**Anya Zimberoff, PsyD**

**Licensed Psychologist**

**PY60109939**

**SHADOWANDLIGHTWELLNESS.COM**

1386 Bonnie Lane

Camano, WA 98282

(206) 670-5727

## Policies and Disclosures

The following are disclosures about our professional relationship because trust and a clear understanding are of paramount importance in therapy. If after reviewing the following information you have any questions about my business or professional practices, please ask.

**Therapeutic training and orientation**

I have been providing Psychotherapy to individuals and groups since 2007, and as a Licensed Psychologist since May of 2010. I started my private practice, Shadow and Light Wellness LLC in January of 2024. I am trained in counseling individuals of all ages, couples, and families. My theoretical orientation integrates Internal Family Systems (IFS), Feminist, Client-centered, empowering, choice based, and Humanistic approaches and includes the following favorite modalities:

- Accelerated Resolution Therapy (ART)
- EMDR (Eye Movement Desensitization and Reprocessing)
- Relational and Jungian Psychodynamic Approaches
- Internal Family Systems (IFS) parts work
- Psychedelics Assisted Psychotherapy
- Acceptance and Commitment Therapy (ACT)
- Third Wave CBT including DBT skills, Mindfulness, and Lifespan Integration
- Somatically Focused work

I specialize in the treatment of chronic or complex trauma, depression, anxiety including phobias, social anxiety and OCD, Major Depression, Addictive Patterns, and Mind-Body Suffering including living with Chronic Physical Diseases or Chronic Pain. Grief work, loss, and preparation for the end of life are areas of interest, as well as neuroatypicality, gender exploration and gender affirming care.

We will work collaboratively to develop a treatment plan that will help you feel more at home in your life, in your body, in your relationships and to enhance the sense of meaning in your life. I

humbly strive to be a curious and supportive ally, and deeply respectful of any particular and/or intersectional diversity factors that inform your life.

Therapy may be brief if we are focusing on a specific issue, or long term if there are stages or complexity to the healing process, and/or as desired as part of a personal growth journey.

Psychedelic Assisted Psychotherapy can be offered as an optional part of a course of psychotherapy, as well as in a "bubble format" with two or more preparation sessions and at least one integration session surrounding a deeper extended journey session or a series of KAP sessions. If I am working with you as a psychedelics assisted psychotherapy (PAP) practitioner primarily, and you continue to also work with a counselor or psychotherapist, I ask that an ROI be made available so that both practitioners can consult with each other and modalities be coordinated for maximum benefit.

Psychedelic Assisted Psychotherapy is also available in a group format for which I partner with other trained professionals.

**Appointments**

My regular sessions are 50 minutes in length and can take place virtually or in person in Seattle or on Camano Island. If you wish to cancel or change your appointment, a minimum of 24 hours' notice is required, or you will be charged in full for the missed session.

**Payment for Services**

My fee is $190 for a 50-minute session. Payment is due on the day of the session or the day after the session. You can pay me through:

Zelle:

Scan this code in your bank's app to pay
ANYA
at a...f@gmail.com.



Zelle®

- Zelle at anya.zimberoff@gmail.com or use the QR code above:
- Venmo **@Anya-Zimberoff**



Anya Zimberoff

@Anya-Zimberoff




- or sending a check: Anya Zimberoff
  1386 Bonnie Lane
  Camano, WA 98282

**Confidentiality**

All matters that we discuss in therapy are strictly confidential. By law, information about our work together cannot be released without your (or in the case of death or disability, your personal representative's) prior written authorization. If you are under 13 years old, then your knowledge and your parent's/guardian's prior written authorization are required.

In couple's counseling, my client is the couple, not the individuals who make up the couple. In couple situations I may share any individual communication from one member with the other member of the couple and with no one else.

I am open to receiving email (shadowand2light@gmail.com), phone calls outside sessions, and/or text communication ((206) 670 5727), but cannot be expected to routinely respond. I cannot guarantee confidentiality of such correspondence given the realities of the Internet. If such communication goes beyond brief logistics, I will charge for my time to read and respond in 15 minute increments.

**Permitted Disclosure by You**

If the need arises or it could enhance our work, disclosure to and from additional persons or parties may occur with your permission. For this, I will need a written Release of Information and/or an email stating with whom I may communicate about you and until what date this communication may take place.

**Required Disclosure**

Exceptions to confidentiality: The law requires that I report suspected abuse or neglect of a child or dependent adult or developmentally disabled person, suicidal <u>intent</u> if it meets criteria for lethal danger (not simply vague suicidal feelings), or specific planned threatened harm to another person, or specific contemplation of a commission of a crime or harmful act.

I also cannot guarantee confidentiality if charges are brought against me or if I am subpoenaed by a court of law or the Department of Health.

**Professional Issues**

I cannot guarantee a particular outcome of therapy. I do promise to devote my full attention, intuition, trained skills and best thinking to you during our sessions. I may obtain professional consultation on our work, but will obscure identifying information and change your name when discussing a treatment question involving you. Such occasional consultations would strive to improve services and treatment I provide to you.

I promise to treat you in a professional and ethical manner. If you think that I am not helping you to make the changes you desire, please let me know this so I can make appropriate changes in your treatment or refer you to another professional. If, after speaking with me or at any other time, you have specific complaints about unethical practices you have the right to contact the Washington State Department of Health at the following address: P.O. Box 47857, Olympia, WA

98504-7857. The phone number is (360) 236-4700. Attached is a copy of RCW 18.130.180. Further, Washington State Law requires that I inform you of the following section of law:

*"Counselors practicing for a fee must be registered or certified with the Department of Health for the protection of the public health and safety. Registration of an individual with the department does not include recognition of any practice standards, nor necessarily implies the effectiveness of any treatment."*

The purpose of the Counselor Credentialing Act regulating counselors is:

(A) To provide protection for the public health and safety; and
(B) To empower citizens of the State of Washington by providing a compliant process against those counselors who would commit acts of unprofessional conduct.

## RCW 18.130.180

**Unprofessional conduct.**

The following conduct, acts, or conditions constitute unprofessional conduct for any license holder under the jurisdiction of this chapter:

(1) The commission of any act involving moral turpitude, dishonesty, or corruption relating to the practice of the person's profession, whether the act constitutes a crime or not. If the act constitutes a crime, conviction in a criminal proceeding is not a condition precedent to disciplinary action. Upon such a conviction, however, the judgment and sentence is conclusive evidence at the ensuing disciplinary hearing of the guilt of the license holder of the crime described in the indictment or information, and of the person's violation of the statute on which it is based. For the purposes of this section, conviction includes all instances in which a plea of guilty or nolo contendere is the basis for the conviction and all proceedings in which the sentence has been deferred or suspended. Nothing in this section abrogates rights guaranteed under chapter 9.96A RCW;

(2) Misrepresentation or concealment of a material fact in obtaining a license or in reinstatement thereof;

(3) All advertising which is false, fraudulent, or misleading;

(4) Incompetence, negligence, or malpractice which results in injury to a patient or which creates an unreasonable risk that a patient may be harmed. The use of a nontraditional treatment by itself shall not constitute unprofessional conduct, provided that it does not result in injury to a patient or create an unreasonable risk that a patient may be harmed;

(5) Suspension, revocation, or restriction of the individual's license to practice any health care profession by competent authority in any state, federal, or foreign jurisdiction, a certified copy of the order, stipulation, or agreement being conclusive evidence of the revocation, suspension, or restriction;

(6) Except when authorized by *RCW 18.130.345, the possession, use, prescription for use, or distribution of controlled substances or legend drugs in any way other than for legitimate or therapeutic purposes, diversion of controlled substances or legend drugs, the violation of any drug law, or prescribing controlled substances for oneself;

(7) Violation of any state or federal statute or administrative rule regulating the profession in question, including any statute or rule defining or establishing standards of patient care or professional conduct or practice;

(8) Failure to cooperate with the disciplining authority by:

(a) Not furnishing any papers, documents, records, or other items;

(b) Not furnishing in writing a full and complete explanation covering the matter contained in the complaint filed with the disciplining authority;

(c) Not responding to subpoenas issued by the disciplining authority, whether or not the recipient of the subpoena is the accused in the proceeding; or

(d) Not providing reasonable and timely access for authorized representatives of the disciplining authority seeking to perform practice reviews at facilities utilized by the license holder;

(9) Failure to comply with an order issued by the disciplining authority or a stipulation for informal disposition entered into with the disciplining authority;

(10) Aiding or abetting an unlicensed person to practice when a license is required;

(11) Violations of rules established by any health agency;

(12) Practice beyond the scope of practice as defined by law or rule;

(13) Misrepresentation or fraud in any aspect of the conduct of the business or profession;

(14) Failure to adequately supervise auxiliary staff to the extent that the consumer's health or safety is at risk;

(15) Engaging in a profession involving contact with the public while suffering from a contagious or infectious disease involving serious risk to public health;

(16) Promotion for personal gain of any unnecessary or inefficacious drug, device, treatment, procedure, or service;

(17) Conviction of any gross misdemeanor or felony relating to the practice of the person's profession. For the purposes of this subsection, conviction includes all instances in which a plea of guilty or nolo contendere is the basis for conviction and all proceedings in which the sentence has been deferred or suspended. Nothing in this section abrogates rights guaranteed under chapter 9.96A RCW;

(18) The procuring, or aiding or abetting in procuring, a criminal abortion;

(19) The offering, undertaking, or agreeing to cure or treat disease by a secret method, procedure, treatment, or medicine, or the treating, operating, or prescribing for any health condition by a method, means, or procedure which the licensee refuses to divulge upon demand of the disciplining authority;

(20) The willful betrayal of a practitioner-patient privilege as recognized by law;

(21) Violation of chapter 19.68 RCW or a pattern of violations of RCW 41.05.700(8), 48.43.735(8), 48.49.020, 48.49.030, 71.24.335(8), or 74.09.325(8);

(22) Interference with an investigation or disciplinary proceeding by willful misrepresentation of facts before the disciplining authority or its authorized representative, or by the use of threats or harassment against any patient or witness to prevent them from providing evidence in a disciplinary proceeding or any other legal action, or by the use of financial inducements to any patient or witness to prevent or attempt to prevent him or her from providing evidence in a disciplinary proceeding;

(23) Current misuse of:

(a) Alcohol;

(b) Controlled substances; or

(c) Legend drugs;

(24) Abuse of a client or patient or sexual contact with a client or patient;

(25) Acceptance of more than a nominal gratuity, hospitality, or subsidy offered by a representative or vendor of medical or health-related products or services intended for patients, in contemplation of a sale or for use in research publishable in professional journals, where a conflict of interest is presented, as defined by rules of the disciplining authority, in consultation with the department, based on recognized professional ethical standards;

(26) Violation of RCW 18.130.420;

(27) Performing conversion therapy on a patient under age eighteen;

(28) Violation of RCW 18.130.430.