



Maryland Teletherapy Disclosure Statement

WELCOME

Before you begin receiving teletherapy services from Sanvello, we'd like share the information below with you, as required by the Maryland Board of Examiners for Social Workers and Professional Counselors. Please read through this document carefully and ask your therapist about information that seems unclear before you begin counseling, or at any time throughout your course of treatment.

YOUR RIGHTS

As licensed therapists, we desire to integrate sound cognitive behavioral therapy principles in your treatment. You are entitled to receive information from any therapist concerning our methods of therapy, the techniques used, an estimation of the duration of your treatment, risks and benefits of counseling, confidential communication, and access to your records. You also have the right to know what other treatment options are available and the possible effectiveness of those alternatives. You may at any time seek a second opinion from another clinician and/or terminate the counseling process. Therapists need to be informed if you are working with more than one counselor. In a professional relationship with a therapist, sexual intimacy is never appropriate and should be reported to the board that licenses, registers, or certifies that therapist.

HIPAA provides you with several new or expanded rights regarding your Clinical Record and disclosures of protected health information. These rights include requesting that your therapist amend your record; requesting restrictions on what information from your Clinical Record is disclosed to others; requesting an accounting of any disclosures of protected health information that you have neither consented to nor authorized; determining the location to which protected information disclosures are sent; having any complaints you make about our policies and procedures recorded in your records; and the right to another copy of this Notice upon request.

DISCLOSURE OF EXPERIENCE, DEGREES, LICENSING, AND OTHER CERTIFICATIONS

You have the right to be informed regarding the degrees, credentials, certifications, registrations, and licenses held or obtained by your therapist. This includes the education, experience and training that were required to satisfy the degrees, credentials, certifications, registrations, and licenses. We have multiple licensed therapists who are working through our teletherapy practice.

This information is required by the Maryland Board of Social Workers as well as the Maryland Board of Professional Counselors and Therapists. The boards can be contacted at:

4201 Patterson Avenue
Baltimore, MD 21215
Phone: (410) 764-4788
Fax: (410) 358-2469
Toll Free: 1(877) 526-2541
TDD: 1(800) 542-4964



SANVELLO MARYLAND THERAPISTS

Anthonia Levy – LPC – MD License # LC4739

Life often throws you curveballs that leave you feeling lost, helpless and uncertain at times. When this happens, I believe it is important to have a strong circle of support to pull you through until you can walk on your own again. If this is you, I am honored you have chosen Sanvello and myself to be a part of your circle of support. As a human, the myriad of life experiences coupled with my cultural background has afforded me the opportunity to view life through the prism of optimism, hope, and compassion. I was born in Nigeria, lived in the United Kingdom for a short stint and later emigrated to the United States, Silver Spring, Maryland at the age of 10. I obtained a bachelor's degree from the University of Maryland, a master's degree in human sciences from Hood College with a focus in Counseling Psychology and Thanatology. I completed a Certificate in Advanced Graduate Studies from The Johns Hopkins University in Community Mental Health Counseling. I later completed a PhD in International Psychology from the Chicago School of Professional Psychology in Washington DC. Both of my clinical educational experiences afforded me the opportunity to serve my communities as a licensed clinician in private practice, which later led to leadership positions, inclusive of the roles of a clinical supervisor, clinical director for children and adults who may be at risk of out-of-home placement or in need of a higher level of care, and a behavioral health consultant for the State of Florida's Department of Children and Families North East Region. As a clinician, I utilize an elective approach in my work with clients. I am a certified cognitive behavioral therapist by training, who is also culturally competent and can often tailor my therapeutic approach to the needs of my clients. My hope is to provide my clients the space to explore their thoughts, feelings, and behaviors in a safe judgment-free space. Through a collaborative approach, we can unearth some of the core beliefs that may serve as a hindrance to achieving the goals they have set for themselves. In my free time, I engage in faith based activities, and I enjoy traveling, music and trying out new cuisines with my awesome husband who also loves to travel.