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