

Meet the Provider: Valerie Long, Ph.D., HSPP
Interviewed by David R. Parker, Ph.D.

CRG is very pleased to welcome Dr. Val Long to our team! Her extensive background as a psychologist in the Midwest and South give her a wealth of experiences helping individuals and families. Read more to learn about Dr. Long's specialties, background, and personal interests. Find more information about her, please visit her page on the [CRG Website](#).

What is your role at CRG?

I am a psychologist at CRG. I provide therapy for adolescents and adults for a variety of issues, particularly anxiety, depression, and/or family problems. I also provide psychological evaluations for children, adolescents and adults. One specialty area of assessment that we are offering at CRG includes adult ADHD evaluations.

What have you done professionally prior to working at CRG?

I have spent the majority of my professional career in the Detroit area, primarily in a private practice setting for about 15 years, where I provided therapy and assessments for adults, adolescents and children. Four years ago, I moved to Tampa, Florida where I was the Director of Cognitive Training at a private practice and also provided psychological evaluations for children and adolescents. Last year, I moved to Indianapolis and worked at another private practice prior to joining CRG.

Why did you decide to become a psychologist?

As a teenager, I had the opportunity to babysit regularly for a child whose father was a mental health professional. I remember being very interested in the father's work and eager to read the psychology books in his library after the child went to sleep. I followed this interest in college, majoring in psychology. I loved all my psychology classes as well as working with people at the practicum experiences I had in the mental health field. It quickly became clear to me that I wanted to pursue a career as a psychologist.

What do you anticipate you will like most about working at CRG?

I am very excited to work in a larger, multidisciplinary practice. The team approach offers a wonderful opportunity for patients to have coordination of their care as well as for the professionals to share ideas, learn, and collaborate with one another.

What are the benefits of conducting thorough assessments?

A thorough assessment allows the treatment team to identify specific problem areas, strengths and weaknesses, and to develop an appropriate treatment plan.

How do you like to spend your free time?

I enjoy spending time with my family - playing golf, watching sports, cooking, exercising and watching movies, and playing with/walking my little rescue dog, Boo.