

Provider Information Form



Contact Information

Name	Kate Chrisinger, LMHC
E-mail Address	katechrisinger@gmail.com
Work Phone	N/A - email is the best way to reach me
Website	https://www.psychologytoday.com/us/therapists/kate-chrisinger-issaquah-wa/438108
WA Provider License No.	LH61088512

Service(s) Provided

Medical Professional, please specify:

Counseling/Therapy - I am a licensed mental health counselor (LMHC) that specializes in working with gifted and 2E clients. I conduct therapy with children, teens, young adults and parents. I provide therapy in-person in Issaquah and Maple Valley. I also provide therapy via telehealth for clients across WA state. I am in-network with the following insurance plans: Premera, Regence, Aetna, Cigna, Kaiser Access PPO, United Healthcare/Optum and First Choice.

Consulting/Coaching - I am a licensed mental health counselor (LMHC) that specializes in working with gifted and 2E clients. I provide parent coaching and consulting, as well as executive functioning skill-building for ADHD. I am in-network with the following insurance plans: Premera, Regence, Aetna, Cigna, Kaiser Access PPO, United Healthcare/Optum and First Choice.

Educational Testing/Assessment

Occupational Therapy

Physical Therapy

Tutoring

Other, please specify:

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

Yes - I regularly work with gifted individuals as a therapist. I primarily provide therapy to gifted and twice exceptional (2E) children/teens and their parents. I also work with young adults aged 20-30.

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 particularly enjoy working with clients who are gifted/2E. I work with clients with anxiety, phobias, social anxiety, depression, autism, ADHD, OCD and learning disabilities. I also enjoy working with clients on school success, behavior management, social skills, assertiveness and self-esteem. I also work with clients who have experienced grief/loss, trauma, relationship issues, divorce and other life changes. Additionally I enjoy working with homeschool/online school clients.

I use the following approaches in my work: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT), Family Systems, Exposure Response Prevention (ERP), Motivational Interviewing (MI), Narrative Therapy and Solution-Focused Brief Therapy (SFBT). I also provide Parent Coaching using the Incredible Years Curriculum as well as other evidence-based parenting interventions. I help parents develop parenting skills to support their child, strengthen the parent-child relationship and reduce family-wide stress.

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

Yes - I have worked with many twice-exceptional (2E) children/teens as well as their parents. They comprise the majority of my caseload.

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

I enjoy helping parents to better understand their children and how to advocate for their children in a world that unfortunately lacks understanding of the unique needs of gifted/2E individuals (e.g., in school, in social settings, with extended family, etc). I also enjoy providing support to children/teens, helping them identify their many strengths as well as working to address their challenges through a variety of therapeutic interventions. My approach is strength-based, supportive, educational, evidence-based, and solution-oriented. I have a strong passion for my work, and find that kids, teens and parents greatly enjoy working with me.

Please list any professional organizations in which you are affiliated.

NWGCA

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 providers@nwgca.org.