

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?

Yes, I have over 20 years of experience working with gifted individuals, primarily in the educational setting. I spent many years as a school psychologist in the Bellevue and Edmonds school districts, where I specialized in identifying and supporting gifted children. I witnessed firsthand the unique challenges and strengths that gifted students bring to the classroom, including their resilience, excitement, and creativity. I'm also well-versed in the specific needs of 2e individuals who often struggle with social, emotional, and executive functioning skills.

While I have experience working with adolescents, my current focus is on empowering high-achieving adults to overcome limiting beliefs and achieve their full potential. I specialize in working with individuals from diverse fields such as music, sports, arts, writing, thought leadership, and business. My tailored approach helps clients break through barriers that may be hindering their progress, enabling them to unlock their unique strengths and achieve lasting personal growth and fulfillment.

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 have specialized training in therapy techniques that help resolve implicit limiting beliefs that sit below our levels of awareness. These hidden beliefs can manifest as negative emotions or behaviors that seem incongruent with current circumstances. Using a modified EMDR approach called Accelerated Resolution Therapy, I help clients process and resolve emotional baggage from past experiences. My therapy aims not only to alleviate past trauma but also to cultivate positive thought patterns and emotional states that can enhance future well-being.

I offer EMDR/ART intensive sessions. These are three-hour sessions that allow people to move quickly through a trauma to resolution. I've seen significant healing and relief occur in these sessions.

My certifications include:

- EMDR certified
- Accelerated Resolution Therapy certified
- School Psychologist, Ed.s
- School Counselor, MA
- Licensed Mental Health Counselor
- School Principal certification
- Acted as the Special Services Coordinator (bullying response, 504 compliance) coordinator and lead psychologist in Bellevue SD for 3 years
- Behavior Support Specialist working with IEP students (usually on the autism spectrum) who needed therapy support to access school

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

I have worked with 2e children and adults since 1998 in my roles as school psychologist, behavior specialist, trainer, and therapist. I have published work in Principal Leadership, OSPI, and a resource guide for parents of students with disabilities.

I have been a guest speaker/presenter for numerous organizations, including:

- Annie Wright School
- 2e PTA Seattle,
- Eastmont SD (2-day training)
- Ryther Aspiring Youth Series
- Northwest College PsyD counseling program (repeat speaker)
- Everett School District Special ed PTA
- Public Library

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

Gifted individuals often experience asynchronous development, meaning that different areas of growth (cognitive, emotional, physical) may progress at varying paces. For example, advanced reading skills may be paired with challenges in emotional regulation or social interaction. This can lead to feelings of isolation and vulnerability.

Giftedness may sometimes be overlooked or even masked by lagging skills in certain academic areas, leading to remedial education, rather than expansive, creative education. Perfectionism and anxiety are very common issues that can persist into adulthood.

In my work with gifted adults and parents of gifted children, I collaborate to analyze and prioritize areas of focus. We'll clarify how you would like to feel better, help you reduce your everyday stress, and acknowledge progress. My approach tends to feel like coaching because I don't believe we need to dwell in your pain to help you feel better.

Please list any professional organizations in which you are affiliated.

- EMDR International Association – [EMDRIA](#)
- International Society of Accelerated Resolution Therapy – [IS-ART](#)
- National Board for Certified Counselors
- Society for Clinical and Experimental Hypnosis – [SCEH](#)
- National Association of School Psychologists – [NASP](#)

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.