



**Alisa Roman**

Zip Code: 22030

Zip Postal: 22030-3237

Language: English

Populations Treated: Adults

Organization: Roman Psychological Resources

Treatment Options: In Office, Telehealth

**Disorders Treated & Specialty:** Body Focused Repetitive Behaviors, Agoraphobia, Anxiety, Depression, Generalized Anxiety Disorder (GAD), Grief, Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Social Anxiety Disorder, Trichotillomania, Other

**Treatment Methods:** Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Dialectical Behavioral Therapy (DBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Medication Referral, Mindfulness, Telemental Health, Acceptance and Commitment Therapy (ACT)

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

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City: Fairfax

State/Providence: Virginia

Country: United States

Home Email: [alisaroman@cox.net](mailto:alisaroman@cox.net)

Degree: PhD

Preferred Pronouns: she/her/hers

Email: [dr.alisaroman@gmail.com](mailto:dr.alisaroman@gmail.com)

Office Phone: (703) 385-0196

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.

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## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Medication Referral

Mindfulness

Telemental Health

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## POPULATIONS TREATED

Adults

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DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Body Focused Repetitive Behaviors  
Depression  
Generalized Anxiety Disorder (GAD)  
Grief  
Intrusive Thoughts  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Social Anxiety Disorder  
Trichotillomania  
Other

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PAYMENT OPTIONS

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



## ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

### Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

### If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept insurance.

**Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.*

*The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.*

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## HELPFUL LINKS

**ADAA Website**

<https://adaa.org/>

**Tips and Questions About How to Choose a Therapist That's Right for You**

<https://adaa.org/finding-help/treatment/choosing-therapist>

**5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

**Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTSD, OCD and more!**

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

**ADAA's Free 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 Free Newsletter Sign Up**

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

**Join a Free ADAA Online Peer-to-Peer Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!**

<https://youtu.be/Eq3zOzbfGoU>