

# Provider Information Form



## Contact Information

Name	Jaya Ramesh
E-mail Address	<a href="mailto:jaya@catalystcounseling.net">jaya@catalystcounseling.net</a>
Work Phone	425-998-9769
Website	<a href="http://www.catalystcounseling.net">www.catalystcounseling.net</a>
WA Provider License No.	MC 60864288

## Service(s) Provided

Medical Professional, please specify:

Counseling/Therapy

Educational Testing/Assessment

Occupational Therapy

Physical Therapy

Consulting/Coaching

Tutoring

Other, please specify: Speaker

## Do you have experience working with gifted individuals? Do you typically work with children, teens, adults, and/or families?

Yes. I work with kids over the age of 13, adults and families.

## Do you have a specialty or preferred area of expertise? Do you have additional certifications or training that may be of interest to families with gifted children?

I am trained as a family systems therapist. This means that I see individuals and their behaviors as deeply connected to their network of relationships within their family of origin. As such, I ground my therapeutic work in helping families see that the problem does not just rest within one person, rather it is hosted within a larger system of interactions. Externalizing the struggles the family is experience is hugely impactful on gifted and 2e individuals because it removes being pathologized, which they already experience everywhere else in their lives.

I also hold a Masters in anthropology, and this training helps me sit with people from diverse cultural and ethnic backgrounds. As a first generation Indian American, and bilingual (Tamil/English) cis gendered woman and a mom to two exceptionally gifted boys, one who is 2e, I bring a unique voice into the therapy space.

**Have you worked with twice-exceptional children/teens and their families?**

I have experience working with children with ADHD. I have supported families in navigating the initial diagnosis of ADHD, creating structure in the household and the emotional impact on parents.

**Briefly state how your understanding of the needs of gifted/2e individuals and families inform your approach?**

Gifted, 2e and families are by no means homogenous! I often say if you meet one gifted or 2e individual, you have met one gifted or 2e individual. As such, therapy has to be uniquely tailored to meet the asynchronous needs of these individuals. I delight in the fact that I could be tending to a client who could be presenting as a 15 year old in one moment and then shift into a 5 year old the next. Being adaptable, flexible and providing a therapeutic space that allows for and honors the full range of experience is so essential.

**Please list any professional organizations in which you are affiliated.**

American Counseling Association  
President of Gifted Education Advisory Council  
Seng (getting processed)

**About NWGCA**

The Northwest Gifted Child Association (NWGCA) is a support and advocacy organization for parents of gifted children. Organized in 1963, NWGCA provides support and information to parents of gifted children. It continues to help parents enhance and hone their parenting skills and gives them tools to speak out for an appropriate gifted education and deal with this learning difference we call giftedness. NWGCA works with individual families, talking with them by phone and through emails, providing appropriate referrals and resources through our website. Thank you for completing this application form and for supporting the gifted and talented families of Washington State. Please email completed form to [info@nwgca.org](mailto:info@nwgca.org).