



Full Circle Neuropsychiatric Wellness Center

Colleen A Blanchfield,
MD

Sage Bolte, Ph.D, LCSW,
OSW-C, CST

Dan Dinsmoor, Ph.D.
Tracy Kirschner, PT,
DPT, CDT

Johanna Mills, RN, BSN
Marie Muddu, RN, BSN
Tracy Shannon, RN, BSN
Micheline Toussaint,
MSW,
LCSW, RYT, SEP

Frequently Asked Questions

- **Is Dr. Blanchfield a psychiatrist or a neurologist?**
Dr. Blanchfield is a neuropsychiatrist; she is both a neurologist as well as a psychiatrist.
- **What conditions does Dr. Blanchfield treat?**
Dr. Blanchfield treats ADD/ADHD, Addiction, Anxiety Disorders, Adjustment Disorder, Bipolar Disorder, Depression, Dementia, Dissociative Identity Disorder, Migraine, Mood Disorder, Movement Disorders, Neuropsychiatric aspects of Lyme Disease, Obsessive Compulsive Disorder, Panic Disorder, Pain, Post-concussional Syndrome, Post Traumatic Stress Disorder, Schizophrenia Spectrum Disorders, Seizure, Sexual Dysfunction, Sleep Disorders, and Traumatic Brain Injuries.
- **What should I bring to my first appointment with Dr. Blanchfield?**
Please bring completed registration forms, your ID, and insurance card(s). Finally, we ask you to bring all medications in their original bottles for our clinical staff to document - this includes any prescriptions and over the counter medications that you may take.
- **How long is the first appointment with Dr. Blanchfield?**
Your first appointment may take up to either two or three hours. Dr. Blanchfield requires a very thorough background to be completed by our highly skilled clinical staff. Afterwards, Dr. Blanchfield will meet with you to develop an individualized and customized treatment plan.
- **What does Tracy Kirschner, PT, DPT, CDT specialize in?**
Dr. Kirschner specializes in orthopedic and neurological physical therapy. Among her areas of expertise are pelvic floor dysfunction, visceral mobilization, myofascial release, and manual lymphatic drainage. She is a pioneer in the development of physical therapy management for individuals with chronic Lyme disease and fibromyalgia.
- **What can I expect at my first appointment with Tracy Kirschner, PT, DPT, CDT?**
For your first appointment with Dr. Kirschner, please dress in comfortable clothes and bring a bottle of water. Additionally, please be sure to arrive early to your appointment in order to fill out initial evaluation forms that Dr. Kirschner needs before your initial appointment. Your first appointment with Dr. Kirschner will typically last one hour.

11490 Commerce Park
Dr.
Suite 420
Reston, VA 20191

Phone: (703) 481-9111
Fax: (703) 707-8657

Monday - Friday
9:00 A.M. to 3:00 P.M.

- **What does Micheline Toussaint, MSW, LCSW, RYT, SEP specialize in?**
Micheline has an expansive background in a variety of approaches to address trauma, anxiety and depression, emotional dysregulation, grief and loss, chronic illness, mid-life adjustments and life stressors. She currently draws on her training in Somatic Experiencing, EMDR, Cognitive Behavioral Therapy, Psychodrama and Mindfulness-Based Stress Management.
 - **What does Sage Bolte, PhD, LCSW, OSW-C specialize in?**
Dr. Bolte specializes in how cancer and its treatments impact sexual function and intimacy in relationships. She spends significant time working with and writing about young adult cancer survivors.
 - **Where should I park?**
You can park in the surface parking lots that surround the building. The front parking lot has two designated and labelled spots for Suite 420. Otherwise, patients are able to park in the other two side surface parking lots. Please display the visitor's parking pass that is on our website, as our parking lot is permit parking only. Our office is currently unable to validate parking tickets for the nearby parking garage.
 - **Do you make reminder calls?**
Our practice does not make appointment reminder calls. We will provide you with an appointment reminder card at the end of each appointment.
However, effective December 2018, our office will utilize an email/text automatic appointment reminder system.
 - **How often do I need to see Dr. Blanchfield, Dr. Kirschner, Micheline Toussaint, and/or Dr. Bolte?**
This can vary depending on your treatment plan.
 - **Do you take insurance?**
Like many physicians in Northern Virginia, we do not take insurance. Payment is expected at the time of service. However, we will provide you with a claim form to submit separately to your insurance.
Please note that we have opted out of Medicare. This means that, if you have Medicare, you may only submit a claim form to your supplementary insurance.
 - **What are your No Show and Late Cancellation policies?**
In order to avoid a late cancellation fee or no show fee, please give us greater than 48 hours notice of any cancellations/changes for your scheduled appointment. A 'No Show' occurs if you arrive fifteen minutes or more past your scheduled appointment time OR if you do not come to the appointment at all.
In order to uphold our No Show/Late Cancellation Policy, we ask all new patients to provide a credit card number to hold on file until their initial appointment date. This will be removed from our secure database following your initial appointment.
- These fees are as follows:
For **any** appointments with Dr. Blanchfield, Dr. Kirschner, Micheline Toussaint or Dr. Bolte, the charge is the **full cost of the appointment** for late cancellations and no shows.
- **What type of payment do you accept?**
We accept: cash, checks, and credit card (all types).

**To learn more about our office, please visit us at: www.cblanchfieldmd.com
Call us today at 703.481.9111 to schedule an appointment**