



Information for Effective Altruists

Please note: As of summer 2023, I no longer have funding for reduced-fee therapy sessions. If you have health insurance that offers out-of-network coverage, you may be reimbursed by your insurance company for a percentage of therapy costs.

One of the services I offer is psychotherapy for members of the effective altruism (EA) community. When deciding where to seek psychological services as an EA, please consider the following.

Not all EAs are best served by an EA therapist

Depending on the nature of your mental health concerns, you may or may not benefit from seeing an EA therapist. Some EAs prefer to see a therapist who is already familiar with EA principles, e.g., for the purpose of feeling better understood in therapy. Most mental health concerns are *not* EA-specific, however, even when they occur in context of EA values or involve members of the EA community. Many EAs find benefit in psychological services from non-EA providers. Seeing an EA therapist also has risks, especially related to conflicts of interest (COI; see below).

There are unique risks when a therapist serves a small community

Due to the size of the community and limited number of therapists, there is a greater risk for conflicts of interest (COI) that may interfere with my ability to provide unbiased services. In cases where a COI is foreseeable and significant, I may advise against receiving psychotherapy with me, and I may not be able to share the reason why. There may also be cases where an unforeseeable COI arises (e.g., two people seeing the same therapist begin a relationship). In cases of an unforeseeable COI, I will make my best attempt to meet the needs of all clients while also respecting confidentiality for all clients. This may include making referrals to another therapist. In the event that both a COI and serious risk of harm are present in the same situation, I will prioritize preventing harm.

Different therapists have different strengths and drawbacks

Like all professions, therapists have different strengths and drawbacks. Because there are relatively few EA therapists, you will have a greater range of options among therapists if you do *not* limit yourself to those familiar with EA. It is most important for your therapist to have training and experience with the mental health concerns you are living with, whether or not the therapist is informed about EA. In addition, finding a therapist located near you is advantageous whenever possible. A local therapist will be most familiar with the resources and services in your area and best able to support your safety if necessary.

As an EA-informed therapist I am relatively new to the community, generally do not participate in online spaces, and have few relationships within the community. You may consider this a strength (due to reduced risk for COI) or a drawback (due to less familiarity with EA ideas, culture and history). In the event that I am not a good fit for your needs, I can refer you to other EA therapists or advise you on finding a therapist outside of the community.



I work virtually, and only in areas where I'm authorized to practice

My practice is fully virtual. I only work with clients who are in jurisdictions where I am legally authorized to practice, and where we are confident that we can do telehealth safely and ethically. This includes the US states where I am licensed (RI, MA and CT); those states that participate in the Psychology Interjurisdictional Compact (dark blue states [here](#)); a few states that allow for limited practice by out-of-state psychologists; and other jurisdictions where an American-licensed psychotherapist can practice legally (e.g., the United Kingdom).

If we encounter each other outside of psychotherapy, I will respect your confidentiality

You have the right to confidential mental health services. If we encounter each other in a context outside of psychotherapy (e.g., at a conference), I will act as if we do not know each other. You may choose whether to interact with me and whether to publicly disclose the nature of our relationship.

Your wellness is my top priority in psychotherapy

Balancing priorities is a universal mental health concern and of particular importance to EAs. A certain amount of trading off between conflicting values is healthy and unavoidable, and fortunately, personal wellness and values-driven action are often mutually reinforcing. I will do my best to help you author a workable balance of priorities. In rare cases, we may find that prioritizing certain values to the degree that you wish, including in the service of EA, is significantly worsening your mental health. Know that I consider myself a psychotherapist first, and a supporter of EA second. Therefore, I will encourage you to invest in a level of personal wellness that is sustainable, and discourage taking actions that maintain or worsen mental health problems, even if my recommendations conflict with your understanding of EA.