

A Message from **LEVEL 3** WELLNESS

Last Updated: January 23, 2023

Dear Interested Clients:

I thank you so much for your continued interest in participating in therapy with me. However, **I am still on an indefinite hiatus from accepting new therapy clients.** *But, not to fret!* There are many competent, capable colleagues in the greater Houston area that are still accepting new therapy clients. Here is how to find them.

Are you limiting yourself to Psychologists only? If so, don't do that. LPCs & LCSWs also provide therapy, and may have just the training and expertise you need to address whatever your reason for wanting to engage in therapy is. Give providers of other training backgrounds a chance. But keep in mind, if you want medications, you should see a Psychiatrist. If you want testing or assessment, you do need to see a Psychologist. **I am still accepting psych testing and assessment referrals, just not individual therapy.**

Are you limiting yourself to non-trainees? If so, consider not doing that. Working with a trainee (i.e., an advanced level, yet non-licensed professional, who is being actively supervised by a licensed independent provider) has many benefits, including availability, lower relative cost, closer proximity to cutting-edge education & training, and more. You also get the benefit of two sets of eyes and brains on your therapy progress. Consider finding a clinic that has trainees.

Are you limiting yourself to the Houston area only? If so and if you want online therapy anyway, why are you doing that? Consider expanding your search to providers licensed in the state of Texas who offer online therapy. Insurance is still covering for that post-COVID; you may already have telemental health built in your insurance plan regardless.

Now this one may be a little controversial. ***Are you limiting yourself to providers of a certain demographic only?*** I get it... perhaps the reason that you are seeking therapy in the first place is related to identity factors and your experience in the world related to those. You want a provider whom you feel can intimately relate. Again... I get it. However, the wait may be longer for your preferred provider demographic. If you are willing to wait, cool. If you feel that you can work with someone a little different than you to get some tools under your belt in the meantime... that could be cool also. Just consider.

As always, my wish is for you to be well,

~Dr. Andrews