THE MIND & BODY CONNECTION

The Medical Psychology Department is an integral part of the comprehensive approach to medical rehabilitation provided at Sheltering Arms. Medical psychologists, trained to understand the complex relationship between life events, emotions, stress and physical health, are skilled in helping people recognize and overcome obstacles to emotional well-being following illness or injury.

Our clinicians are available to assist patients at every stage of the rehabilitation process, from acute care consultations through wellness care post-completion of rehabilitation services. We provide a variety of services focused on facilitating the recovery from illness and injury. Our clinicians are highly trained in the assessment and treatment of patients with a wide variety of neurological, musculoskeletal and orthopedic injuries and illnesses.

Common diagnoses include, but are not limited to, neurologic illnesses and injuries such as stroke, concussion, traumatic brain injury, multiple sclerosis, headache and neuropathic pain. Orthopedic diagnoses include, but are not limited to, failed back syndrome, mechanical low back pain, chronic regional pain syndromes, myofascial pain, fibromyalgia and post surgical pain.

Mary Wells, PhD
Dr. Mary Wells is a licensed clinical psychologist, specializing in the evaluation and treatment of psychological aspects of pain and illness, to include pre-surgery evaluations, hypnosis for pain management and specialized treatment of post traumatic stress due to injury. She was in private practice for several years, then joined Sheltering Arms in 2000, first as a clinician and now as the director of the Medical Psychology Department.

Rebekah Forman, PhD
Dr. Rebekah Forman is a licensed clinical psychologist, specializing in helping patients and loved ones with chronic disease management and coping with new medical diagnoses. She uses a variety of treatment modalities, including cognitive behavioral therapy, motivational interviewing, and mindfulness- and acceptance-based interventions. Other areas of particular interest include sleep, weight management and adjustment to disability.

Deborah Hill-Barlow, PhD
Dr. Deb Hill-Barlow is a licensed clinical psychologist, specializing in rehabilitation psychology, psychological assessment, concussion evaluations and the treatment of depression, anxiety, eating disorders and post-traumatic stress. Her clinical services include the treatment of chronic pain, anxiety disorders, depression and adjustment to disability using a variety of therapeutic modalities including cognitive-behavioral techniques and motivational interviewing. Clinical areas of interest include EMDR and clinical hypnosis.

Pam MacMillan, PhD
Dr. Pamela MacMillan is a licensed professional counselor specializing in medical psychology. Her particular areas of expertise include the treatment of chronic pain conditions, progressive neurological and neuromuscular disorders and adjustment counseling. She has extensive experience treating individuals and families with problems associated with chronic medical illness.

Anthony Melchiorre, Jr., PsyD
Dr. Melchiorre is a licensed clinical psychologist specializing in rehabilitation psychology and neuropsychology. His clinical services include concussion management, comprehensive neuropsychological assessments, management of chronic pain and other medical conditions, as well as individual psychotherapy. Dr. Melchiorre uses a neuropsychological framework for case conceptualization and provides treatment employing cognitive-behavioral therapy and mindfulness-based interventions.

Tammy Redman, PsyD
Dr. Tammy Redman is a licensed clinical psychologist specializing in rehabilitation psychology, psychological assessment and the treatment of anxiety and eating disorders. Her clinical services include the treatment of chronic pain, anxiety disorders, depression and adjustment to disability using cognitive behavioral, motivational and other psychotherapeutic modalities. Clinical areas of interest and development include clinical hypnosis and EMDR.

Betsy Trexler-Pastoor, MRC
Betsy H. Trexler-Pastoor, MRC has over 20 years of experience providing brief psychological assessment screening, support and adjustment counseling for medical rehabilitation patients across the Sheltering Arms continuum of care. She currently specializes in the treatment of inpatients and their families with coping, adjusting to and compensating for acquired disabilities.
AVAILABLE SERVICES

Assessment Services
Spinal cord stimulator pre-implantation evaluations
Pre-surgical readiness evaluations
Neuropsychological evaluations
Bariatric evaluations
Dementia evaluations
Comprehensive pain management evaluations
Learning disability evaluations
Post-concussion evaluations
Work readiness evaluations
Disability evaluations
Treatment-focused diagnostic interviews
Independent medical evaluations

Therapy Services
Individual psychotherapy for pain management
Group psychotherapy for pain management
Caregiver consultation and referrals
Family education and therapy related to medical illness and sequelae
Adjustment counseling
Stress management
Behavior change programs (e.g., smoking cessation)
Post-concussion return-to-learn strategies

Treatment Modalities
Cognitive behavior therapy
Relaxation training
Medical hypnosis
Interpersonal psychotherapy
EMDR
Grief processing
Behavior management/lifestyle change

For more information or to make a referral for Medical Psychology services at Sheltering Arms,

PLEASE CALL
(804) 764-5201

Available at these Sheltering Arms Centers

Inpatient and Outpatient Available
Sheltering Arms Hospital - Hanover
Sheltering Arms Hospital - Midlothian

Outpatient Available
Sheltering Arms - Reynolds Center
Sheltering Arms - Bon Air Center

Ask to speak with a Medical Psychologist today.
Please call us at
(804) 764-5201 or
Toll-Free: 1-877-56-REHAB
www.ShelteringArms.com