

Elizabeth R. Witmer, PhD, Expands Trauma-Informed Psychological Care in Leesburg, VA

Local Licensed Clinical Psychologist Unveils New Offerings in Individual Therapy, Supervision, and Consultation



New York City, New York Jun 23, 2025 ([Issuewire.com](https://www.issuewire.com)) - Elizabeth R. Witmer, PhD, a highly respected licensed clinical psychologist, today announced the expansion of her private practice, Word Play Therapy, located at 15-D Loudoun Street SW. With over 17 years of professional experience and an advanced education culminating in a PhD from St. John's University in 2007, Dr. Witmer brings a wealth of expertise to her wide range of therapeutic services.

At Word Play Therapy, Dr. Witmer specializes in treating individuals experiencing anxiety, depression,

and PTSD. Utilizing evidence-based cognitive behavioral therapy (CBT) integrated with expressive art exercises, she guides clients through personalized strategies to manage overwhelming emotions, develop coping skills, and foster post-traumatic growth. Her innovative trauma treatment empowers clients to rewrite their stories about their lives and reconnect with their deep inner wisdom and strength.

Dr. Witmer's practice extends beyond individual therapy to include professional supervision, peer consultation, and presentations. She provides support to emerging therapists and mental health professionals, sharing her deep knowledge of trauma recovery, identity development, and resilience building. As a licensed psychologist in Virginia (license #0810005549) and a member of PSYPACT and the National Register of Health Service Psychologists, she is well-positioned to oversee complex clinical work and cross-jurisdictional practice.

Committed to accessibility, Dr. Witmer offers both in-person and telehealth services and provides sliding-scale fees when needed. Initial consultation sessions are complimentary—15 minutes by phone—to ensure prospective clients understand her empathic, holistic, evidence based, and metaphor-rich therapeutic style.

“By blending cognitive approaches with creative expression, humor, and thoughtful dialogue, I strive to help individuals rewrite their stories with hope and purpose,” says Dr. Witmer. “My goal is to cultivate meaning, resilience, and genuine connection to others and the earth in each person's journey.” Clients interested in working with Dr. Witmer can schedule a free consultation via phone at (571) 386-2797 or email through the Word Play Therapy website.

Learn More about Dr. Elizabeth R. Witmer:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1674329-Elizabeth-Witmer-Psychologist> or through Word Play Therapy <https://www.word-play-therapy.com/>

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Source : Dr. Elizabeth R. Witmer

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