



**Simona Efanov**

**Zip Code:** 22202

**Zip Postal:** 22202

**Language:** English

**Populations Treated:** Adults

**Organization:** Ross Center

**Treatment Options:** Telehealth, In Office, Group Therapy

**Disorders Treated & Specialty:** Chronic Illness, Postpartum, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), MDD, Irritable Bowel Syndrome (IBS), Infertility, Health Anxiety, Grief, Generalized Anxiety Disorder (GAD), Gender Identity, Family Conflict, Depression, Posttraumatic Stress Disorder (PTSD), Borderline Personality Disorder (BPD), Body Dysmorphic Disorder, Bipolar Disorder, BIPOC, Attention-Deficit/Hyperactivity Disorder, Assessment, Anxiety, Trauma, Stress, Social Anxiety Disorder, Separation Anxiety, Self-Harm

**Treatment Methods:** Interpersonal Therapy (IPT), Other, EMDR, Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)

**Payment Options:** Accepts Credit Cards

**Address1:** 1235 Spring Hills

**City:** Vienna

**State/Providence:** Virginia

**Country:** United States

**Degree:** PSYD

**Preferred Pronouns:** she/her/hers

**Email:** sefanov@rosscenter.com

**Office Phone:** 2023228187

**Telehealth:** Wyoming, Wisconsin, West Virginia, Washington, Delaware, Maryland, Maine, Louisiana, Kentucky, Kansas, Iowa, Indiana, Illinois, Idaho, Georgia, Florida, District of Columbia, Michigan, Connecticut, Colorado, Arkansas, Arizona, Alaska, Alabama, Ohio, Virginia, Vermont, Utah, Texas, Tennessee, South Dakota, South Carolina, Rhode Island, Pennsylvania, Oregon, Oklahoma, North Dakota, North Carolina, New Mexico, New Jersey, New Hampshire, Nevada, Nebraska, Montana, Missouri, Mississippi, Minnesota

**Cell Phone:** 2023228187

**Professional focus:** Psychologist

#### TREATMENT APPROACH

**Acceptance and Commitment Therapy (ACT)**

**Cognitive Behavioral Therapy (CBT)**

**Cognitive Behavioral Therapy for Insomnia (CBT-I)**

**Dialectical Behavioral Therapy (DBT)**

**EMDR**

**Interpersonal Therapy (IPT)**

**Other**

#### POPULATIONS TREATED

**Adults**

#### DISORDERS AND SPECIALITIES

**Anxiety**

Assessment  
Attention-Deficit/Hyperactivity Disorder  
BIPOC  
Bipolar Disorder  
Body Dysmorphic Disorder  
Borderline Personality Disorder (BPD)  
Chronic Illness  
Depression  
Family Conflict  
Gender Identity  
Generalized Anxiety Disorder (GAD)  
Grief  
Health Anxiety  
Infertility  
Irritable Bowel Syndrome (IBS)  
MDD  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Postpartum  
Posttraumatic Stress Disorder (PTSD)  
Self-Harm  
Separation Anxiety  
Social Anxiety Disorder  
Stress  
Trauma

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#### PAYMENT OPTIONS

Accepts Credit Cards



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

*ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.*

*We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.*

*If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.*

*Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.*

*Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take 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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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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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 Chose 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 Depression, MDD, PTSD, OCD and Suicide**

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

**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 Support Community**

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

**Meet ADAA's Institutional Members**

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

**For Therapists: Watch ADAA's Find Your Therapist Video**

<https://youtu.be/Eq3zOzbfGoU>