

MEDIA & PRESS KIT

Israella “Issy” Kleiman

MA, LMFT, AAMFT Approved Supervisor

Founder & Clinical Director, Counseling Services for Wellbeing

Media & Press Kit

For interviews, commentary and speaking engagements.

Seattle, Washington · Available statewide by telehealth



Counseling Services for Wellbeing

Green Lake/Seattle · Burien · Smokey Point/Arlington
counselingwellbeing.com

Practice phone: (206) 242-8211

Short Biography

Israella “Issy” Kleiman, MA, LMFT, AAMFT Approved Supervisor, is the Founder and Clinical Director of Counseling Services for Wellbeing, a mental health practice serving the Seattle metro area and all of Washington State. Under one roof, her team offers therapy, counseling, couples and family work, child and adolescent therapy, and psychiatric care, in person and by secure telehealth statewide.



Issy also serves as an AAMFT Approved Supervisor, training and supervising other therapists and overseeing clinical quality across the practice. Her work centers on making good mental health care easier to reach, with same-week appointments and affirming care for LGBTQ+, BIPOC and neurodivergent clients.

Full Biography

Israella “Issy” Kleiman, MA, LMFT, AAMFT Approved Supervisor, is the Founder and Clinical Director of Counseling Services for Wellbeing, a mental health practice with offices in Green Lake/Seattle, Burien and Smokey Point/Arlington, serving clients in person and by secure telehealth across Washington State.

Issy built the practice around a simple observation: people often have to piece their care together themselves, telling their story again and again to providers who never speak with each other. In her practice, therapy and psychiatry sit under one roof, sharing the same intake and charts, so clinicians coordinate directly and clients can simply focus on getting better. She also keeps a close eye on access, because she believes that help that arrives weeks or months late is help delayed at exactly the moment it is needed most; the practice works to get people their first appointment within the same week.

Her philosophy of care is warm, practical and grounded in respect for the whole person. She and her team use approaches such as CBT, DBT, EMDR, IFS, ERP and somatic therapies, along with the Gottman Method and Emotionally Focused Therapy for couples, always matched to the person in front of them rather than the other way around. Care is affirming and culturally responsive for LGBTQ+, BIPOC and neurodivergent clients, with identity and background understood as integral to good care, never an afterthought.

Beyond her work with clients, Issy is an AAMFT Approved Supervisor, which means she trains and supervises other therapists and is responsible for clinical quality and standards across the practice. She sees supervision as care at one remove: when therapists are well supported, well trained and protected from burnout, the people they serve receive better care.

She provides commentary and speaks on access to mental health care, coordinated therapy and psychiatry, couples and family relationships, affirming care, trauma treatment, child and teen mental health, and telehealth.

BACKGROUND

Credentials & Areas of Expertise

MA, LMFT	Master of Arts; Licensed Marriage and Family Therapist (State of Washington)
AAMFT Approved Supervisor	American Association for Marriage and Family Therapy designated supervisor; trains and supervises other therapists
Founder & Clinical Director	Counseling Services for Wellbeing, Seattle, WA — responsible for clinical quality and standards across the practice

MEDIA TOPICS

Areas of Expertise

- **Access to care and the therapy waitlist problem in Washington** — what same-week care looks like and why it matters
 - **Coordinated therapy and psychiatry under one roof** — why split care can fall short, and how shared intake, charts and direct provider coordination change outcomes
 - **Clinical supervision and therapist training quality** — how supervision shapes the quality of care clients receive and helps prevent clinician burnout
 - **Couples and relationships** — the Gottman Method and Emotionally Focused Therapy, and what actually helps couples in conflict
 - **LGBTQ+, trans and non-binary affirming care** — including affirming care for polyamorous and non-monogamous relationships
 - **Culturally responsive care for BIPOC clients**
 - **Neurodivergent-affirming care** — including ADHD evaluation and treatment for children, teens and adults
 - **Trauma and PTSD treatment** — including EMDR (a therapy that helps the brain reprocess difficult memories so they feel less raw), and how trauma therapy is paced safely
 - **Children, teens and school-related mental health** — parenting and family support
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- **Perinatal and postpartum mental health** — including support for LGBTQ+ and trans and non-binary parents
- **Telehealth** — what the research says about video-based therapy and psychiatric care compared with in-person care
- **Anxiety, depression, grief and life transitions**

STORY ANGLES

Suggested Interview Topics & Talking Points

- **“The waitlist is the crisis: why Washingtonians wait months for therapy, and what same-week care would take”**

A look at how long people in Washington actually wait to be seen, what that delay costs families, and how one Seattle-area practice books first appointments within about 72 hours.
- **“Therapist and prescriber under one roof: the quiet fix for fragmented mental health care”**

Why clients so often get therapy from one provider and medication from another who never talk, and how shared charts and direct coordination change the experience.
- **“Who is supervising your therapist? Inside the training pipeline that shapes care quality”**

What clinical supervision actually is, how it protects clients, and why well-supervised therapists burn out less and care better.
- **“After the holidays, before spring: why couples fight in February and what actually helps”**

What research-based couples work, like the Gottman Method and Emotionally Focused Therapy, says about conflict, and the patterns that predict repair.
- **“Therapy over video: what the research really says about telehealth”**

Separating the hype from the evidence on video-based therapy and psychiatric care, and where telehealth helps most, from rural Washington to a lunch break in Seattle.
- **“The teen ADHD bottleneck: why families wait months for answers”**

How ADHD shows up differently in kids and teens, why evaluation backlogs leave families guessing, and what affirming, practical support looks like at school and home.
- **“Affirming care is good care: supporting LGBTQ+ and neurodivergent clients”**

Why identity-aware therapy leads to better outcomes, and what affirming practice looks like day to day, from intake forms to the therapy room.
- **“New parents, new pressures: perinatal mental health, including LGBTQ+ families”**

The emotional load of the perinatal period, the signs that deserve attention, and how support is adapted for LGBTQ+ and trans and non-binary parents.

Sample Quotes

“When someone finally reaches out for help, that moment matters. Getting them seen that same week isn't a luxury; it's part of the treatment.”

ISRAELLA “ISSY” KLEIMAN, MA, LMFT, AAMFT APPROVED SUPERVISOR

“Nobody should have to be the go-between for their own care. When a therapist and a prescriber share the same charts and actually talk to each other, people stop falling through the cracks.”

ISRAELLA “ISSY” KLEIMAN, MA, LMFT, AAMFT APPROVED SUPERVISOR

“Good therapy starts with respect. People aren't their diagnoses; they're whole people working through something, and they deserve care that sees all of who they are.”

ISRAELLA “ISSY” KLEIMAN, MA, LMFT, AAMFT APPROVED SUPERVISOR

“Couples rarely come in because they argue too much. They come in because they feel unheard. Helping each person feel understood again is where repair begins.”

ISRAELLA “ISSY” KLEIMAN, MA, LMFT, AAMFT APPROVED SUPERVISOR

“Supervision is quiet work, but it shows up in the room. When a therapist is well trained and well supported, that steadiness reaches the client sitting across from them.”

ISRAELLA “ISSY” KLEIMAN, MA, LMFT, AAMFT APPROVED SUPERVISOR

Logistics for Media

Issy is available for interviews in studio, by phone, by video or with written answers, and can usually respond to requests within one business day. A high-resolution headshot is available on request.

Media contact	Issy Kleiman, Founder & Clinical Director
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Phone (practice)	(206) 242-8211
Website	counselingwellbeing.com
Headshot	High-resolution headshot available on request

About the Practice



Counseling Services for Wellbeing

Counseling Services for Wellbeing is a mental health practice offering therapy, counseling, couples and family work, child and adolescent therapy, and psychiatric care and medication management, all under one roof. Care is available in person and by secure telehealth across Washington State, with most major insurances accepted, including Kaiser, Premiera, Regence, Aetna, UnitedHealthcare and Cigna.

The practice serves children, teens, adults and couples, with affirming, culturally responsive care for LGBTQ+, BIPOC and neurodivergent clients. Offices: Green Lake/Seattle · Burien · Smokey Point/ Arlington. Learn more at counselingwellbeing.com or call (206) 242-8211.

A note on accuracy and scope. Any commentary Issy Kleiman provides to media is general mental health information for public education. It is not medical advice, therapy or a diagnosis for any individual, and it is not a substitute for care from a qualified provider. Anyone experiencing a mental health crisis should call or text **988** (Suicide & Crisis Lifeline) or call **911**.