

## **Leda Kaveh, PsyD: Founder and Director of Washington Psychological Wellness LLC and Washington Insight Solutions**

Licensed Clinical Psychologist Combines Integrative Therapy, Comprehensive Psychological Assessment, and Compassionate Care to Empower Individuals and Families



**Gaithersburg, Maryland May 11, 2026 ([IssueWire.com](https://www.IssueWire.com))** - Leda Kaveh, PsyD, is a Licensed Clinical Psychologist and the Founder and Director of Washington Psychological Wellness LLC in Gaithersburg, Maryland. With extensive experience providing psychological services to children, adolescents, adults, couples, and families, Dr. Kaveh has built a reputation for delivering compassionate, integrative, and evidence-based mental health care tailored to each individual's unique needs and experiences.

She is also the Founder of Washington Insight Solutions in Rockville, Maryland, a sister practice specializing in comprehensive psychological assessment and wellness services. Together, both practices reflect Dr. Kaveh's commitment to helping individuals gain deeper insight into their emotional and psychological well-being while creating supportive, personalized pathways toward healing, growth, and long-term wellness.

Known for her warm and down-to-earth approach, Dr. Kaveh prioritizes creating environments where clients feel comfortable, respected, and genuinely cared for from the moment they walk through the door.

"What I love most about my work is really simple: helping people," says Dr. Kaveh. "I'm really down to earth and take the time to get to know each individual client on a very holistic level. When you come in for a therapy, treatment, or testing session at either Washington Psychological Wellness or Washington Insight Solutions, we value the holistic approach, and we're known for providing boutique-style therapy and testing. I want you to come in and have it feel like you're someplace cozy and warm, where you're greeted and treated like a human. I don't like the whole sterile hospital feeling, so I feel that we provide an environment where people can really just let loose and relax and open up the best they can."

Dr. Kaveh completed her undergraduate studies at the University of Maryland, College Park, earning a Bachelor of Arts in Psychology through the Honors Program while graduating Cum Laude with a 3.97 GPA in 2010. She later earned her Master of Arts in Clinical Psychology from the American School of Professional Psychology at Argosy University in Washington, D.C., graduating with a 3.95 GPA in 2014, followed by her Doctorate in Clinical Psychology from the same institution in 2017, graduating with distinction and a 3.96 GPA.

Her doctoral training included a pre-doctoral internship through the APA-accredited Mid Atlantic Internship Consortium (MAIC) and a post-doctoral fellowship at Prince William Family Counseling. Throughout her clinical training, Dr. Kaveh gained broad experience through externships at respected institutions, including American University Counseling Center, Children's National Medical Center's Neuropsychology Department, and the District of Columbia Public School System.

Her clinical expertise spans a wide range of evidence-based therapeutic modalities, including cognitive behavioral therapy (CBT), psychodynamic therapy, EMDR, family systems therapy, crisis intervention, trauma-informed care, and integrative psychotherapy approaches. Dr. Kaveh works extensively with clients navigating anxiety, depression, trauma, behavioral concerns, relationship challenges, grief, emotional regulation difficulties, family conflict, and major life transitions.

As both a clinician and practice owner, Dr. Kaveh is deeply committed to building genuine therapeutic relationships rooted in trust, authenticity, and cultural responsiveness. She understands that beginning therapy can often feel vulnerable and emotionally overwhelming, which is why she places strong emphasis on creating welcoming spaces where clients feel safe enough to openly explore their experiences and move toward meaningful change.

Over time, she has grown Washington Psychological Wellness into a trusted and respected practice

known for its combination of clinical excellence and boutique-style personalized care. She carefully selects clinicians who share her commitment to thoughtful, individualized treatment and high standards of compassionate service. In addition to serving clients directly, Dr. Kaveh is passionate about mentoring and supervising clinicians, helping foster professional growth, and maintaining exceptional standards of care across her team.

At Washington Insight Solutions, Dr. Kaveh provides comprehensive psychological evaluations tailored to each client's individual goals and circumstances. Her assessments extend beyond diagnostic clarification, focusing on identifying strengths, uncovering challenges, and providing actionable recommendations that support academic achievement, workplace success, personal growth, and emotional well-being.

Whether clients are seeking diagnostic insight, educational accommodations, workplace support, or deeper self-understanding, Dr. Kaveh's evaluations are designed to provide clear, practical guidance that empowers individuals and families to move forward with confidence and clarity.

Dr. Kaveh also remains actively involved in community collaboration and advocacy efforts. She works alongside schools, healthcare providers, universities, and local organizations to ensure individuals have access to holistic support systems and evidence-based mental health resources. Her approach emphasizes inclusivity, cultural competence, and sensitivity to the diverse backgrounds and lived experiences of the people she serves.

Licensed in both Maryland (License No. 06035) and Virginia (License No. 0810006256), Dr. Kaveh brings extensive clinical expertise and leadership to her work. Beyond her private practices, she has contributed to psychological research in areas including narcissism in youth bullying, and cognitive impairment in mood disorders. She has also served as a graduate teaching assistant in courses such as Couples & Family Therapy, Clinical Interviewing, and Lifespan Development, reflecting her ongoing dedication to education and mentorship within the field of psychology.

Outside of clinical practice and academia, Dr. Kaveh is deeply committed to community service and advocacy for survivors and individuals in crisis. Since 2012, she has served as a Certified Crisis Counselor with Rape, Abuse & Incest National Network (RAINN), providing support to survivors of sexual violence. Her volunteer work also includes serving as a Victim's Advocate and Peer Counselor, helping individuals navigate traumatic experiences while promoting mental health awareness and emotional support within the community.

Fluent in Persian (Farsi), Dr. Leda Kaveh brings cultural sensitivity, warmth, and deep clinical expertise to every aspect of her work. Through Washington Psychological Wellness and Washington Insight Solutions, she continues making a meaningful impact by helping individuals and families feel understood, empowered, and supported on their journeys toward healing and personal growth.

*Dr. Leda Kaveh can be reached at 301-919-9753 or via email at [LedaKaveh1@gmail.com](mailto:LedaKaveh1@gmail.com).*

### **Learn more about Dr. Leda Kaveh:**

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/leda-kaveh>, through her profile on Washington Psychological Wellness LLC, <https://washington-psychwellness.com/dr-leda-kaveh/> or through her profile on Washington Insight Solutions, <https://washingtoninsightsolutions.com/meet-our-team/>

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