

**CLINICAL RESOURCE LIST- 12/12**

# Association of Virgin Islands Psychologists - contact info & specialties

[www.VIPsychologists.org](http://www.VIPsychologists.org)



## ASSOCIATION OF VIRGIN ISLANDS PSYCHOLOGISTS

*Promoting the interests & advancing the Profession of Psychology  
in the U.S. Virgin Islands*

### **LICENSED PSYCHOLOGISTS ST. CROIX CLINICAL RESOURCE LIST**

<p><b><u>Chester D. Copemann, Ph.D.</u></b> <b>Physical Address:</b> #34 Aldersville, Christiansted, St. Croix <b>Phone:</b> 340- 718-5113 <b>E-mail:</b> <a href="mailto:Eldogo2@gmail.com">Eldogo2@gmail.com</a> <b>Services:</b> Psychotherapy, Assessment, Biofeedback, Pain Management, Behavior Therapy <b>Specialty/Special Populations:</b> Clinical, Educational, Forensic, Health, &amp; Rehabilitation Psychology <b>Treatment Orientation:</b> Behavioral-Cognitive</p>	<p><b><u>Wayne Etheridge, Ph.D.</u></b> <b>Physical Address:</b> Phoenix Court, Queen St. Christiansted, VI 00824 <b>Phone:</b> 340-773-7772 <b>Email:</b> is <a href="mailto:dr.wayne@earthlink.net">dr.wayne@earthlink.net</a> <b>Services:</b> Psychotherapy for individuals and couples, psychological evaluations, anger management <b>Specialty:</b> Individual and couples therapy <b>Treatment Orientation:</b> Depends on the issue presented; CBT, Learning Theory, Solution focused relationship therapy and all presented in a Rogerian framework</p>
<p><b><u>Lucia DiMeo, Ph.D.</u></b> <b>Physical Address:</b> Christiansted, St. Croix <b>Phone:</b> 340- 713-9029 <b>Fax:</b> 340-718-0178 <b>Email:</b> <a href="mailto:lrldi@earthlink.net">lrldi@earthlink.net</a> <b>Services:</b> Psychotherapy, Clinical Hypnosis Psychological Evaluations <b>Specialty/ Special Populations:</b> Clinical, Health, Performance Enhancement, Stress, Anxiety, Mind/Body Modalities <b>Treatment Orientation:</b> Cognitive-Behavioral, Integrative</p>	<p><b><u>Dara Hamilton, Ph. D.</u></b> <b>Mailing Address:</b> PO Box 25235 Christiansted, VI 00824 <b>Phone:</b> 340-332-0414 <b>E-mail address:</b> <a href="mailto:hamiltondara@gmail.com">hamiltondara@gmail.com</a> <b>Services:</b> Outpatient psychotherapy and evaluation <b>Treatment Orientation:</b> Interpersonal/ Dynamic</p>



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### **LICENSED PSYCHOLOGISTS** **ST. CROIX CLINICAL RESOURCE LIST**

**Rita Dudley-Grant, Ph.D.**

**Physical Address** Golden Orange Center, #11  
Christiansted, VI 00820

**Phone:** 340 642-7260

**E-Mail Address** [rdudleygrant@gmail.com](mailto:rdudleygrant@gmail.com)

**Services:** Psychotherapy, Assessment

**Speciality/ Special Populations:** Clinical

**Treatment Orientation-** Psychodynamic

**Denese Marshall, Psy.D.**

**Physical Address:** 3000 Golden Rock  
Christiansted, VI 00820

**Phone :** 340-227-2881

**E-Mail Address-** [denesemarshall@aol.com](mailto:denesemarshall@aol.com)

**Services:** Outpatient services

**Speciality/ Special Populations:** Children,  
adolescents, adults and couples

**Treatment Orientation:**

**Gloria Mendez, Ph.D.**

**Physical address:** #7 Church St. Christiansted,  
St. Croix, USVI 00820

**Phone :** 340 773-3322

**E-Mail Address:** [mendezglo@gmail.com](mailto:mendezglo@gmail.com)

**Services:** Psychological Testing, Psych  
educational Testing, Individual Therapy

**Specialty/ Special Populations:** Testing of  
adults, adolescents and children. Individual  
therapy for adults.

Fully bilingual: English and Spanish

**Treatment Orientation:** Cognitive Behavioral  
but also use other orientations depending on  
client.

**Jewel Owen, Psy.D.**

**Physical Address:** 113 Barren Spot, The Village  
Mall, Suite 107 Kingshill, St. Croix 00850

**Phone:** (340) 692-2600

**Fax:** (340) 692-2602

**Specialty/Special Populations:** Children,  
adolescents, adults, individual and family  
therapy; couples counseling, psycho-educational  
and psychological testing.

**Treatment Orientation:** Eclectic -

Psychodynamic, cognitive-behavioral, family  
systems



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### **LICENSED PSYCHOLOGISTS ST. CROIX CLINICAL RESOURCE LIST**

**John Schuster, Ph.D.**

**Mailing Physical Address :** PO Box 25147,  
Christiansted, VI 00824

**Phone:** 340-514-5852

**E-mail Address :** [campstcroix@yahoo.com](mailto:campstcroix@yahoo.com)

**Services:** Outpatient psychotherapy  
Specialty/Special Populations: Adults, Couples,  
Families

**Treatment Orientation –**  
Psychodynamic/Family systems

**Lindsay Wagner, PsyD**

**Physical address:** 4500 Sunny Isle Medical  
Building Suite 301, Christiansted, VI 00822

**Phone:** 340-719-0685

**E-mail:** [lwagner@pccvi.com](mailto:lwagner@pccvi.com)

**Services:** Neuropsychological testing,  
Psychological Testing, Psych educational  
Testing, Developmental Testing, Individual  
Therapy, Family Therapy, Group Therapy for  
Children with Autism Spectrum Disorders,  
Consultation

**Specialty/ Special Populations:** Pediatric  
Neuropsychology/Children

**Treatment Orientation:** Cognitive Behavioral/  
Behavioral

### **MENTAL HEALTH PROVIDERS ST. CROIX CLINICAL RESOURCE LIST**

**Catherine Giraud, Ph.D.**

**Physical Address:** 3009 Estate Orange Grove  
Suite 11

Christiansted, St. Croix, VI 00820

**Phone :** 340-643-5117 ©

**E-mail:** [cgiraud1@gmail.com](mailto:cgiraud1@gmail.com)

[www.stcroixsupport.com](http://www.stcroixsupport.com)

**Services:** Outpatient mental health care

**Specialty/Special Populations-** Anger management, depression and anxiety, teens, relationships

**Treatment Orientation –** Cognitive behavioral short and long term



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### **LICENSED PSYCHOLOGISTS** **ST. THOMAS CLINICAL RESOURCE LIST**

<p><b><u>Ann Barnard, PhD.</u></b> <b>Physical address:</b> Insight Psychological Services, LLC - Foothills Professional Building 9151 Estate Thomas, Suite 204 St. Thomas, VI 00802 <b>Phone.</b> 340-776- 3653/ 340-774 -2228 <b>Fax: 340-</b> 714-2258 <b>Email :</b> <a href="mailto:akgbarnard@gmail.com">akgbarnard@gmail.com</a> <b>Services:</b> psychotherapy for adults and adolescents <b>Special interests:</b> trauma - related issues, couples counseling, anxiety and mood disorders <b>Treatment methods:</b> Listening mostly</p>	<p><b><u>Lanee Rivers, Ph.D.</u></b> <b>Physical address:</b> Insight Psychological Services, LLC - Foothills Professional Building 9151 Estate Thomas, Suite 204 St. Thomas, VI 00802 <b>Phone Number:</b> 340-774-2228 <b>Fax Number:</b> 340-714-2258 <b>E-mail Address:</b> <a href="mailto:laneerivers@hotmail.com">laneerivers@hotmail.com</a> <b>Services:</b> Psychological Testing, Psycho- educational Testing <b>Specialty/ Special Populations:</b> Children , adolescents and adults <b>Treatment Orientation:</b> Cognitive Behavioral</p>
<p><b><u>Ramona Moss, PhD.</u></b> <b>Physical Address:</b> Sapphire Bay W, D-31, 24 B Norre Gade, St. Thomas, VI 00802 <b>Phone Number:</b> 340-775-1103 <b>E-mail Address:</b> <a href="mailto:ramonamossvi@yahoo.com">ramonamossvi@yahoo.com</a> <b>Services:</b> Forensic, clinical, psycho educational vocational, and firearms and job evaluations, Diagnosis and individual therapy for children and adults, couples counseling <b>Specialty/ Special Populations:</b> children, adolescents and adults <b>Treatment Orientation-</b>Rational-emotive, cognitive-behavioral , eclectic <u>All insurances accepted, including Medicare</u></p>	<p><b><u>Lori Thompson, Ph.D.</u></b> <b>Physical address:</b> Insight Psychological Services, LLC - Foothills Professional Building 9151 Estate Thomas, Suite 204 St. Thomas, VI 00802 <b>Phone:</b> 340-774-2228 <b>Fax:</b> 340-714-2258 <b>Email:</b> <a href="mailto:Insightvi@gmail.com">Insightvi@gmail.com</a> <b>Specialty/Special Populations:</b> Individual therapy for children, adolescents and adults, marriage counseling, psycho-educational testing <b>Treatment Orientation:</b> Eclectic - A combination of interpersonal, cognitive, and dynamic theories depending on the client and their situation.</p>



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### **LICENSED PSYCHOLOGISTS** **ST. THOMAS CLINICAL RESOURCE LIST**

#### **Sheena Walker, Ph.D.**

**Physical address:** Mind/Body Health & Psychology, LLC- Synergy Fitness & Wellness Center- 6115 Est. Smith Bay, Suites 334/335

**Phone:** 340- 714-BFIT (2348)

**E-mail-** [swalker@synergyvi.com](mailto:swalker@synergyvi.com)

**Services:** Individual, Couples and Group Outpatient Psychotherapy for children, adolescents and adults; Clinical evaluations (Psychological/Educational)

**Specialty:** Adjustment Disorders, Anxiety Disorders, Gender Identity Issues, Mood Disorders, Performance Enhancement, and Sports Psychology Consulting.

**Treatment Orientation-** Integrative- Psychodynamic foundation with use of various interventions from CBT, Biofeedback, and Family Systems theories.

### **MENTAL HEALTH PROVIDERS** **ST. THOMAS CLINICAL RESOURCE LIST**

#### **Kirstyn Livingston, MA**

**Physical address:** Insight Psychological Services, LLC - Foothills Professional Building 9151 Estate Thomas, Suite 204 St. Thomas, VI 00802

**Phone:** 340-774-2228

**Email:** [kirstyna@hotmail.com](mailto:kirstyna@hotmail.com)

**Services:** Individual and group for adolescents and adults, psycho educational testing.

**Specialty/ Special Populations:** Anxiety disorders and depression.

**Treatment Orientation:** Primarily CBT orientation, but with integration of other treatment modalities depending on the individual client and his/her needs.

## **Psychotherapy Orientation: What does that mean for you?**

While training to be a psychotherapist, psychologists are introduced to numerous theories about how psychological problems originate and develop over the years. To help a person deal with their symptoms and feel better, psychologists have designed various methods to understand and treat those symptoms. It is the different approaches to treating people and their symptoms that define a psychologist's theoretical orientation.

### **What are some of the main theoretical orientations?**

Today, there are numerous kinds of psychotherapy. The orientation of your therapist will not only affect how your therapist thinks about your symptoms, but how they interact with you during the course of therapy. Let's look at a few of the main orientations that you may run across in your search for help. There are some therapists that are **eclectic/integrative** and will use elements from different orientations.

**A. Psychodynamic Psychotherapy** looks at how your unconscious mind influences your current feelings and behaviors. Unresolved desires and conflicts from your past may influence how you deal with your current relationships, causing you to repeat self-defeating patterns without realizing why. Often, a client will work through many such negative patterns with the therapist.

**B. Cognitive-Behavioral Therapy** looks at how your maladaptive beliefs and behaviors are directly responsible for your unwanted symptoms. The therapist will challenge your negative beliefs and direct you to do various "homework" assignments to help show you that you can change those thoughts and behaviors. Your therapist may lead you through exercises that will diminish your anxiety in certain situations. It is an interactive type of therapy.

**C. Family Systems Therapy** is useful when the client is a couple, a family with kids, or even an extended family. Rather than one person having a "problem" or symptoms, the family as a whole is considered the client. The key to making this kind of therapy work is to see and understand that it is the negative interactions between family members that cause and continue the chaos in a family. It is not just one person's fault! Family therapists work with each individual and the group as a whole to change the system.

**D. Group Therapy** is a form of therapy where you meet and discuss your life and problems with other people along with the therapist running the group. Normally, group therapy is less expensive than individual therapy but can last for weeks or months depending on your issues. A major advantage of group therapy is that you will see your symptoms and interactions come into play with your fellow group members who may be more understanding than your friends and family. Your group therapist can comment on your interactions as they occur in the current moment which allows immediate reflection on your part.

The orientations listed above are just a few of the many orientations available. Two therapists from the very same orientation may come across in a completely different way to you. Many research studies have shown that the main feature that helps you improve and feel better is your relationship with the therapist, regardless of their orientation. Therapy is a joint effort and for positive results, you must feel comfortable and have a good rapport with your therapist.