

Offers & Asks

I offer my clients:

- Over 22 years of experience as a mental health professional: I have been providing direct clinical services to clients continuously since 2002.
- A depathologizing environment of respect, empathy, and affirmation: While we may use the language of "disorders" to assist with diagnosis, I see my clients through a non-pathological lens and strive to treat them all with positive regard, understanding, and compassion.
- A high level of care, energy & attention: I hold the following scheduling boundaries to maintain high energy and focus levels for all clients. This commitment ensures that I am not at risk of overworking or burnout. A burned out therapist is very low on empathy, mentally exhausted, overwhelmed, distracted, cynical, and often physically unwell. I don't want to be any of those things for my clients (or myself).
 - My general hours for sessions start at 11am and end at 7pm Mondays through Thursdays
 - While I do not do sessions on Fridays, Saturdays, or Sundays I am absolutely still available for communication on those days.
 - Additional scheduling boundaries include no more than:
 - 20 sessions per week
 - 5 sessions per day
 - 3 sessions in a row without a break
- Communication and support between sessions: I am available for communication with you between sessions
 - You are able to call, text, or email me literally any time
 - I will always respond to you within 24 hours, usually much sooner. However, keep in mind that I am not available to respond immediately 24/7
 - I don't not respond to messages. If I haven't responded in 24 hours something went wrong, please contact me again
- Crisis assistance: In the event of a crisis I am happy to schedule 15 minute phone calls and/or extra sessions as my schedule allows.
- Helpful appointment reminders: My system sends out both text and email reminders 72 hours before every session.

- A flexible cancellation policy: I have a 48 hour cancellation policy. If you late cancel but we are both able to reschedule your session for the same week you will not be charged for two sessions. Exceptions to my cancellation policy include car accidents, natural disasters, medical or psychiatric hospitalizations of yourself or a close loved one, and the loss of a close loved one.
- Respect for your time, energy, and money: I am punctual and honor the time you have paid for. If I ever run late I will arrange to make up the lost time with you as soon as we can both make that happen.
- A variety of session settings: We are able to meet at an office, via video, or over the phone.
- A container designed to invoke a sense of safety: I shy away from saying that I offer a "safe space" for clients as what feels safe is highly personal to each individual. Instead I do my utmost to offer a place that includes whatever elements are needed to encourage a feeling of safety for any given client.
- Hands-on assistance with insurance reimbursement: If you are confused about how to get reimbursement for our sessions from your insurance I am happy to guide you through the process in a clear and streamlined manner. I automatically provide all clients with insurance-compliant Superbills to aid in the reimbursement process. I also offer an optional method of assistance with meeting your deductible and paying less for your therapy sessions upfront via Thrizer. While you are working on meeting your deductible Thrizer will automatically submit claims to your insurance company and keep track of progress made toward your deductible.
- Well-coordinated care: I will regularly communicate with any outside providers you give me explicit written permission to engage with.
- An ever growing and up-to-date skillset: I stay on top of continuing education so I am always enhancing and expanding my therapeutic skill set with the latest evidence-based techniques in the field of psychotherapy.
- A social justice-informed worldview: I recognize the intersection of privileged and marginalized identities in both my clients and myself. I condemn all systems of oppression and provide therapy that is free of ableism, ageism, classism, fatphobia, queerphobia, racism, religious discrimination, sexism, and transphobia. My practice is affirming of neurodiversity, ethical non-monogamy, kinks, and sex work.
- Openness, willingness, and non-defensiveness: I always remain open to feedback, constructive criticism, and difficult conversations my clients may want to have about my approach to their treatment. I strive to be accountable for and transparent about any mistakes I make. I recognize that the impact my actions have on you matters more than my intentions.
- A resilient, rested, and regulated therapist: Making 160 days of the year available for sessions with clients means that my brain, nervous system, and body are in the best shape possible for you. Taking plenty of time off is an additional protective factor against burnout.

- Annually I take off 32 session days. Approximately half of those days are the same every year, and the other half change on a yearly basis according to personal plans
- If these days fall on a Monday, Tuesday, Wednesday, or Thursday they are the scheduled days I take off annually:
 - New Year's Day
 - Martin Luther King Jr Day
 - February 1st
 - President's Day
 - Spring Equinox
 - Memorial Day
 - May 1st
 - Juneteenth
 - Summer Solstice
 - Independence Day
 - August 1st
 - Labor Day
 - Fall Equinox
 - Indigenous People's Day
 - Halloween
 - Veteran's Day
 - Thanksgiving
 - Winter Solstice
 - Christmas
- Even though I take off 32 session days every year I will remain available for communication with you for at least half of those days off. That means I am available to communicate with you for at least 345 days of the year
 - I will always make it abundantly clear, both orally and in writing, well in advance what days off I will be available for communication and what days off I will not be available for communication

- For those approximately 16 days a year I will be off work AND unavailable for communication. I will always arrange for another therapist you can communicate with to cover my time off entirely. You will always have their name and contact information well before I take such time off.
- A therapist who is taking care of herself: I consistently engage in a high level of personal self-care across multiple dimensions to make sure that I am always the best and most mentally fit therapist (and person!) I can be for you.
- A space that's carved out just for you: I do not work with partners or family members of current clients. While I am often open to working with friends of clients, I only do so with the current client's explicit permission.
- Minimal assumptions: People never cease to surprise me with their answers to questions I *think* I might know the answer to. Therefore I approach my clients with as few assumptions about their life and experience as possible.
- Access to curated mental health resources: I give my clients access to an extensive list of high quality mental health resources such as books, podcasts, products, and playlists that I have collected over my many years of experience in this field.
- The ability to invite others to your sessions: While I do not provide family or couples therapy, if you ever feel it would be helpful to invite a partner, family member, or friend to one of your sessions we can absolutely do so as long as it is discussed between us ahead of time.
- Assistance with documentation: If you have employment, government, or legal documentation filled out by a psychologist regarding your mental health I am more than happy to do so.
- Clinically appropriate and ethical outpatient care: If it ever becomes clear to me that the outpatient level of care is no longer an appropriate way to meet your mental health needs I will explain why and refer you to a higher level of care.
- A well-connected source for referrals: If you need referrals to other outpatient providers or to a higher level of care, my 22 years of experience working in mental health in Los Angeles means that I am well connected and can provide informed referrals to many high quality providers. Regular networking with other local providers is a part of my business practices.
- Transparent and predictable rate increases: I do not raise my rates by more than \$5-10 per year.
- Waitlist preference to former clients: If a former client wants to re-engage in therapy they automatically jump to the #1 spot on my waitlist.
- Independence from your health insurance company: Seeing an out-of-network provider like myself means that your health insurance company does not get to determine how many therapy sessions you receive or what type of interventions I am allowed to use during those sessions.

- Informed reporting: If we run into a situation where legal and ethical mandates require me to report information to the appropriate authorities to keep you or others safe from harm I will always inform you that I am going to do so. I do not believe in "surprise" reporting. Even if I know that telling someone about a report in advance will make them upset with me I still believe they have the right to know ahead of time.
 - Compliance with HIPAA and licensing requirements: Lastly, while this is the bare minimum for any licensed mental health provider, I also want to make it clear that I maintain your confidentiality, keep up with documentation, and uphold the ethical standards of my profession.
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What I ask of my clients:

- See me as your therapist first, and as a small business owner second: I will always be your therapist first and foremost. Additionally please keep in mind that, second, I am the owner and operator of a small business that allows me to earn a living.
- Allow for at least three sessions to determine goodness of fit: It typically takes at least three sessions to feel out whether a therapist is a good fit for your needs, so I ask that you attend at least three sessions before deciding if I am the right therapist for you.
- Be able to receive and respond to communication between sessions: We will sometimes need to communicate between sessions. If you have a tendency to ignore messages or not respond to them due to avoidance, anxiety, or other issues please bring this up with me during our first session.
- Be in a quiet and private place for your sessions: In order to get the most out of our work, please be in a place that is both private and quiet for the duration of your session. If we do not have adequate privacy for our session I may request that you move locations, or that we reschedule for another time when you can have privacy.
- Arrive within 15 minutes of your session start time: If I have received no communication from you after 15 minutes of your session start time I consider the session canceled. I will move on to other tasks and will not be available to meet with you should you arrive within the remainder of the scheduled session time.
- Understand and accept my cancellation policy: Cancel or reschedule sessions at least 48 hours before the session's scheduled start time. If you cancel with less than 48 hours notice for any reason other than the exceptions listed above, and we are not able to reschedule your session for the same week, you will be paying full price for the session. If you need to cancel or reschedule please do not respond to the automated reminders with this information. Those reminders come from a computer system, not me, and I do not receive any responses made to them. If you need to cancel or reschedule you must contact me directly to do so.

- Try your best to not miss more than one session per month: Exceptions to this are the same as exceptions to my cancellation policy. If you are planning to miss more than one session in a given month due to extended travel outside of a workable timezone please give me as much advance notice as possible so I can arrange to engage in other work during your absence.
- Discuss with me in session if you are thinking to pause or end therapy: I ask that you not inform me that you are pausing or stopping therapy between sessions, but instead that we explore this topic together during a session. Please know that I do not make this request so I can try to convince you to stay in therapy with me! Rather, it is for multiple clinically important reasons:
 - So you can have the experience of what you fear being a difficult conversation or confrontation actually turning out to be an easy and comfortable discussion
 - To review your reasoning for the shift and acknowledge the progress you have made toward your goals
 - To practice healthy goodbyes
 - *If you need to pause or end therapy due to sudden financial hardship please know that I am happy to extend a final session free of charge so we can bring closure to the work and so you can practice a complete & healthy goodbye*