

Online therapy for anxiety, trauma, and *depression*

Sam Strong, LMHCA, sees adults and teens 16+ across Washington State by secure video. Current openings, a free 15-minute consultation within about a week, and a note back to you once your patient has started.



Who to refer

Anxiety — generalized worry, panic, health and social anxiety, perfectionism, work stress and burnout

Trauma and PTSD — single-incident and complex trauma, including pain or medical symptoms with a trauma component

Depression — low mood, loss of motivation, and the flat stretch that follows a loss or major change

Also a good fit — low self-esteem, relationship and attachment patterns (individuals and couples), grief, life transitions, adjusting to a new diagnosis

Better served elsewhere

- Active suicidal risk, psychosis, or a need for more than weekly outpatient care
- Substance use that needs primary treatment first
- Children under 16, or family therapy
- Court-ordered treatment, evaluations, or legal letters
- Patients who need in-person sessions

At a glance

WHO
Ages 16+, individual therapy

FORMAT
Secure video, anywhere in Washington

AVAILABILITY
Openings now; first call within a week

FEE
\$150 per 50 min; out-of-network, superbills; HSA/FSA

APPROACH
IFS-informed and trauma-informed; EMDR, somatic, DBT, attachment-based

CREDENTIALS
LMHCA, Washington (MC61515845), under approved clinical supervision

Working together

Patients starting or adjusting psychiatric medication often do well with concurrent therapy; Sam coordinates with the prescriber. Referrals go both directions: she regularly refers out for medication evaluation and primary care, and is glad to add trusted providers to that list.

How to refer

- 1 Send them our way.** Give the patient strongmindtherapy.com, or email Sam their name and best contact (with permission).
- 2 Sam reaches out within one business day** for a free 15-minute consult, then books a first session within two weeks.
- 3 The loop gets closed.** With a signed release, you'll hear when the patient has started and get a brief note on treatment focus.

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