



## Professional Directory – Listings for Washington State

### **Susan Ross, MSW, LICSW**

Adding Solutions - Children, Adolescents, Adults

1400 - 112th Ave SE, Suite 100

Bellevue, WA 98004

206-335-8467 (phone)

206-567-5320 (fax)

susan@susanross.com

<http://www.susanross.com>

Category: Child & Adolescent Social Worker, Social Worker for Adults,

Business Listing: I work with clients diagnosed with ADD/ADHD, dual-diagnoses and addictions. My approach is a direct and interactive style. Our initial focus will be on determining the clients' capacities and capabilities for creating the changes he/she desires. My therapeutic style combines cognitive/reality therapy with interpretive and supportive communication. In addition, I provide coaching, when necessary. I am also trained in EMDR trauma treatment and offer that tool as a powerful, integrative aspect of psychotherapy. The most essential element of therapy is to provide the client an experience of safety, acceptance, familiarity and ease, and an opportunity to operate from his/her essential self, within the boundaries of a therapeutic relationship. The goal is to provide behavioral and emotional maps designed to enhance the client's functioning in all aspects of his/her life.

Children Served: 15%

Adolescents Served: 60%

Adults Served: 25%

Professional Organization Membership: NASW ACSW LICSW CHADD ADDA

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### **Alan Simons, ARNP**

Attention Performance Institute

40 Lake Bellevue Dr, Suite 100

Bellevue, WA 98005

425-451-4422 (phone)

425-455-8455 (fax)

alansimons@mac.com

<http://www.alansimons.com>

Category: Nurse Practitioner for Adults, Psychiatrist for Adults,

Business Listing: As founder of Attention Performance Institute (API), a nationally board-certified psychiatric nurse practitioner, and experienced prescriber, therapist, and coach, Alan Simons, ARNP, brings together specialized training and experience in Executive and ADHD Coaching, Brain Science/Mind-Body Research, Psychotherapy, Peak Performance Strategies, Medications, Nutrition/Nutriceuticals, and Exercise and Business and Creativity Boosting to help create success stories for adults with ADHD, depression, anxiety, and/or bipolar. He has the ability to offer one-stop treatment--medications, therapy, and coaching. With a full spectrum of advanced resources to choose from, he helps clients create customized strategies and environments that fit the client and makes it easier to create a more productive and rewarding life with less struggle.

Adults Served: 100%

Professional Organization Membership: American Nurses Association of Advanced Practice Psychiatric Nurses ADDA ADD Resources CHADD

**David Pomeroy, MD**

Brain Health NW  
2000 116th Ave., N.E. Suite 6  
Bellevue, WA 98004  
425-454-8684 (phone)  
206-339-5465 (fax)  
info@brainhealthnw.com  
http://www.brainhealthnw.com

Category: Family Practitioner, Other Professionals,

Business Listing: Brain Health NW provides medical services to individuals and their families for the diagnosis and treatment of Attention Deficit Disorders (AD/HD), depression, anxiety, and related conditions. By self-referral, physician, or counselor. Holistic diagnostics and multi-modal treatment coordination of care with other professionals.

Children Served: yes

Adolescents Served: yes

Adults Served: yes

Senior Citizens Served: yes

Professional Organization Membership: Am Acad Family Physicians WA State Medical Association CHADD ADDA ADD Resources, Bd of Directors

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**Karen Rossman, Ph.D.**

Private Practice  
127 East Intercity Ave. Suite A  
Everett, WA 98208-2732  
425-347-7275 ext 102 (phone)  
425-355-0626 (fax)  
karenrossman@verizon.net

Category: Child & Adolescent Psychologist, Psychologist for Adults,

Business Listing: Psychological Services for Adults, Adolescents, and Children age 7 and above.

Children Served: 20%

Adolescents Served: 30%

Adults Served: 40%

Senior Citizens Served: 10%

Professional Organization Membership: American Psychological Assn. WA State psychological Assn. Assoc. of Women in Psychology CHADD

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**Ted Ritter, ARNP, MS, MN, CFNP**

Northwest ADHD & Behavioral Medicine  
3958 150th Ave., N.E.  
Redmond, WA 98052  
(425) 861-6400 (phone)  
(425) 861-6414 (fax)  
ritter.ted@verizon.net

Category: Other Adult Professionals, Other Child & Adolescent Professionals,

Business Listing: Trained in family practice and psychiatry, Ted works with all ages. He specializes in diagnosis and treatment of ADHD and mood disorders.

Children Served: 25%

Adolescents Served: 25%

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**CHADD Professional Listings for Washington – January 2009 – Page 2**

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Adults Served: 50%

Professional Organization Membership: Northwest Washington CHADD

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**Elizabeth MacKenzie, Ph.D.**

Assessment, Psychotherapy, and Consultation  
West Seattle Psychological Services  
4204 SW Oregon St  
Seattle, WA 98116  
206-932-2590 (phone)  
emackenzie@west-seattle-psych.com  
http://www.west-seattle-psych.com

Category: Child & Adolescent Psychologist,

Business Listing: I am a child and adolescent clinical psychologist. I provide assessment, treatment, and consultation services for individuals with ADHD with or without hyperactivity. I also assist families with parenting issues, school issues such as school-home communication and documentation supporting the need for Individual Educational Plans, and 504 Accommodations and Modifications Plans. A team of professionals, parents, and the student is needed for the best treatment. Consequently, I take extra time providing families with educational materials to help understand ADHD and its many treatment components. I also take extra time and care to communicate and coordinate with health care professionals and educators. In addition to my work focused on ADHD, I provide assessment and treatment for co-occurring conditions such as learning disability, behavior problems, depression, and anxiety. I provide training in social skills, organization, decision-making, planning. Finally, I keep up on the eligibility criteria of state, district, university, and college entrance tests (ex. SAT) so that my reports include the necessary information to consider a student's eligibility for needed services. Please see my website for more information.

Children Served: Yes

Adolescents Served: Yes

Adults Served: 18-21 yrs.

Professional Organization Membership: American Psychological Association, Washington State Psychological Association, Learning Disabilities Association of Washington, and the Society for Research on Child Development

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**Carli MacColl, MA Psychology, LMFT**

Private Practice - Family Therapy  
9500 Roosevelt Way NE, Suite 206  
Seattle, WA 98115-2253  
206-517-4194 (phone)  
206-517-8113 (fax)  
carlimacc@aol.com

Category: Child & Adolescent Counselor, Child & Adolescent Social Worker, Social Worker for Adults,

Business Listing: Carli MacColl, MA is a licensed Marriage and Family Therapist who enjoys working with children, adolescents, adults and families/stepfamilies. She specializes in working with clients with learning and behavioral challenges, including ADHD/ADD. She works collaboratively with families, school personnel, physicians and others in the community to create a support team to find solutions and to increase success for students. Carli has been a counselor, supervisor and consultant for youth service agencies, public and private schools. She has been in private practice since 1984 and is covered by some insurance plans, including Blue Shield and Blue Cross. She has extensive experience as a parent educator and trainer. She has a MA Psychology from Antioch University/Seattle (1977) and is a Clinical Member of the American Assn for Marriage and Family Therapist, a member Washington Assn for Marriage and Family Therapists, CHADD, a Professional Member of the Learning Disabilities Assn of Washington, a Professional Affiliate of the Stepfamily Assn of America and a member of the Puget Sound Adlerian Society.

Children Served: 20%

Adolescents Served: 30%

Adults Served: 50%

Professional Organization Membership: CHADD, LDA, AAMFT, WAMFT, Puget Sound Adlerian Society, Stepfamily Assn. of America

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**Angela Heithaus, MD**  
Seattle Healing Arts  
6300 9th Ave NE  
Seattle, WA 98115  
angela@drheithaus.com

Category: Internal Medicine for Adults,

Business Listing: Specializing in Medical management of ADHD in adults, including diagnostic evaluation, with an emphasis on holistic health. For further details please see my website, [www.drheithaus.com](http://www.drheithaus.com). Office is in Seattle at Seattle Healing Arts Center. 206-428-2080.

Foreign Language: Italian,

Adults Served: 100%

Professional Organization Membership: Holistic Medical Association

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**Ross Mayberry, Ph.D.**

The ADHD Center  
620 - 15th Ave. E,  
Seattle, WA 98112  
253-761-1258 (phone)  
253-752-2528 (fax)  
rossmayberry@comcast.net

Additional Contact Information / Office Location

4102 N. Stevens St.  
Tacoma, WA 98407  
253 761 1258 (phone)

Category: Psychologist for Adults,

Business Listing: WA Licensed Psychologist #12970 I am a psychologist with 25 years experience as well as a human being with 50 plus year of experiencing ADHD from the inside out & quite a ride! I am also the parent of two delightful, but challenging ADHD daughters. ADHD has been the primary focus of my practice for the past 10 years. I provide not only assessment and treatment of ADHD but also frequently co-existing conditions such as anxiety, depression, substance abuse, OCD, PTSD and relationship problems, among others. I assess and treat ages 12 and up. My approach favors cognitive therapy combined with a dash of humor, as little jargon as possible and a healthy dose of honesty about my own struggles and successes as an ADHD kid/adult. I work closely with schools (504 plans), employers, psychiatrists and primary care physicians to insure the best possible care. I am listed on most insurance panels. Office hours: Mondays through Fridays 8-6 in Seattle or Tacoma. Population Served: 5% children, 15% adolescents, 80% adults

Professional/Organizational Memberships: American Psychological Association, CHADD, National Register, ADDA

Adolescents Served: 20%

Adults Served: 75%

Senior Citizens Served: 5%

Professional Organization Membership: APA, CHADD, Nat'l Register, ADDA

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**John Slattery**

Transition to Parenthood, Inc.

2200 24th Ave. East  
Seattle, WA 98115  
206-328-0910, ext. 111 (phone)  
206-328-2310 (fax)  
slatsnw@hotmail.com

## Additional Information

Category: Psychologist for Adults

Business Listing: My treatment specialties are individual and (Gottman Method) marital therapy and assessment involving Adult ADHD with hyperactivity, PTSD/anxiety, and depression - particularly during the difficult transition of becoming parents. After referring individuals with ADHD for medical evaluation/treatment, I follow them closely as they find an optimal medication, dosage and dose schedule. In relationships where one or both partners have ADHD, I try to help them acknowledge, understand and manage their long-standing feelings related to ADHD problems - helping them work cooperatively to improve their situation rather than blaming and defending, or giving up in resignation. I am especially interested in helping adults who have recently come to realize that they have ADHD with hyperactivity to accept their many complex feelings, as they fully realize the impact that ADHD has on their lives. I work actively, from my own experience, to help clients reconsider their old explanations for the inevitable conflicts associated with having ADHD, develop greater compassion for themselves and the people in their lives, and use their talents and interests to live happier lives. Population served: 100% adults Professional/Organizational Memberships: American Psychological Association

Adults Served: 100%

Professional Organization Membership: APA

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**Peter Weiss, MA**

www.seattlechildtherapy.com

511 28th Ave E  
Seattle, WA 98112  
206-245-9975 (phone)  
peter@seattlechildtherapy.com  
http://www.seattlechildtherapy.com

Category: Child & Adolescent Counselor, Other Professionals,

Business Listing: Child, adolescent, and family counseling for kids, ages 5-18, who are struggling with peer and/or family relationships.

Children Served: 45%

Adolescents Served: 45%

Adults Served: 10%

Professional Organization Membership: American Counseling Association, Association for Experiential Education

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**Jeannette Cohen, M.Ed. J.D.**

17826 1st Avenue NW  
Shoreline, WA 98177  
206-542-7234 (phone)

Category: Attorney,

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Business Listing: Attorney specializing in representing families in all areas of school law: special education, 504, discipline for special education and general education students, bullying and harassment, etc.

Children Served: Up to 21

Adolescents Served: Up to 21

Professional Organization Membership: CHADD LDA American Bar Association Washington State Bar Association Local Autism Group

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**Carl Plonsky, MD**

Union Avenue Pediatrics/Neurobehavioral Associates

1530 S. Union Ave  
Tacoma, WA 98405  
253-761-1543 (fax)  
carlplonsky@gmail.com

Category: Developmental & Behavioral Pediatrician,  
Professional Organization Membership: AAP/WSMA/PCMS

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**Catherine Follett, MSW, LICSW**

Mindfulness Based Body Centered Psychotherapist  
Program Director, Centerpoint Institute

Seattle Healing Arts Center  
6300 9th Ave NE  
Seattle, WA 98115  
(206) 523-8501 (fax)  
Catherinefollett@msn.com  
Web: [www.CatherineFollett.com](http://www.CatherineFollett.com)

Category: Social Worker for Adults, Coach, Psychotherapist

Business Listing: I am Licensed Clinical Social worker with over 20 years of experience. I became passionate about working with this population after learning that my children have ADHD, and then learning I did too! After diagnosis, many pieces fell in place. I feel particularly drawn to working with adults who are underutilized and underexpressed in their careers. Many of my clients are multi-talented, yet find they are not using the gifts of the ADHD brain to the fullest. I provide individual counseling, career counseling, coaching, and workshops in maximizing the creativity of the ADHD brain. I'm looking forward to working with you to bring your true gifts to the world!

Adults Served: 100%

Professional Organization Membership: National Association of Social Workers

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