

**Psychological Assessment/Evaluation
Testing Services & Psychotherapy**



**Karen
Crane, PsyD**

704-458-8188
www.drkaren Crane.com
karen@drkaren Crane.com

Services: Psychological Evaluation; Individual and Couples Therapy for Ages for teens and adults

Specialties: ADHD • Anxiety • Depression Parenting Stress • Relationship Issues • Women's Issues • Psychological Evaluation for ADHD, Gifted, Learning Disability, and Personality/Diagnostic Clarification

Treatment Orientation: Cognitive Behavioral Therapy (CBT) • Dialectical Behavioral Therapy Couples Counseling

Insurance: Aetna • Blue Cross/Blue Shield CBHA * Accepts Out Of Network Benefits



**Amy
Johnson, PhD**

704-222-1150
dramyfjohnson@gmail.com

Services: Assessment and Evaluations for Individuals Ages 4-64

Specialties: Assessment and Evaluation for Academically Gifted • Learning Disability • ADHD-Child/Adolescent • Career Testing • Parental Competency Evaluations • Diagnostic Forensic Personality Assessment

Treatment Orientation: Cognitive Behavioral Therapy (CBT)

Insurance: Aetna • Blue Cross/Blue Shield • Cigna • Medicaid • Accepts Out Of Network Benefits

**TELEHEALTH
MENTAL HEALTH
SERVICES**

Our office is committed to serve our clients and community during the COVID-19 crisis and we are in full support of practicing social distancing.

Therefore, we will continue to provide caring, ethical, consistent, and reliable telehealth therapy sessions virtually, rather than in person, through secure HIPAA compliant platforms, Zoom or Doxy.me.

Telehealth is Effective: Research indicates that it can be as effective as face to face therapy for most people.

Teletherapy is Simple: All you need is:

- ◆ a computer, phone, iPad or tablet
- ◆ a solid internet connection
- ◆ a private room where you can talk
- ◆ is a link from your therapist

Telehealth is Covered by most Insurance Companies during the COVID-19 crisis: Most Aetna, Blue Cross Blue Shield, CBHA, Cigna, Medicare, Medicaid, and United Health plans are covering Telehealth during this time - check with your insurance for more information.



**Currently Offering
TeleHealth Services
in response to COVID-19**

**ARE YOU
LOOKING FOR A
PSYCHOLOGIST
OR THERAPIST?**

Amy Combs, Psy.D.

Karen Crane, Psy.D.

Amy Johnson, Ph.D.

Nona Patterson, Ph.D.

Kristina Peck, Psy.D.

Nadine Rosen, LPC, LCMHC

Holly Savoy, Ph.D.

Ann Smolin, Ph.D.

The mental health professionals listed in this brochure share an office suite and are independent in their practices. They each have their own specialty areas, office hours, policies, and keep their records separate.

To schedule an appointment or obtain additional information, please call the mental health professional using the phone number or e-mail address listed under their name.

**Located in the South Park Area
5970 Fairview Road, Ste. 412
Charlotte, NC 28210**



Nona Patterson, PhD

704-366-3400

drnonapatterson.com

DrNLPatterson@mac.com

Services: Individual and Group Therapy for Individuals Ages 18 and up

Specialties: Anxiety • Depression • Divorce/Separation • Grief and Loss • Insomnia CBT-I Life Transitions • Relationship Issues • Stress Women's Issues • Work – Life Balance

Treatment Orientation: Acceptance and Commitment Therapy (ACT) • Cognitive Behavioral Therapy (CBT) • Compassion Focussed • Mindfulness Based

Insurance: Aetna • Blue Cross/Blue Shield & Blue Value • CBHA • Medicare • Accepts Out Of Network Benefits



Amy Combs, Psy.D.

704-817-7643

dramycombs.com

ac@dramycombs.com

Services: Individual, Couples, Family, and Group Therapy for Adults and Older Adolescents

Specialties: Anxiety • Depression • Mood Disorders • Disordered Eating • Relational and Family of Origin Issues • Work-Life Balance • Stress and Burnout • Life Transitions • Grief and Loss

Treatment Orientation: Acceptance and Commitment Therapy (ACT) • Mindfulness Based • Cognitive Behavioral Therapy (CBT) • Eclectic • Family Systems Theory

Insurance: Accepts Out Of Network Benefits



Holly Bielstein Savoy, Ph.D.

704-362-4041

drhollysavoy.com

drhollysavoy@gmail.com

Services: Individual, Couples and Group Therapy for Individuals Ages 15-64

Specialties: Transgender and Gender Non-Conforming Gay/Lesbian/Bisexual Issues • Anxiety Depression • Eating Disorders • Insomnia (CBT-I) Obesity/Weight Management • Relationship Issues Work – Life Balance Issues

Treatment Orientation: Cognitive Behavioral Therapy (CBT) • Acceptance and Commitment Therapy (ACT) Integrative Psychotherapy • Interpersonal • Mindfulness

Insurance: Aetna • Blue Cross/Blue Shield • CBHA Cigna • Accepts Out Of Network Benefits



Ann Smolin, Ph.D.

980-430-3896

drannsmolin.com

Services: Individual Therapy for Adults 18 and Older

Specialties: Anxiety • Depression • Adjustment Issues • Family of Origin Issues • Relationship Issues Severe and Persistent Mental Illness (Schizophrenia and Bipolar Disorders) • Life Transitions

Treatment Orientation: Acceptance and Commitment Therapy (ACT) • Mindfulness Based • Eclectic

Insurance: Blue Cross/Blue Shield • CBHA • Medicaid • Medicare • Beacon Health Options • Accepts Out Of Network Benefits



Kristina Peck, Psy.D.

704-365-1844

drkristinapeck.com

dr.kristinamurphypeck@gmail.com

Services: Individual Therapy for Ages 14-64, Bariatric Surgery Preoperative Evaluations, Mindful Moms Group

Specialties: ADHD • Anxiety • Body Image Disturbance • Depression • Life Transitions • Parenting Issues • Relationship Issues • Stress Related Conditions • Weight Management/Obesity • Women's Issues • Work – Life Balance Issues

Treatment Orientation: Acceptance and Commitment Therapy (ACT) • Cognitive Behavioral Therapy (CBT) • Compassion Focused • Mindfulness Based

Insurance: Blue Cross/Blue Shield • Accepts Out Of Network Benefits



Nadine Rosen, LPC, LCMHC

704-280-9458

nadinerosentherapy.com

rosentherapy@gmail.com

Services: Individual, Couples, and Group Therapy for Ages 16-64

Specialties: ADHD • Affective Disorder • Anxiety • Bipolar Disorder • Depression • Grief and Loss • Insomnia CBT-I • Life Transitions • Relationship Issues • Self – Injury • Trauma/PTSD

Treatment Orientation: Adlerian • Cognitive Behavioral Therapy (CBT) • Hypnotherapy • Mindfulness Based • Acceptance and Commitment Therapy (ACT)

Insurance: Blue Cross/Blue Shield • Cigna • Humana • Magellan • Wellpath • United Healthcare • Accepts Out Of Network Benefits