

## Psychologist and Life Coaching, Fredericksburg

### Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Family

No

Self Refer

Yes

Psychological and Life Skills Associates, PC

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

Main

(703) 490-0336

601 Jefferson Davis Hwy, Suite 101

22401 VA

United States

Payment Method(s)

Private Pay

,

Medicare

,

Private Insurance

Languages Spoken

English

Therapy services offered by child, adolescent and adult Clinical Psychologist. Offers experience working with individuals from childhood through post-retirement years. Some of the staff are trained in a variety of mind-body techniques including 1) Eye Movement Desensitization and Reprocessing (EMDR) for trauma; 2) Bio-Feedback for stress and anxiety; and 3) Imagery techniques for relaxation, insight, pain management, mental conditioning and healing.

Other services available are life coaching and mind-body psychotherapy.

Service Area(s)

Fredericksburg City

,

Spotsylvania County

,

Stafford County