate each of the relevant factors influencing the client's specific problem and devise a personalized treatment plan to help them achieve their goals.

Service Area(s)

Fairfax City

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Fairfax County

,

Falls Church City

,

Loudoun County

Email

[info@ashburnpsych.com](mailto:info@ashburnpsych.com)