

scan to visit
our website



Get In Touch

Contact Information



Phone Number

703.273.50292



Website

drgarciap.clientsecure.me

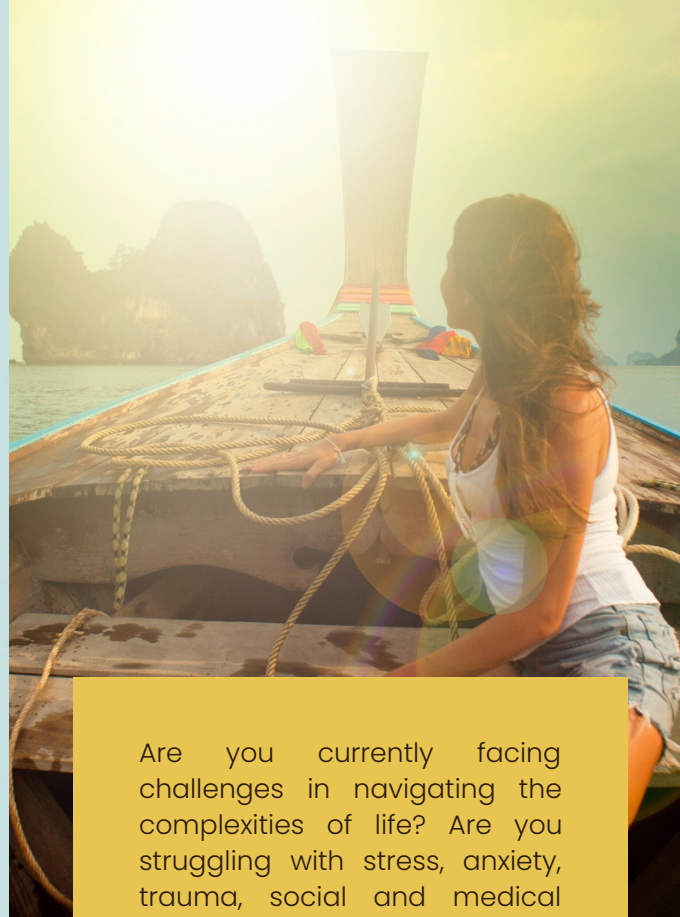


Our Location

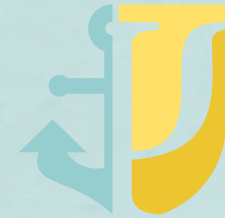
1727 King Street, Alexandria,
VA 22314

If you have an urgent or life-threatening issue, call 911 or go to the nearest emergency room.

You may also reach the National Crisis hotline at 1-800-273-8255



Are you currently facing challenges in navigating the complexities of life? Are you struggling with stress, anxiety, trauma, social and medical stressors, and a loss of joy in activities that used to bring you happiness? As a human being, you face challenges in life and may begin to feel stuck at times. In such circumstances, taking the proactive step of exploring therapy can serve as a transformative catalyst for positive change in your life. By seeking professional guidance, you can gain valuable insights, develop coping strategies, and cultivate a greater sense of self-awareness.



ANCHOR

CLINICAL PSYCHOLOGY

Stuck drifting through life?

**Anchor
yourself to
your values.**

Anchor Clinical Psychology offers one-on-one therapy, in person and online, to help you better understand yourself, your values, and how to lead a more meaningful life.



About

Individual Psychotherapy Services

Anchor Clinical Psychology offers psychotherapy to high-functioning adults with the following symptoms:

- Mood Disorders
- Anxiety
- Stress
- Depression
- Trauma
- Relational Concerns
- Medical Conditions (e.g. Chronic Pain)
- And More

Anchor provides Evidence-Based interventions, including, but not limited to:

- Cognitive Behavioral Therapy (CBT)
- Cognitive Behavioral Therapy for Chronic Pain (CBT-CP)
- Cognitive Processing Therapy (CPT)
- Acceptance Commitment Therapy (ACT)
- Behavioral Activation

Cognitive-behavioral therapy (CBT) helps identify and change negative thought patterns and behaviors.



Accessibility

- ⚓ Service in English and Spanish
- ⚓ Offers Telehealth Appointments
- ⚓ Accepts Online Payments
- ⚓ Accepts Insurance
- ⚓ Accepting New Clients

Anchor conducts testing to clarify diagnoses such as mood disorders, trauma, learning disabilities, intellectual disabilities, and ADHD. Anchor also offers Autism evaluations using the ADI-R and ADOS-2.

Expertise

Meet Our Doctor

"As a clinical psychologist, I am passionate about helping individuals like you face some of life's most significant challenges. Our services are designed to cater to your unique needs, providing a safe and supportive space for personal growth and transformation. My mission is to focus on what is important to you—your aspirations and goals. Together, we can work towards finding greater fulfillment in your life."

Dr. Ana García Pérez
Clinical Psychologist, Ph.D

Licensed in Virginia and Florida

