



## Texas 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 Texas 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.

The Texas Behavioral Health Executive Council oversees the Texas State Board of Examiners of Marriage and Family Therapists, the Texas State Board of Examiners of Professional Counselors, and the Texas State Board of Social Worker Examiners. Any and all complaints related to Texas Licensed Marriage and Family therapists, Licensed Professional Counselors, or Licensed Clinical Social Workers can be directed to:

Texas Behavioral Health Executive Council  
333 Guadalupe St., Ste. 3-900  
Austin, Texas 78701  
Tel. (512) 305-7700  
1-800-821-3205 24-hour, toll-free complaint system



## **SANVELLO TEXAS THERAPISTS**

### **Mark Akerlund LCSW – TX License # 26093**

I have worked in the mental health field for the past 22 years. I have a Master's degree in social work and extensive experience working in medical and behavioral health inpatient and outpatient settings. My areas of specialization include anxiety, depression, stress management, coping with medical concerns and positive identity development. I understand that starting therapy can be difficult, which is why I create an environment where you feel comfortable expressing yourself and to start where you are at. I view therapy as a partnership where we work together to enable you to achieve your goals. I hope that in our work together that we can bring about the meaningful and positive life changes that you are seeking. In my free time I like to swim, walk, play basketball and disc golf. I am an animal lover and have 3 cats. I enjoy exploring different cultures and have traveled throughout the world. My favorite destinations are those close to the beach.

### **Giselle Alexander LCSW – TX License # 50917**

It is my mission to work with each of my clients to unearth their untapped potential and help them truly understand their inherent self-worth. I am looking forward to beginning our journey together! I'm a licensed clinical social worker with over 15 years of providing culturally appropriate psychotherapy and social services to individuals and families. I received my clinical license to provide psychotherapy in 2010. My training and experience come from a varied background of working in community mental health, social services, and private practice with individuals and families grappling with severe and persistent mental illness, anxiety, depression, grave disability, and end of life transitions. I am able to offer services in Spanish. When I am not connecting with my clients, I enjoy the outdoors, dancing, cooking, and spending time with my family and my rescue dog, Maggie.

### **Teresa Carter LCSW – TX License # 66950**

I started my career in behavioral health over nine years ago as a Licensed Clinical Social Worker, specializing in mental/behavioral health counseling. My specialty is Cognitive-Behavioral Therapy while utilizing the Strengths Perspective: calling upon our innate capacity of mindfulness and resiliency to navigate our paths with the stressors and challenges in our life. I also am skilled in Stress/Anger Management – creating healthy thoughts and reactions to the challenges we face. I would be honored to collaborate with you to work on identifying and using the tools that best gives you holistic well-being. When I am not seeing clients, I enjoy karaoke and baking. I find socializing and expressing myself in creative ways helps to maintain a positive mood.

### **Donald Cooper LPC – TX License #65017**

I have a passion for learning innovative ways to inspire and help others learn the skills to help themselves. Although I have received numerous awards for academic excellence, I am most proud to receive the notable Algernon Sydney Sullivan Award for the excellence of character and service to humanity. I am a Licensed Professional Counselor Supervisor in Texas and a Licensed Professional Counselor in Texas and Pennsylvania. I am also a Board-Certified Counselor, and I am certified to provide treatment to people categorized with trauma disorders. My particular expertise is in counseling young people classified with Disruptive Behavior Disorders as well as people categorized with Personality Disorders, people categorized with Mood or Anxiety Disorders, people with relationship or self-esteem concerns, people with career and academic difficulties, and people with a history of trauma and abuse. Additionally, I specialize in clinical supervision. My personal



goals are to be the best husband and the best father I can be. What is more, I have been happily married to my college sweetheart for over 20 years. My wife Saira is from Pakistan, and we have two wonderful multiracial daughters, ages 12 and 14. Something interesting about me is that I love reading and writing poetry to process complicated feelings and to relax. I have published numerous poems and have won several Editor's Choice awards in poetry. Lastly, I am skilled in integrating approaches to include family systems theory, experiential strategies, psychodynamic approaches, and dialectic behavioral and cognitive-behavioral therapies.

**Satmah Davis – LCSW – TX License # 56916**

I am a Licensed Clinical Social Worker with over 20 years of experience working with adults, children, families, and couples in a therapeutic setting, as well as within the community. My training includes treatment modalities in Cognitive Behavioral Therapy, motivational interviewing, and solutions-focused therapy. I believe in providing an open, honest, and safe space of support using evidence-based practices to help you overcome life challenges. I look forward to guiding you through your journey as you learn and develop the necessary skills to heal, grow, and become empowered. When I am not working, I enjoy painting, watching movies, listening to music, traveling, and spending time with family and friends.

**Tara McCullough – LPC – TX License # 74363**

"To change the world takes time, to change yourself takes courage." – R.S. Lowel. Congratulations! You have found the courage to take the first step on your journey to change! It has always been my passion to help individuals reach their full potential and live the lives they've always wanted to live. Together, we can achieve the change you are seeking. I am a Licensed Professional Counselor in the state of Texas. I have worked in the mental health field for over 15 years. I specialize in providing Cognitive Behavioral Therapy for individuals, families, and adolescents. My passion is helping individuals develop the necessary tools and coping mechanisms to handle everyday life stressors. When I am not seeing clients, I enjoy spending time with my two daughters who are 13 years old and 10 months old, and my two dogs, Chloe and Bella!

**Sierra McFan – LCSW – TX License # 59213**

Hello, my name is Sierra! I'm a Licensed Clinical Social Worker with over eight years of experience as a mental health professional. I received my bachelor's degree in criminal justice and my master's degree in social work. As a clinician, I am passionate about the journey of healing and discovery that takes places through counseling. My experience consists of working with children, adolescents, and adults from diverse backgrounds in settings such as mental health clinics, psychiatric emergency centers, and community-based mental health services. I utilize Trauma-Focused Cognitive Behavioral Therapy, Cognitive Behavioral Therapy, and Motivational Interviewing techniques to help you reach your self-determined goals. The way you feel doesn't have to be permanent. Change is possible and you don't have to figure it out alone. It is my goal to provide you a safe space, support, acceptance, and to challenge those unwanted patterns and uncover new perspectives. I am Kansas girl born and raised, but for the past 15 years Texas has been home. I love crafting, traveling, family, and swimming. I look forward to collaborating with you on your journey to mental wellness.

**Laura Phillips LPC – TX License # 19240**

My professional life actually began as an art teacher! I spent 18 years as an art educator, including 12 overseas. I returned to the U.S. and became a Licensed Professional Counselor (LPC) in 2000. I specialize in cognitive behavioral therapy and am a lifetime student of mindfulness, studying under Zen Master Thich Nhat Hanh. I have experience working with all ages and environments, from schools to hospice, and from the jail



system to hospitals and private practice. My forte is connecting with others in an accepting, non-judgmental way. Life is full of road bumps, and caring for ourselves is vital to our health and happiness. At home, I'm an artist who loves to paint and create. I have two grown daughters who are both environmental biologists/ecologists, and two rescue dogs. I volunteer at several domestic animal rescue organizations and also the International Wildlife Rehabilitation Council.

**Antanette Randall – LPC – TX License # 69566**

“Just because no one else can heal or do your inner work for you, doesn't mean you can, should, or need to do it alone.” ~ Lisa Olivera. I am so pleased to know that you have taken the first, and often one of the most difficult steps, towards change! I strongly believe that therapy, and its wide array of approaches has a significant effect on those who seek to utilize it. My counseling approach is one that is inviting, empathetic, as well as client and solution focused. My goal is that, together, we can work on improving your well-being, overall mood, and instilling the hope and reassurance needed to know that you are both able and deserving to live a life that is nothing short of rewarding and fulfilling. I am a Licensed Professional Counselor in the state of Texas. I have over 11 years of clinical experience within the field of counseling. I am fortunate to have had the opportunity to work with a vast array of different populations, while helping to assist those with a variety of concerns, mental health diagnosis, symptoms, and needs. I specialize in mental health and providing Cognitive Behavioral Therapy for adults and adolescents. Witnessing my clients find the courage to overcome, while navigating their way back to a place of peace and comfort is more than rewarding for me. In my spare time, I enjoy transforming ordinary spaces into beautiful ones through interior design. I also enjoy spending time with my family and doing what I love the most...making memories!

**Ayanna Sidle - LPC - TX License # 64123**

I am a Licensed Professional Counselor and Licensed Marriage and Family Therapist with over ten years of experience in providing therapy. I have a Master of Science degree in Psychology and specialization in marriage and family therapy. I provide therapy services which include cognitive behavioral therapy, solution-focused therapy, narrative therapy and collaborative therapy. My specialty areas of expertise are in individual adult, child and adolescent counseling, child-trauma and resiliency, marriage and relationship counseling, career counseling, anxiety, depression, stress management, child and family conflict, life transition and adjustment, spiritual and women's issues. Not only do I bring a vast set of experience, education, knowledge and clinical skills; I also bring a genuine compassion and caring for others. I like to start each day with a smile. My hobbies are writing, drawing, walks in the park, watching movies and stand-up comedy. I love spending time with my family and friends. I truly enjoy helping others be their happiest selves. And, my favorite quote is by Mother Teresa: “Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile.

**Rosimar Suddeth LCSW – TX License # 39976**

It's an honor to be on this path with you as your Sanvello therapist. I have been a social worker for over fifteen years and a licensed clinical therapist and psychotherapist for twelve. Like you, I am a card-carrying human and have experienced the joyous ups and painful downs of life. I have learned that we are resilient and so much stronger than we realize at times, especially during challenging times when we feel "stuck". My goal as your therapist is to help you tap into your inner strength and partner with you to develop individualized treatment goals so that when our time together concludes, you'll have invaluable skills and techniques at your disposal. As Sanvello's first therapist to conduct a session on our platform, it has been a privilege to contribute to our



highly skilled clinical team as a supervisor. When not in session, I lead a team of amazing therapists. Originally from South America, I've lived most of my life in the great state of Texas and recently relocated to the beautiful Hill Country area outside of ATX. I enjoy spending time with my husband and beautiful twin daughters. My self-care includes jogging, creating or listening to music, and reading.