

COLUMBIA ASSOCIATES

Care We Provide

CONTACT US TODAY

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Columbia Associates understands the importance of mental well-being and stand committed to providing accessible, high-quality mental health care for individuals across the greater D.C. region. We offer a full suite of outpatient mental health services, including therapy, psychiatry and medication management, nutrition counseling, transcranial magnetic stimulation (TMS) therapy, and Spravato®. Our mission is to help you take control of your mental and emotional life, and to help you thrive in ways you've perhaps never experienced—with peace and resilience in the face of hardship.



Therapy can be a transformative experience, helping individuals understand themselves and others better. Reach out to our experienced and empathetic intake team today to learn more about our mental health treatment options and how we can best support you. We serve the Maryland, Virginia, and Washington DC, Metro areas. Call [571.652.8212](tel:571.652.8212) and we'll help you figure out the next right step.

Find compassionate, [mental health treatment](#) that meets you where you are in your journey.

MENTAL HEALTH CARE

Find What Works for You

Our experienced therapists use evidence-based approaches to help clients reach their mental health goals. Whether you're dealing with a diagnosed condition or you're simply looking to improve your overall well-being, we're here to support you. The following are just a few of the treatment options offered at Columbia Associates:



Types of Therapy We Offer

- **Cognitive-behavioral therapy (CBT)** – A structured, goal-oriented approach that helps people to identify and change negative thought patterns.
- **Dialectical behavior therapy (DBT)** – Focuses on emotional regulation and interpersonal effectiveness, especially helpful for those struggling with intense emotions.
- **Eye movement desensitization and reprocessing (EMDR)** – Focuses on processing traumatic memories and reducing their emotional impact through guided eye movements.
- **Psychodynamic therapy** – Helps clients explore deep-seated emotions and past experiences that may be influencing their current behavior.
- **Family therapy** – Addresses family dynamics and aims to improve communication and relationships among family members.

- **And more** – Our therapists will work with you to find an approach that suits your individual needs.

Our goal is to match you with the therapeutic services that work best for your situation. Our therapists use a mix of modalities to best fit each individual. Therapy can help with anxiety, depression, grief, stress, and a variety of other challenges, and we work collaboratively to help you feel supported every step of the way.

The Benefits of Therapy at Columbia Associates

We believe that everyone has a right to mental health care, so we do everything we can to make sure our services are as easy as possible to obtain.

Personalized care

We create individualized treatment plans based on your goals and preferences.

Accessible treatment

Easily accessible locations to serve your mental health needs.

Evidence-based techniques

Easily accessible locations to serve your mental health needs.

Flexible scheduling

Daytime, evening, and weekend appointments are available to accommodate your schedule. We also offer convenient telehealth options.

Broad insurance acceptance

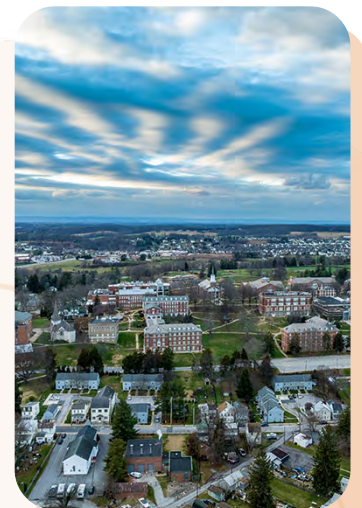
We are in-network with most commercial insurance plans as well as Medicaid and Medicare. Our team will help you understand your coverage.

PSYCHIATRY & MEDICATION

Psychiatry & Medication Management: Finding Balance for Your Mental Health

Holistic mental health care that involves different approaches and considers your needs as a whole-person can help you make even more progress. That's why we provide a wide range of psychiatry services, including medication management. Our psychiatrists work closely with our therapy team to create a plan that will address needs that therapy alone may not. With a focus on both mind and body, our goal is to help you achieve the best possible outcome.

Our psychiatry services are designed to work alongside therapy to provide the most comprehensive care available.



What Is Medication Management?

Medication management involves prescribing, monitoring, and adjusting medications so that our clients experience optimal results. It's care with you and your best life in mind.

- **In-depth intake and treatment planning** – Before prescribing, we get to know you. Our team will perform an in-depth intake to understand your history, current symptoms, and specific needs.
- **Ongoing monitoring** – As with any medication, there's always the possibility of side effects. We'll monitor your progress to help give you the best possible outcomes.

Finding the right medication can be a journey, and our team is here to collaborate and work with you until we find the appropriate option for you.

Spravato®: A Breakthrough Treatment for Treatment-Resistant Depression

For individuals struggling with treatment-resistant depression, Spravato® offers innovation and hope. Unlike traditional antidepressants, Spravato® (esketamine) is administered through nasal spray and works rapidly to alleviate the symptoms of depression. It has been shown to provide lasting relief, making it a promising choice for those who haven't found success with other treatments.

The Benefits of Spravato®

- **Rapid relief** – Spravato® provides relief within hours rather than weeks, which is nothing short of life-changing for those dealing with severe symptoms.
- **Monitored administration** – The treatment is administered in our clinic under the supervision of our healthcare professionals to ensure safety and effectiveness.

Spravato® is just one of the many ways we strive to provide the best in care. If you have been struggling to find a solution to your depression, Spravato® could be the answer you're looking for. We're here to partner with you as you discover what works for you.



[Learn more](#)



TRANSCRANIAL MAGNETIC STIMULATION (TMS) THERAPY

Transcranial Magnetic Stimulation (TMS) Therapy: A Noninvasive Option for Depression

Depression can feel like a hopeless situation when you haven't responded to traditional treatments. That's why Columbia Associates offers evidence-based alternatives like NeuroStar® TMS therapy. This is a noninvasive treatment that uses magnetic fields to stimulate nerve cells in the brain, providing a new solution for individuals with depression.

What Does a TMS Therapy Session Look Like?

At Columbia, NeuroStar® TMS therapy sessions are conducted in a calm and comfortable outpatient setting. During this time, a specialized electromagnetic coil is placed against the scalp near the forehead. Then the device delivers magnetic pulses that target specific areas of the brain associated with mood regulation. Each session lasts about 20 to 40 minutes, and clients remain awake and alert throughout the entire process. A typical treatment plan involves multiple sessions over several weeks, based on your needs. The procedure allows clients to conveniently return to their daily activities immediately afterward.



Benefits of TMS Therapy

- **Noninvasive** – No need for anesthesia and completely non-surgical.
- **Minimal risk of side effects** – TMS is a safe and FDA-cleared treatment for depression, depression with anxiety, and OCD. The most common side effect is a headache right after TMS treatment, which goes away after the first week of sessions for most people.
- **Proven effectiveness** – TMS has been shown to significantly reduce symptoms of depression in those who have not found relief through other methods.

Our team is committed to providing the highest standard of care when administering NeuroStar® TMS, ensuring that our clients feel safe and comfortable at all times.

[Learn more](#)

I have been very fortunate to get to have treatment at the Arlington office. I had been looking for a good mental health provider for almost two years since moving to the area and Columbia Associates has been my saving grace!

Carrie B.

I've been coming here for about 6 months now and I must say I truly appreciate my therapist. Always there to listen and give me tools to help myself through a stressful situation.

Aleesha C.

This practice was very easy to work with. I was able to get in in a timely manner and my doctor was a gem. I'd highly recommend this place to anyone looking.

Carly B.

Telehealth Appointments: Accessible Care from the Comfort of Your Home

At Columbia Associates our telehealth services allow clients to receive high-quality care from the comfort and privacy of their own homes. Whether you're juggling a busy schedule, facing mobility challenges, or simply prefer virtual interactions, telehealth provides a convenient and effective solution.

Convenience

Eliminate the commute and get the care you need wherever you are.

Privacy

Receive sessions in a secure and private environment that you feel comfortable in.

Flexibility

Easily book appointments that fit into your schedule.

With telehealth you can access the same range of services, including therapy, medication management, and follow-ups, just as you would in person.

Our telehealth platform is user-friendly, secure, and designed to give you the same feeling of personal care as you would in-office. If you're interested in learning more about how telehealth appointments can work for you, contact us.

[Learn more](#)



Call Columbia Associates Today and Take the First Step Toward Better Mental Health

Whether you're struggling with depression, anxiety, or another mental health challenge, we're here to help you take steps toward a better, more hopeful future. You can take control of your mental health and we're here to equip you. Find out more about Columbia Associates' psychiatry and therapy services throughout Maryland, Virginia, and the Washington DC Metro areas. Call [571.582.7571](tel:571.582.7571) or use our online contact form and discover your next step toward better health.

For new clients, please [click here](#) to schedule an appointment. For existing clients, please [click here](#) and find your office location to contact your office directly.

