



Shawn Rubin, Psy.D

Serving Northern Virginia and the D.C. Metro Area

Dr. Rubin is a Licensed Clinical Psychologist with over 25 years of experience in clinical practice. His approach has been informed by extensive training in the depth psychologies of humanistic-existentialism and contemporary psychoanalysis.

Contact Dr. Rubin

About Dr. Rubin

Dr. Rubin earned his doctorate from the Center for Humanistic Studies Graduate School in Detroit, Michigan (now the Michigan School of Professional Psychology in Farmington Hills, Michigan) where he was mentored by Clark Moustakas, Ph.D., one of the original founders of the Humanistic movement in psychology.

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Clinical Services

Adult Psychoanalytic Psychotherapy

Psychoanalytic Psychotherapy is an intimate partnership, in the course of which the patient becomes aware of the underlying sources of his/her difficulties not simply intellectually, but emotionally, by re-experiencing them with the analyst.

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Couples Therapy

Couples therapy is a treatment designed specifically to focus on the couple's relationship and help them improve their understanding one another.

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Adolescent Psychotherapy

Individual sessions with children and younger adolescents are frequently combined with parent or family sessions to monitor progress.

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Child Play Therapy

Therapists strategically utilize play therapy to help children express what is troubling them when they do not have the verbal language to express their thoughts and feelings.

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Parent Consultations

Parent Consultations are an opportunity for parents to meet with me to discuss their challenges in raising their children and teenagers, and to address their concerns.

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Sexual Orientation & Gender Diversity

Dr. Rubin has served the LGBTQIA communities for nearly two decades. As a member of WPATH (World Professional Association for Transgender Health), he provides affirming therapy to children, adolescents, and adults.

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Managed Care & Insurance Panels

I provide each patient with a monthly statement that you can submit to your insurance company. If you are permitted by your plan to work with someone out of your network, you will receive reimbursement according to your plan's provisions.

[Learn More](#)

Consultation & Supervision

My focus as a supervisor is to help therapists grow according to their own unique skills, talents and personalities.

Consultations are available to individuals seeking insight into their particular situation or that of their child or adolescent.

[Learn More](#)

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