

Provider Information Form



Contact Information

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Service(s) Provided

- Medical Professional, please specify:
- Counseling/Therapy
- Educational Testing/Assessment
- Occupational Therapy
- Physical Therapy
- Consulting/Coaching
- Tutoring
- Other, please specify:

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

I do have experience working with gifted individuals. As a psychologist, I provide IQ testing for admission to private schools and gifted programming, and as a therapist, I work with gifted teens and adults (and families). Prior to becoming a psychologist, I was a teaching assistant for many years in Northshore School District, teaching math in gifted elementary classrooms.

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 specialize in treating anxiety and OCD. Additionally, I work with people who are experiencing stress, relationship difficulties, transition difficulties, identity exploration, and depression. I have received training in many therapeutic modalities including Cognitive Behavioral Therapy, Exposure/Response Prevention, Acceptance and Commitment therapy, Harm Reduction/Relapse Prevention, Dialectical Behavior Therapy, Behavioral Activation, and Cognitive Processing Therapy.

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

As a therapist I have worked with 2e children in individual, group, and intensive outpatient settings. I am also the parent of an adult 2e individual.

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

I work with individuals and families to understand what each person's individual strengths and challenges are and use my understanding and prior experience (as a parent, educator, and therapist of 2e folks) to help them navigate their world in a way that reduces their difficulties. I also, can provide consultation to schools to help school professionals better understand how to support my 2e clients' needs. I also have live experience as a child enrolled in gifted programming.

Please list any professional organizations in which you are affiliated.

International OCD Foundation (IOCDF)
Washington State Psychological Association (WSPA)
American Psychological Association (APA)
Association for Cognitive and Behavioral Therapies (ABCT)

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.