

# **Counseling Support for Current and Retired First Responders**

Age Requirements

13-21

,

18 and over

Other Eligibility Criteria

Open to all who live and work around Falls Church and neighboring towns.

Intake Contact

Christina M. Schultz

Intake Contact Email

christinamschultz.newdirections@gmail.com

Intake Process

Call or email for information or to schedule an appointment

Intake Contact Telephone

(571) 882-2925

Provider Refer

Yes

Qualifications

Qualification Type

Licensure

Qualification Entity

Virginia Department of Health Professions

Qualification Number

0701004499 is supervisor's license

Report Problems

Other

Self Refer

Yes

Christina M. Schultz, MA, Resident in Counseling

<https://www.christinamschultz.com>

Main

(571) 882-2925

150 S. Washington Street, Suite 303  
22046 VA  
United States

Additional Availability Comments

Monday 9 am to 3 pm, Tuesday-Friday 9 am to 5 pm

Fee Structure

Fee Range

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Sliding Scale Fee

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Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Christina M. Shultz has training, experience, and developing professional expertise in diagnosing and treating depression, anxiety, and work-related and relationship-related issues for current and retired servicemen and women. Ms. Schultz uses EMDR, CBT, and grief and trauma therapy approaches to support current and former first responders and related personnel. Ms. Schultz believes in counseling's ability to promote improved wellness and resiliency for clients with high-stress occupations.

Christina also offers marriage and couples counseling using Gottman Couples Method for couples impacted by various job-related stressors and issues.

Service Area(s)

Alexandria City

,

Arlington County

,

Fairfax City

,

Fairfax County

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Falls Church City

Email

[christinamschultz.newdirections@gmail.com](mailto:christinamschultz.newdirections@gmail.com)