



Essential Psychiatry PLLC
Your Essential Psychiatry Needs in Medical Lake
Located Within the Natural Health Center

New PROVIDER

Your Complete All Under One Roof Collaborative Care

We don't just mask your problems - we help you understand your body and restore your quality of life. From physical medicine to mental health, our Medical Lake team delivers complete wellness under one roof.



Overview

Hello, my name is Lance Anders. I am a board-certified psychiatric mental health nurse practitioner with a master's degree in nursing from Washington State University. I have experience in managing substance use disorders and understanding mental health issues caused by the Covid-19 pandemic. Together with my patients, we create personalized treatment plans that include psychotherapy, medication management, and self-care techniques.

I am motivated to work with children and young adults, creating a safe environment that fosters growth and development. In my spare time, I enjoy helping others reach their fitness goals and spending time with loved ones. Let's work together to live your best life.

Insurances Accepted

Aetna Kaiser Permanente Cigna Aetna
Medicare Advantage Regence First Choice
Medicare PacificSource United HealthCare
PacificSource Legacy Premera Blue Cross
Kaiser Washington Medicare Advantage

Primary Specialities

- Child and Adolescents
- ADHD (Attention-Deficit/Hyperactivity Disorder)
- Adjustment Issues
- Anger Management
- PTSD (Post-Traumatic Stress Disorder)



Lance Anders **PMHNP**

Also Experienced With

- Anxiety ● Depression ● Strength-Based Therapy
- CBT (Cognitive Behavioral Health) ● Mood Disorders
- Gender Dysphoria ● Solution Focused ● Postpartum
- Depression ● Mood Disorders ● LGBTQ Friendly
- Sleep Disorders ● Suicidal Ideation ● Substance Use/Abuse
- Mind-Body Connection ● OCD (Obsessive-Compulsive Disorder)