



No Anxiety Prep
Educational Consulting

Preferred Providers

No Anxiety Prep understands the importance of the **“whole person”-- educational and occupational success is based on a number of factors, including mental and physical health.** Through careful vetting, we have put together a list of preferred health providers to assist our students and families from teen to adult.

Please contact the providers directly through their linked listings if you would like additional materials, and you will gain priority scheduling privileges if you mention No Anxiety Prep’s referral.

We receive no kickbacks or compensation of any kind for these referrals; it is simply a list of vetted providers we feel work well with our philosophy.

Therapists

Teri M. Bullis, Ph.D., BCBA

Specialities: Behavior Solutions for Children and Families

Dr. Katherine Carr, Psy.D., LCP, Kentlands Psychotherapy

Specialities: anxiety reduction, children and teens

Dr. Shira Gottlieb, PsyD

Specialities: Neuropsych testing ages 5-18; ADHD and learning disabilities; anxiety, depression, emotion regulation

Kate Hennings, MA, LCPC, Board-Approved Supervisor, CI, CT

Specialities: teen counseling, executive functioning strategies

Therapists con.

Katie Jacobi, The Sterling Group

Specialities: Young adult therapy; Supporting 20- and 30-somethings as they navigate life transitions and challenges into adulthood

Isabel Kirk

Specialities: Trauma; Memory; Psychotherapy

Lauren Messina, Evergreen Child and Family Therapy

Specialites: Couples and family therapy; ADHD; anxiety; depression

Pediatric Neuropsychologists

Dr. Vanessa Scarborough

Specialities: Pediatric neuropsychopathy; ADHD; learning differences; testing/assessment

Coaches

Emily Grandinetta, The Grandinetta Group

Specialties: Executive and professional coaching

Myka Hanson, Teen Forward

Specialities: Life coaching ages 13-29;
Somatic studies and body-mind connection; M.A. in Special Education

Ayfer Jafri

Specialities: Birkman Coaching and Assessment;
Career Coaching and Exploration Workshop; Essence and Relationship Coaching;
Professional Brand Coaching and Workshop;
The Power of Essence Course; You on Social Media Workshop (for girls)

Career Services

Tamara Raymond

Specialties: MA in Organizational Sciences (Management) and Graduate-Level Leadership Coaching certification from The George Washington University; Senior Certification in The Birkman Method® behavioral assessment tool; Senior Professional in Human Resources (SPHR) designation; National Career Development Association member

