

Zenbees Team

Aldrin Ceballos, LCSW-C:



Specialized in trauma processing and CBT

Meeting link:

<https://doxy.me/AldrinCeballosLCSWC>

Andrea Mancini, LCPC:

Meeting link: <https://doxy.me/AndreaMZB>



Andrea is originally from good ol' Sussex County, DE. She has 13 years of experience in helping adults and children learn to cope with stress, anxiety, trauma, self-esteem, confidence, depression, substance use and everything in between. She truly believes it is her purpose to help guide individuals with mental health and substance use disorders take this journey towards healing and recovery. She is passionate in helping her clients uncover the connections between thoughts, feelings, behaviors and past experiences and learn how to make new connections that foster a greater sense of wellbeing. In her free time, she I enjoy traveling, watching DC and Marvel movies, sitcoms and spending time with family and friends, her daughter and their dog Duke.

Catheline Odia, CRNP, PMHNP-BC, FNP-C:

Meeting link: <https://doxy.me/catheline0>



Catheline is a dual board-certified Nurse Practitioner, holding credentials as both Family and Psychiatric Mental Health. She began her nursing journey at Marymount University and went on to pursue her advanced practice education at Chamberlain University. With over 13 years of experience in healthcare across diverse settings—including emergency medicine, inpatient psychiatry, primary care, and acute/long-term care.

Catheline brings a well-rounded and compassionate approach to each patient encounter. She has a special focus on geriatric care and a deep commitment to mental health. As a passionate mental health provider, Catheline combines evidence-based treatment, medication management, and psychotherapy to help individuals manage and overcome mental health challenges. She specializes in treating a wide range of conditions including depression, anxiety, mood disorders, and women's mental health. Catheline is devoted to partnering with her patients to help them reach their full mental health potential. She believes that mental wellness is central to overall well-being. Her approach is grounded in empathy, active listening, and creating a safe, judgment-free space where patients feel heard and understood. In her leisure time, Catheline enjoys painting, walking, spending time with family, and relaxing with a good movie.

Eva Beavan, LCSW-C:

Meeting link: <https://doxy.me/EvaBLCSW>



Ms. Beavan is a licensed certified clinical social worker. She earned a Bachelor of Arts degree in Psychology and a Bachelor of Social Work degree from Western Maryland College (now McDaniel College). She graduated from the University of Maryland with a Master of Social Work degree and has been providing therapeutic services to children, adolescents and adults for over thirty years. Ms. Beavan specializes in the treatment of trauma, mood disorders and anxiety as well as other psychiatric disorders. She uses an eclectic approach to treatment, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Psychodynamic Therapy and her own brand of humor therapy.

In her free time, Ms. Beavan enjoys spending time with her fur babies, dining out with friends and family, collecting monkeys, crocheting and diamond painting.

Faith Nguyen, PMHNP:

Meeting link: <https://doxy.me/FaithZB>.



Ms. Faith is board certified in psychiatric mental health and family nurse practitioner. She graduated from UMD, Baltimore as family nurse practitioner and from Washburn University for her psychiatric mental health practice. With over ten years of clinical practice, Faith has extensive experience in family practice and psychiatric care. She passionately enjoys working with individuals from different walks of life with various medical/mental health problems. She examined the impact of psycho-social variables and the challenges that prevent the mind, body and spirit to heal properly. She yearns for better solutions and better paths to enhance individual mindfulness and positive behaviors.

She is particularly ardent about guiding individuals to learn about their personal psychology and to live more fulfilled lives. Faith specializes in psychiatric illness including but not limited to anxiety, depression, ADHD, PTSD, mood related disorders and other psychiatric illnesses. She believes that strong and healthy clinician-client relationships can foster higher quality of care, and shared-decision making aims to empower clients to achieve their treatment goals.

In her spare time, Mrs. Nguyen enjoys walks in nature, sightseeing, enjoys the sun and adventures. She loves to explore new places, soak up local cultures and cuisines.

Genia Grimes, MSN, APRN, PMHNP-BC:

Meeting link: <https://doxy.me/geniagrimesnp>



Ms. Genia is a board certified Psychiatric Mental Health Nurse Practitioner. She graduated from Walden University. Her compassionate and comprehensive care to individuals with mental health and SUDs. She endorses telehealth and its capacity to effectively reach a wider patients population, breaking down barriers and ensuring quality care accessibility. Genia specializes in psychiatric illnesses including but not limited to addiction, depression, anxiety, PTSD, and ADHD. Her goal is to create an environment where patients and families feel safe and supported throughout their mental health and recovery journey. In addition to reading, Genia enjoys spending time with her family.

Karen Monroe, MSN, PMHNP-C, FNP-C:

Meeting link: <https://doxy.me/karenmonroe>



Karen is a dual certified Family and Psychiatric Nurse Practitioner with 24+ years of experience in the medical field. Her nursing career consists of ICU, emergency medicine, trauma and inpatient child and adolescent behavioral/psychiatric treatment. She also held roles as a nurse educator, hospital supervisor, and Director of Nursing. She remains active in ENA and teaches TNCC (Trauma Nursing Core Courses) to nurses interested in trauma medicine.

Karen has traveled as an emergency room nurse and proceeded to travel as a nurse practitioner to multiple Native American reservations. Her knowledge and expertise have provided a foundation for her success as a Nurse Practitioner. She is compassionate and passionate about working with a diverse population. Her work in addictions and recovery has offered new opportunities to help a delicate population. Karen enjoys helping people both professionally and personally and takes a holistic approach in her treatment modalities. Karen has two adult children and a teenage daughter, as well as three beautiful grandchildren that she enjoys to the fullest. In her free time, she loves watching movies, traveling, dancing, hiking, going to the beach, sunshine and many other outdoor activities.

Dr Maria Mbeboh, PMHNP:

Meeting link: <https://doxy.me/drmmbeboh>



Dr Marie Mbeboh has been residing in Maryland for a considerable period. She pursued her undergraduate degree in nursing and graduate studies in business administration (MBA) at the University of Maryland. With over 17 years as a nurse, Dr. Marie has extensive experience in nursing care. Driven by her thirst for knowledge and dedication to delivering exceptional care, Dr. Mbeboh furthered her nursing education at Walden University, graduated with a doctor of nurse practice at Chatham University in Pittsburgh Pennsylvania.

Dr. Marie Mbeboh has extensive experience in nursing care. She is driven by her thirst for knowledge and dedication to delivering exceptional care. She is passionate about assisting others and has been actively involved in community service through non-profit organizations. She has taken part in medical missions abroad, delivering healthcare services to underserved populations with various medical/mental health problems. She believes in healthy therapeutic relationships between the provider and client to deliver higher quality care and make informed shared decisions. She is committed to examining psychosocial factors that affect the client's well-being, the impact on their mental health, and finding solutions to improve outcomes. Dr. Mbeboh is dedicated to exploring the art of healing. She actively engages in community outreach, emphasizing the importance of personal connections and trust in providing excellent psychiatric care.

Dr. Meseret Asfaw, PMHNP:

Meeting link: <https://doxy.me/NPMAsfaw>



Dr. Meseret Asfaw is a board-certified psychiatric mental health practitioner with more than two decades of nursing expertise. She earned a Doctor of Nursing Practice from Sacred Heart Catholic University. She also has a master's and bachelor's degree in nursing (BSN) from George Mason University and a post-master's degree in Psychiatric Mental Health Nurse Practitioner across the Lifespan (PMHNP-BC) from Wilkes University in Pennsylvania.

Her career in healthcare began as a nurse working at the patient's bedside. Later, she became a nurse educator. As a practitioner, she offers evidence-based, patient-centered care to people of all ages, including children, adolescents, and adults, as well as geriatric psychiatry, and medication management for conditions such as depression, anxiety, bipolar disorder, trauma-related issues, and other mental health concerns.

Her goal is to deliver compassionate care while promoting a collaborative and personalized approach. She understands that everyone is unique and deserves respect and sensitivity. She seeks to provide a safe and supportive environment where you feel heard, valued, and empowered to achieve your mental health objectives. She treats you with dignity, caring, compassion, and respect. She prioritizes the privacy and safety of her clients.

In her spare time, she enjoys spending time with her family, connecting with nature, gardening, walking, cooking, reading, and traveling.

Ryan Dobbs, LCPC:

Meeting link: <https://doxy.me/ryandobbs>



Ryan's Philosophy: Each of my clients is capable of finding clarity and happiness. My style is warm and direct, encouraging clients to be their honest, authentic selves in a confidential safe space to examine and process their experiences. With over 15 years of counseling experience, I have an Education Specialist degree in Mental Health Counseling, a Master of Science in Education in Counseling and Counselor Education from Indiana University Bloomington, and earned my bachelor's degree from Wabash College. I specialize in a wide range of areas including stress management, anxiety, depression, grief and bereavement, multicultural diversity issues, LGBTQIA+ support, trauma, military family support, child/adolescent/adult mental/behavioral health and addiction related recovery issues.

Sarah Britt, PMHNP:

Meeting link: <https://doxy.me/SarahBrNP>



Sarah Britt is a board certified Psychiatric Mental Health Nurse Practitioner. She graduated from Walden University. She believes that everyone deserves great mental health care, regardless of their background.

Sarah specializes in mental health disorders including but not limited to anxiety, depression, bipolar disorder, and PTSD. Sarah encourages her patients to incorporate not only medications, but to also utilize therapy to improve their overall quality of life. She believes in using medications as a tool for treatment, with the understanding that it is one piece of an individual's comprehensive treatment plan.

In her spare time, Sarah enjoys spending time with her husband, pets, and listening to audiobooks!

Sarah Dupree, LCPC:

Meeting link: <https://doxy.me/SaraDLCPC>



Ms. Dupree has been an LCPC for over 25 years and worked in a variety of settings and practices to include equine assisted therapy and EMDR. She works in the community doing counseling with seniors and will soon help to develop a pilot postvention program for communities impacted by suicide. She lives an eventful life with family and pets. She adores animals and rewarded by her 2 horses, 2 donkeys, 3 cats and a dog. She enjoys horseback riding, kayaking, reading, and thrifting. She utilizes direct but laid-back style in psychotherapy. She is known and appreciated for her openness and my sense of humor.



Zenbees

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