



## Welcome!

I'm Christa Marshall, a clinical psychologist in private practice.

I believe that everyone has a natural inclination toward positive growth and development, but that life's challenges can block forward movement. I aim to provide a comfortable, supportive, and accepting environment for positive progress and growth.



Start creating your new future.

Don't hesitate to call or email with any questions. I look forward to the possibility of working with you.

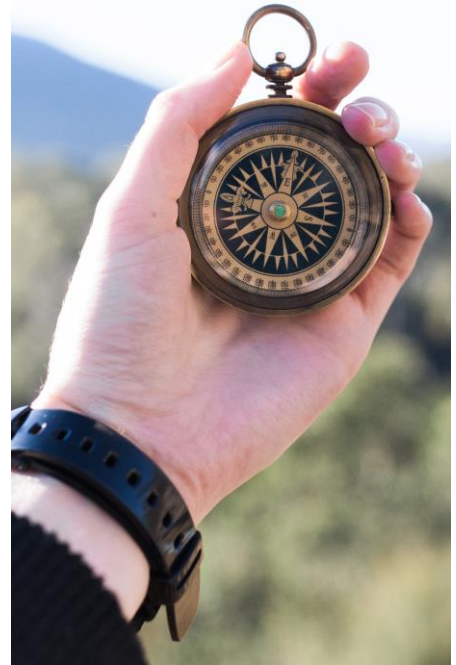


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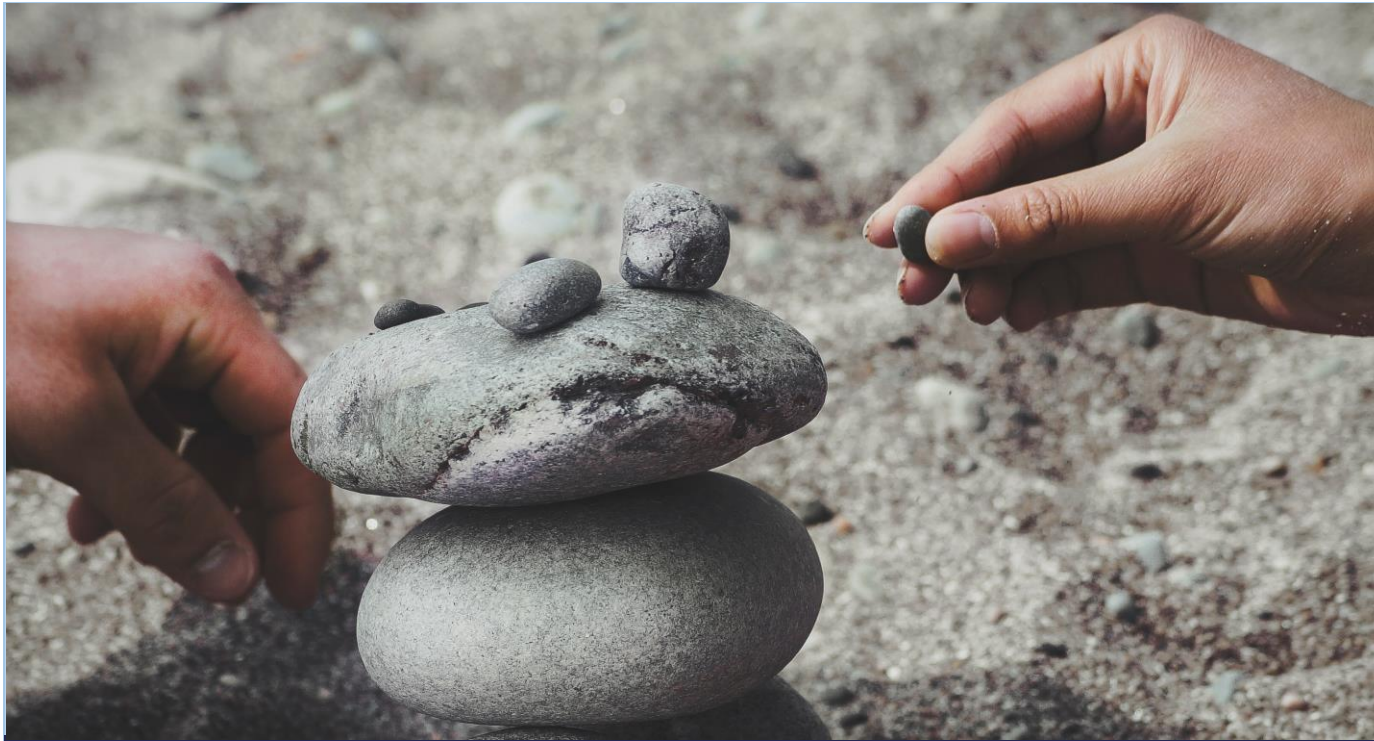
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“Be curious, not judgmental.”



~Walt Whitman



## More About My Practice

I provide individual, couples, and group therapy to address a variety of concerns.

Much of my clinical experience was gained in community mental health agencies and the Veterans Health Administration, giving me particular expertise in mood and anxiety disorders, as well as posttraumatic stress disorder. I have also worked extensively with postpartum women, LGBTQ+ clients, dementia caregivers, and individuals and

families adjusting to serious medical conditions such as traumatic brain injury, multiple sclerosis, and Parkinson's disease.

Clinical research evidence suggests that psychotherapy should be tailored to an individual's needs. We will work together to assess what areas of your life you desire to change, and to make a treatment plan using evidence-based approaches where appropriate.

## FAQs

### Can you address my concern(s)?

I specialize in working with adults age 18 and older, and welcome clients from diverse backgrounds and life experiences. Please see the "Client Needs" section of my website for a list of reasons clients might contact me to begin therapy.

### When are appointments?

To accommodate the busy schedules of my clients, I offer a variety of day, evening, and weekend appointment times.

### Do I have to come to your office in person?

We can meet in person or via telehealth. Most insurance companies pay for this option, and I use a secure, HIPAA-compliant online platform.

### What about payment?

Please check the "Rates and Insurance" tab on my website to see an up-to-date list of the numerous insurances I accept, and my self-pay fee.