

Keystone Therapy

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We Moved!

Keystone Therapy Group has relocated to the corner of Burke and Fairfax Station for a more accessible and long-term space! Our new address: 5641 Burke Centre Parkway, Suite 118, Burke, VA

Check with your therapist for in-office availability. We look forward to welcoming you to our new space!



From The Therapist's Desk: Blog

Keystone Therapy Group has a new blog where we invite our readers behind the desk and into the mind of your therapist!

In our blog, we share tips and tricks to use in therapy, thoughts to continue self-growth outside of your therapy sessions, and our own "insider scoop" on how we guide and recognize growth within our own clients - as well as ourselves.

Recent posts include:

- [Stressed But Coping: Why You Still Might Need Therapy](#)
- [3 Things You Can Start Doing Now to Improve Communication](#)
- [Navigating Therapy: Finding the Right Therapist](#)

[**READ MORE: OUR BLOG**](#)

Therapy Tip: Body Scan

WE ABSOLUTELY LOVE THIS SKILL FOR IDENTIFYING STRESS AND ANXIETY HELD WITHIN THE BODY.

1. Sit or lie down comfortably, with eyes closed or gazing down.
2. Take a few deep breaths through your diaphragm, expanding your belly with each breath.
3. Focus on the top of your head, and notice what sensations you are experiencing. Don't change it, just notice.
4. Move down your body, focusing on your face, neck, shoulders, arms, and upper back. Remember to breathe!
5. Focus on your chest and belly, continuing to breathe and just notice - don't change anything.
6. Continue down the rest of your body, noticing sensations in your lower back, thighs, knees, calves, and feet. Notice the feeling of your feet on the floor, and breathe.
7. Slowly bring your attention back to the present, releasing any tension you still notice.



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Client Testimonials

"Being a client of **Keystone Therapy Group** has been a wonderful journey. I've seen a ton of growth in my life throughout my time as a client, and I'm incredibly grateful for how attentive and professional the staff is."

"I have been working with **Rhiannon** for a couple of years now and she has transformed my life. She provides a safe space for me to talk, listens carefully, and makes me feel heard. Her guidance has empowered me to overcome challenges in my life and I am so incredibly grateful for the work she has done."

[READ MORE TESTIMONIALS](#)



Congrats Rhiannon!

Rhiannon has completed her clinical residency and earned her independent license! She is now a Licensed Professional Counselor in Virginia. Please join us in wishing her a big congratulations for her hard work and success!

[MEET RHIANNON](#)