



## Alisa Roman

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**Notice (8):** Undefined index: location [APP/View/OrganizationPdfStyles/default.ctp, line 63]

Zip Code: 22030

Zip Postal: 22030-3237

Language: English

Populations Treated: Adults

Organization: Roman Psychological Resources

Treatment Options: Telehealth

Disorders Treated & Specialty: Body Focused Repetitive Behaviors, Agoraphobia, Anxiety, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Specific Phobias, Trichotillomania, Other

Treatment Methods: Dialectical Behavioral Therapy (DBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Medication Referral, Mindfulness, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Cash and/or Checks

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Telehealth: Virginia

Professional focus: Psychologist

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### ABOUT

I use a collaborative, personalized model that begins with a functional assessment of symptoms. Appropriate medical referrals are offered as indicated. An integrated approach is used to foster wellness. Cognitive Behavioral Therapy, with aspects of Acceptance and Commitment Therapy, Positive Psychology, and mindfulness principles are used. Behavioral techniques, to include exposure and response prevention, as well as habit reversal are incorporated into the treatment plan.

### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Medication Referral

Mindfulness

### POPULATIONS TREATED

Adults

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DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Body Focused Repetitive Behaviors  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Specific Phobias  
Trichotillomania  
Other

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PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards  
Accepts Some Insurance



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION

The Anxiety and Depression Association of America (ADAA) developed this **Find Your Therapist Directory** for you to connect with licensed mental health professionals.

Know that you are not alone, and help is available.

ADAA is a nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

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*For the ADAA mental health professionals, this directory also helps you connect with millions of potential patients.*

*To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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**If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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#### HELPFUL LINKS

##### **ADAA Website**

<https://adaa.org/>

##### **Mental Health Webinars**

<https://adaa.org/resources-news/from-adaa-experts/webinars>

##### **Mental Health Personal Stories**

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

##### **ADAA Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

##### **Get Involved with ADAA**

<https://adaa.org/get-involved>

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