

Meet Our Therapists and Staff



Lisa McDowell, MEd, LPC, LSATP, NCC, ACS
Director of LifeBridge Counseling, LLC

Lisa is a Licensed Professional Counselor, Licensed Substance Abuse Treatment Practitioner, National Certified Counselor and an Approved Clinical Supervisor. Lisa has been in the mental health and substance abuse field for over 25 years and has experience working in outpatient clinics, community based services, crisis and inpatient hospital settings. Her specialties include addictions treatment for adolescents and adults, eating disorders and self-harming behaviors. Lisa focuses on the skills that all people possess to help them with the capacity to grow in their own time and in their own ways. She believes that it is a therapist's job to tap into the strengths and motivation people have within themselves to help guide them towards hope, health and healing. Lisa loves the ocean, especially in the fall and visiting her niece and nephew.

Amanda Beverly, MA, LPC, CSOTP
Outpatient Therapist

Amanda is a Licensed Profession Counselor and a Certified Sex Offender Treatment Provider who began her professional career in 2001 as a law enforcement officer working on both local and federal levels. Amanda has experience working in community based services and outpatient settings. Amanda specializes in providing psycho-sexual risk assessments and therapy for adolescents and adults who have engaged in inappropriate sexual behaviors, while also specializing in working with victims of physical and sexual abuse. In addition Amanda enjoys providing therapy for individuals with depression, personality disorders, behavioral problems, learning disabilities and substance abuse. Amanda believes in creating an empathic and safe environment for individuals and families to work towards change.





Jessica Niedermeier, MA, LPC

Outpatient Therapist

Jessica is a Licensed Professional Counselor with over 10 years experience working with children, teens and adults. She has provided treatment in a variety of settings including schools, homes, and the community. Jessica specializes in anxiety, depression, ADHD, anger management, school/work challenges, grief/loss, life adjustment and relational problems. Jessica partners with individuals, couples and families to encourage and motivate them to strive to reach their goals. When Jessica is not working she loves to travel with family and friends, exploring new places. She tries to enjoy the little things in life because they become the big things.

Lise Westmoreland, MA, LPC

Outpatient Therapist

Lisa is a Licensed Professional Counselor. Lisa has experience in post-traumatic stress (effects from physical abuse, sexual abuse, emotional abuse, rape, accidents and or crisis situations) depression, Bipolar Disorder, anxiety, phobias, panic attacks, stress management and self-esteem. Lisa specializes in life transitions such as divorce, career issues and grief and loss. Lisa focuses on developing a trust based relationship with her clients to support them in reaching their goals for emotional, social and physical wellness. Outside of work Lisa enjoys spending time outdoors with friends and family. She is also an avid volunteer.





Chris Torre, MA Resident in Marriage and Family Therapy
Outpatient Therapist

Chris is a Resident in Counseling with over 10 years experience working with children, adolescents, and families. He has experience providing therapy in a variety of settings including schools, home, community and in psychiatric inpatient hospital settings. Chris specializes in emotional and behavioral disorders as well as academic and family issues. He utilizes a variety of methodologies in order to best fit the treatment with the individual. Chris specializes in Cognitive Behavioral therapies, Solution Focused Brief Therapy and Trauma Treatments. When Chris is not working he enjoys cooking, gardening, singing, playing guitar and building computers.

Lisa Worrell, MA, LCSW
Outpatient Therapist

Lisa is a Licensed Clinical Social Worker, with over 15 years experience in the field of social work, inpatient and outpatient settings. Lisa specializes in working with age related anxiety and depression in young adults, and providing therapy to all ages. Lisa utilizes strength-based and empowerment perspective in order to emphasize strengths and resiliency within the person. When Lisa is not providing therapy she enjoys traveling, camping, hiking and spending time with her family.





Mark M. Martin, LCSW
Outpatient Therapist

Mark is a Licensed Clinical Social Worker with 10 years of experience working with children (ages 3 and up), adolescents and families in a variety of settings. Mark specializes in working with anxiety, anger, autism, ADHD, ODD, LGBT issues, and couples therapy. Mark utilizes play therapy techniques in sessions with children and families. Mark takes a person center approach by active listening and encouraging individuals to make the changes they desire. He uses a strengths based approach to help individuals build upon their strengths to create the changes they would like to see in their life.

In his free time Mark, enjoys spending time within his family - both two and four legged- reading and collecting comics and action figures

Maria Weaver
Office Manager

Maria is LifeBridge Counseling's office manager. Maria manages all of the insurance and billing needs of our practice. She recently joined our team in January of 2016. Prior to LifeBridge Counseling Maria spent 20 years as an insurance specialist of an optometric practice in the Roanoke Valley. Recently, she felt she needed something that would give her more sense of pride in helping others through difficult times. Maria left the optometric practice to help make a lasting positive impact. In her spare time she loves to cook, travel, read and spend time with her family.



LifeBridge Counseling accepts all major insurance, most commercial insurance policies as well as Medicaid, MCOs, HMOs, and Medicare.

Please visit our website or call to inquire if an insurance plan is accepted.

Day, evening and weekend appointments available

Call - 540.523.8080

www.LifeBridgeCounseling.com

or email us at info@LifeBridgeCounseling.com