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PSYCHOTHERAPY REFERRALS

(updated 01/15/2021)

***NOTE:** NBS-JAX has not connected with any of the psychotherapists listed below. We have had recommendations from other licensed psychologists, medical physicians, and patients.

NAME & WEBSITE	ADDRESS	PHONE NUMBER
Baptist Behavioral https://www.baptistjax.com/doctors/baptist-behavioral-health/directory	Various Locations	904-376-3800
D'Arienzo Psychology www.drdarlenzo.com	11512 Lake Mead Ave., #704 Jacksonville, FL 32256	904-379-8094
GATES, Joann, PHD	1201 Arapaho Ave. Ste. A St. Augustine, FL 32084	904-471-0788
HUGHES, Deanna, PsyD http://drdeannahughes.com/index.html	4114 Herschel Street Ste. 110 Jacksonville, FL 32210	904-504-5412
JACOBS, Naomi, PHD https://psychologistpontevedrabeach.com/	100 Executive Way, Ste. 207 Ponte Vedra Beach, FL 32082	904-687-6336
KRIMSKY, Eileen, PHD	14011 Beach Blvd. Ste 100 Jacksonville, FL 32250	904-223-4865
LAHEY, Carol, PhD	2309 Park Street Jacksonville, FL 32204	904-389-7337
MORELAND, John, PhD	13400 Sutton Park Dr. S Ste 1504 Jacksonville, FL 32224	904-241-0004
NAY, Richard, PhD https://www.richardenay.com/	2970 Hartley Rd. Ste. 201 Jacksonville, FL 32257	904-886-4998
RISCH, Sherry, PhD	2120 US Highway 1 S St. Augustine, FL 32086	904-794-2007
SHEPHERD, Walter, PhD	2149 Mango Plaza Jacksonville, FL 32207	904-346-0092
Dr. Townsend & Associates http://www.dr-townsendandassociates.com/	9 St. Johns Medical Park Dr. St. Augustine, FL 32086	904-797-2705

***WHEN CONTACTING PSYCHOLOGISTS, ASK THE FOLLOWING QUESTIONS:**

- 1.) Do you have experience working with patients with neurological impairments/ anxiety/depression?
- 2.) Do you do structured cognitive behavioral therapy (CBT) for anxiety/depression?
- 3.) Do you give weekly (between sessions) homework assignments?
- 4.) Can you help patients create lists of what to accomplish between sessions?
- 5.) Do you teach patients about cognitive distortions?
- 6.) Do you train patients on how to keep a thought record?
- 7.) Do you teach patients the A-B-C model?