

Care For Women Navigating Emotionally Complex Times

Specialized Perinatal & Women's Mental Health Support



Support when it's Needed

So many pregnant women and parents feel overwhelmed, isolated, or unsure whether they can handle this new phase of life. While many women expect joy during this season, they may also experience anxiety, grief, overwhelm, trauma, depression, or difficulty adjusting to new roles and expectations.

Access to a trusted mental health resource can provide much-needed support during this vulnerable time.

Heather McMillen, LPC, PMH-C

Heather McMillen specializes in maternal and women's mental health, offering compassionate, evidence-based care for women navigating emotionally complex experiences.

Therapy can be beneficial if you are experiencing:

- Persistent anxiety or sadness during pregnancy or postpartum
- Difficulty bonding or adjusting after birth
- Emotional distress following infertility, miscarriage, or loss
- Traumatic birth experiences or medical complications
- Increased irritability, panic, intrusive thoughts, or overwhelm
- Challenges balancing identity, relationships, and motherhood

A Trusted Resource

Many clients initially seek support for perinatal concerns and continue therapy to deepen insight, strengthen coping skills, and create sustainable change.

Heather's work is grounded in warmth, clinical expertise, and a deep understanding of the emotional complexities surrounding pregnancy, childbirth, loss, and new parenthood.

Currently accepting referrals for women seeking support during pregnancy, postpartum, infertility, and reproductive transitions.

PSYCHOTHERAPIST

Specialty: Maternal and Women's Health

Locations: Heather provides convenient virtual therapy to residents of Virginia, Washington, D.C., Maryland, South Carolina, and Utah.



Practice Philosophy

Heather McMillen provides care for women and parents who are navigating emotionally complex times, especially during pregnancy, postpartum adjustment, infertility, traumatic birth experiences, and hormonal changes. She also supports parents struggling with the challenges of raising children, including those with special needs.

With sensitivity and compassion, Heather provides a supportive space for clients to process their feelings of grief, loneliness, and disappointment, while guiding them to move forward with greater clarity, understanding and hope. Heather helps clients to "find the spark of joy and grow it," while also acknowledging pain in a way that feels safe and manageable rather than all-consuming.

In addition, Heather works more broadly with anxiety, depression, relationship stress, and life transitions, and treats women who are dealing with the strong emotions that often accompany perimenopause and menopause.

Eye Movement Desensitization and Reprocessing (EMDR)

Heather also offers Eye Movement Desensitization and Reprocessing (EMDR) treatment for both perinatal and general clients. EMDR is a simple but effective evidence-based therapy using bilateral stimulation (BLS) — tapping, auditory tones, or eye movements — to accelerate the brain's capacity to process and heal a troubling memory or distressing experience. By using the EMDR framework, clients can begin to rewrite their internal narrative, creating lasting change in how they feel, respond, and relate to others in their lives.

Areas of Expertise:

- Pregnancy & postpartum emotional wellness
- PMADs (Perinatal Mood & Anxiety Disorders)
- Postpartum depression & anxiety
- Traumatic birth experiences
- Infertility & reproductive challenges
- Pregnancy and infant loss
- Adjustment to motherhood & identity changes
- Anxiety, overwhelm, and emotional burnout
- Hormonal Changes across life transitions

Heather integrates evidence-based approaches into treatment including:

- EMDR
- Cognitive Behavioral Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Solution-Focused Therapy