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Crystal Joseph

PsycYourMind



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That’s the guiding principle behind *PsycYourMind*, the Silver Spring-based mental health practice led by Crystal Joseph, LCPC, LPC, ACS. With nearly a decade of private practice experience and deep Virginia roots, Crystal has built a business—and a community—centered on support, integrity, and mentorship.

When offers of local government jobs Crystal expected didn’t materialize after graduate school, her then-boyfriend (now husband) suggested she forge her own path. “I didn’t learn business in grad school—only clinical work,” she reflects. “But I figured, if others have done it, I can at least try.”

So she did. After navigating an imperfect sublease and learning the hard way about contract language and legal loopholes, Crystal officially launched Psyc Your Mind in 2016. This February marked nine years in business, with eight of those spent in her downtown Silver Spring brick-and-mortar office.

A Safe Space for Healing and A Mentor to Black Therapists

Crystal specializes in three core areas:

- Supporting individuals on the cancer continuum
- Treating anxiety-informed depression
- Addressing cultural trauma, particularly in Black communities



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Health & Medical

PSYC /sahyk/ Verb—To prepare psychologically to be in the right frame of mind or to give one’s best. YOUR /yohr/ Noun—Indicative of belonging to oneself. MIND /mahynd/ Noun—The element, part, substance, or process that reasons, thinks, feels, wills, perceives, judges. Totality of conscious and unconscious mental processes. ! —Used at the end of a phrase to express extreme emotion; high volume PsycYourMind® seeks to provide People of the Global Majority an out-of-the-box, creative approach to mental health counseling. Adopting a decolonized, holistic perspective, we operate in a resource-development capacity to ensure optimum skill acquisition needed to thrive in the world. Viewing the mind as the control unit for your body, all behaviors, environmental factors, and emotions will be evaluated to produce realistic outcomes.

General Information

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Her decision to keep her office open during the pandemic came from a place of compassion. “Home isn’t safe or private for everyone. Especially in our community, with multigenerational homes, therapy over Zoom just wasn’t enough.”

Crystal’s approach is warm, nonjudgmental, and deeply personal. “Your secrets are safe with me. I might remind you of your auntie or your big sister—but I’m not your good girlfriend who’s going to gossip. I’m here to help.”

And Crystal isn’t just a therapist—she’s also a mentor. Since becoming a certified clinical supervisor in 2018, she has trained 19 graduate-level interns and residents. Of those, eight are now fully licensed, and six have gone on to launch their own private practices. Her philosophy is simple: Lift as you climb.

“I went through trials and tribulations on my journey that I could have done without,” she says. “So I make sure others don’t have to experience the same struggles.”

Lessons from the Journey

One of the hardest lessons Crystal learned was the importance of reading the fine print—and having a lawyer do it too. An early contract mishap led to unexpected charges and the realization that others leasing the same or similar spaces had negotiated vastly different agreements.

Now, she teaches her interns how to protect themselves. “Don’t just trust the first person you meet. Verify everything. Know the landscape.”

Therapists often work alone, but Crystal is intentional about building community. Whether it’s participating in local events, joining directories like this one, or just following up after networking meetups, she understands the power of visibility and connection.

“I’m an introvert, but these kinds of conversations matter. They lead to collaborations, mentorships, and access to care.”

As a Virginia Beach native whose grandparents were local changemakers and community leaders, Crystal’s family roots run deep in Hampton Roads. But she moved to the DMV after college and now calls Montgomery County home.

Her experience setting up shop in Montgomery County has been mostly smooth. When she raised concerns about a sudden rise in parking rates affecting her team and clients, her council member called her back personally. “That meant a lot. I believe in giving constructive feedback—and being heard.”

Connect With PsycYourMind

PsycYourMind primarily serves Millennials and Gen X, but the practice welcomes anyone looking for a safe space to talk, heal, and grow. Because they maintain a full caseload, Crystal encourages potential clients to schedule consultations online rather than wait for returned phone calls. “We’re not corporate America,” she notes. “We’re human. But we care deeply.”

Remember... Crystal reminds the community: “Black therapists exist. We are here, we are trained, and we want to help. You’re not alone.”



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