Date: March 11th 2026

To Whom It May Concern:

My name is Anna Ryabova, LPCC. I am a Licensed Professional Clinical Counselor in Rochester, Minnesota, operating a solo private practice, Aletheia Counseling. I provide outpatient mental health services to teens and adults, specializing in trauma-related conditions, including substance abuse. I am a bilingual therapist, fluent in Russian and English.

I am providing testimony regarding the impact of the expiration of Minnesota's Any Willing Provider law in 2025. Until January 2026, I was credentialed with Blue Cross and Blue Shield of Minnesota through a group practice. Upon transitioning to solo practice, my request to remain in-network was denied due to the network being closed to new providers in my area.

This change has affected both my clients and my practice. Approximately 40% of my caseload has Blue Cross coverage. While none of my clients ultimately switched to another therapist, some were unable to continue therapy immediately due to financial limitations, delaying care during critical periods. Several clients have expressed a desire to resume treatment with me once network access is available.

Continuity of care is especially important for trauma treatment and higher-risk mental health needs. Interruptions in therapy can delay recovery and increase vulnerability.

The network closure has also created significant financial strain on my practice. Essential professional costs—including clinical supervision, continuing education, licensure, and liability insurance—are currently covered out-of-pocket. This situation highlights how limitations in insurance networks can restrict access to care, even for qualified and committed providers.

My clinical work includes evidence-based modalities such as EMDR, Somatic Experiencing techniques, CBT, mindfulness interventions, Ego State therapy, and Motivational Interviewing. Policies that allow qualified providers to participate in insurance networks are essential to ensure clients can maintain uninterrupted, high-quality care.

Sincerely,
Anna Ryabova, MA, LPCC
Aletheia Counseling

NPI: 1962272435
License #: CC04181
Contact: anna@aletheiacounseling.center