



New Jersey 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 New Jersey State Department of Regulatory Agencies and other governing bodies. 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.

Social workers are licensed or certified by the Board of Social Work Examiners, an agency of the Division of Consumer Affairs. You may notify the Board of any complaints relative to the practice conducted by a social worker. The Board's address is Division of Consumer Affairs, Board of Social Work Examiners, Post Office Box 45033, 124 Halsey St, Newark, NJ 07101.

Professional Counselors and associate counselors are licensed by the Board of Marriage and Family Therapy Examiners, Professional Counselor examiners committee, an agency of the Division of Consumer Affairs. Any member of the consuming public having a complaint relative to the practice conducted by a professional counselor associate counselor shall notify the professional counselor examiners committee, PO Box 45007, 124 Halsey St., Newark, NJ 07101, www.njconsumeraffairs.gov/pc or the New Jersey Division of Consumer affairs PO Box 45027, Newark, NJ 07101.



All Marriage and Family Therapists are licensed by the State Board of Marriage and Family and Family therapy examiners, an agency of the NJ Division of Consumer Affairs. Any member of the consuming public having a complaint relative to the practice conducted by a professional counselor associate counselor shall notify the professional counselor examiners committee, PO Box 45007, 124 Halsey St., Newark, NJ 07101, www.njconsumeraffairs.gov/pc or the New Jersey Division of Consumer affairs PO Box 45027, Newark, NJ 07101

SANVELLO NEW JERSEY THERAPISTS

Alexa Moubarak – LCSW – License # 44SC05953600

I am a Licensed Clinical Social Worker in the state of New Jersey, with experience working with individuals who struggle with chronic illness, depression, PTSD, anxiety, stress, adjustment issues, sleep disturbance, and chronic fatigue. I aim to create a safe, non-judgmental space where you can feel confident, comfortable, and supported in your healing journey. During our work together, I will provide validation, support, self-care tips, feedback, and challenges to any negative thought patterns your mind may perpetuate. I am committed to providing evidence-based treatment to best target your therapy goals and to helping you recognize your own strength and capacity for healing. When I am not in session, I enjoy making candles, hiking, spending time with my dog Leroy, and learning the history of each place I visit.

Diamond Webster – LMFT – Temporary License # NJDCATEMP – 031323

I am a licensed Marriage and Family Therapist from New York City. I completed my undergrad education at Virginia Commonwealth University (VCU), earning my Bachelor's degree in Psychology, and I earned my Master's degree in Marriage and Family therapy from Mercy College in Dobbs Ferry, NY. I am a member of the American Association for Marriage and Family Therapy (AAMFT) as well as a member of the NY chapter for Marriage and Family Therapists (NYAMFT). I have prior experience working in home-based, clinical-based, school-based, and teletherapy settings providing individual, family and couple therapy.

Tiffany Williams – LPC – Temporary License # NJDCATEMP-023149

I provide therapy to individuals who are looking to proactively and constructively manage life challenges and stressors, along with supporting them emotionally along their journey. I believe that developing an emotionally strong intellect and psyche is the basis to having a happy, well-adjusted life. Having a mindset of empowerment is the focus of my counseling, and I promote that mindset no matter what issues my clients present when first seeking help. I am dually licensed in mental health and addictions/substance abuse, therefore I provide counseling pertaining to one or sometimes both diagnoses. I am trained in Cognitive Behavior, Prolonged Exposure, and Dialectical Behavior Therapy. I have over 18 years of experience working with children, adults, geriatrics, military, and school populations. I like to spend time with my family and attend SEC/NFL games, being active in sorority, along with enjoying popular K, and or C-drama.