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FOR IMMEDIATE RELEASE

New Psychologist joins Valley Health–Upper Kanawha

Addition of Dr. Lindsey Kitchen expands service offerings in Cedar Grove, W.Va.

CEDAR GROVE, W.Va. – Valley Health Systems announces the addition of psychologist, Dr. Lindsey Kitchen, to its team of primary care providers at Valley Health–Upper Kanawha in Cedar Grove, West Virginia.

Dr. Kitchen’s addition to the Cedar Grove-based health center marks an expansion in service offerings, making psychology services accessible to adults and children above the age of five for the first time in that location.

In her role as a psychologist, Dr. Kitchen will support an integrated model of care that will allow patients to be treated both body and mind. She will provide behavioral therapy to treat depression, grief, life transitions, relationship issues, and more. She can also help support people as they cope with medical conditions like diabetes, obesity and heart disease.

Dr. Kitchen completed a B.A. in Psychology with a minor in Sociology in 2007 from West Virginia State University. She earned a M.A. in Clinical Psychology in 2012 and a Psy.D. in 2018, both in Clinical Psychology, from Marshall University’s APA accredited program.

Dr. Kitchen previously served as a supervised psychologist and psychometrician with Saar Psychological Group in South Charleston, West Virginia. At Saar Psychological Group, Kitchen performed forensic evaluations for civil and family court as well as evaluations for general or treatment purposes for adults and children, with particular focus on children with a history of abuse and/or neglect.

Kitchen also gained experience as an intern and student clinician in a number of settings since 2006, including the West Virginia Resolve Program assisting adult and child clients in a domestic violence shelter; Charleston Area Medical Center, where she was part of a research team that conducted a project related to methadone and trauma-related incidents; Marshall University Community Clinic performing intakes for services and evaluations; Marshall University Psychology Clinic conducting intakes and evaluations; providing psychological services to adult clients with Marshall Psychiatry; and working one-on-one with caregivers and patients receiving treatment services at the Charleston Area Medical Center David Lee Cancer Center.

Valley Health – Upper Kanawha is located at 408 Alexander Street, Cedar Grove, W.Va. Behavioral health appointments with Dr. Kitchen can be scheduled on Mondays and Wednesdays between 8:00 a.m. and 6:00 p.m. and on Thursdays between 8:00 a.m. and 2:00 p.m. Those interested in making an appointment may call the health center at 304-595-1770.

For a complete list of Valley Health’s services and locations, visit www.valleyhealth.org. Other information, including Valley Health news, is also available by following Valley Health’s Facebook page at www.facebook.com/WVvalleyhealth.

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Valley Health Systems, Inc. is a network of over 30 non-profit health centers and public health programs that has been a Tri-State leader in the delivery of primary healthcare since 1975. Operating in southern West Virginia and southeastern Ohio, Valley Health provides services to nearly 70,000 patients each year.