

Jean H. Ward, Ph.D.
Licensed Clinical Psychologist

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Education

Ph.D., 1982, Clinical Psychology, Vanderbilt University
M.A., 1980, Clinical Psychology, Vanderbilt University
B.A., 1978, Duke University

Licensure, Training and Awards

Clinical Psychologist, Board of Psychology, Commonwealth of Virginia #0810001242
Listed in the National Register of Health Service Providers in Psychology since 1986
Internship, Vanderbilt University / Veterans Administration Medical Center, 1982-1983
Vanderbilt University Psychological and Counseling Center Fellowship, 1981-1982
National Institute of Mental Health (NIMH) Predoctoral Traineeship, 1979-1981
Magna cum Laude and Honors in Psychology, Duke University, 1978

Practice Focus: Finding Fulfillment in School, Work and Play

“Positive psychology” model is goal directed with a focus on assessment of strengths, insight through writing personal statements and essays, communication practice, and identification of optimum school, work and leisure settings. Self care program for individuals and groups includes sessions on nutrition, exercise, sleep hygiene, stress management, study skills, problem solving, independence and relating to others.

Professional Experience

1985 to present: **Private Practice**, Fairfax and Vienna, Virginia.

Psychological assessment and counseling with pre-teens, adolescents, adults and families. Testing services include assessment of character strengths, personality and behavioral functioning. Expertise (28 years) in the diagnosis and treatment of eating disorders including bulimia, anorexia nervosa and compulsive overeating. Proficient in the treatment of depression, anxiety, adjustment, relationship and motivational issues.

1983-1986: **Director** (1985-1986), Staff Psychologist (1983-1985) of the Adolescent Day Treatment Program, Northwest Center for Community Mental Health, Reston, Virginia. **Consulting** included community education and identifying placements for clients in other Center programs, county treatment programs and schools. Clinical work included intellectual, educational, neuropsychological, behavioral and personality evaluations; individual, group and family treatment; and supervision to program staff members.

Professional Affiliations

Member of the American Psychological Association, Northern Virginia Society of Clinical Psychologists, Virginia Academy of Clinical Psychologists, Virginia Psychological Association, and Washington Society for the Study of Eating Disorders