

Irene Sun, MD

714-841-7437

Speaks Mandarin

Dr. Katherine Ko, PHD

949-342-5914

Speaks Mandarin

Nichole Chavez

Accepts Some Insurance

Stephen Wong, LMFT

626-478-3426

Speaks Mandarin

Women's Mental Health Therapists

These are mental health providers who specialize in counseling (also called psychotherapy) for women. Therapy may be individual, groups or couple's.

ORANGE COUNTY

Elisabeth Farnsworth, LMFT and Angela Mains, LCSW – Hoag Maternal Mental Health Clinic*

949-764-8191 | www.hoag.org/mmh

Many insurances accepted.

Laura Navarro Pickens, LCSW

562-882-7901 | Newport Beach

Shoshana Bennett, PhD

212-330-8007 | drshosh@sbcglobal.net | <http://drshosh.com>

Near Irvine/Laguna Hills | Phone and webcam therapy as well.

Kate O'Shaugnessy-Nulty, LCSW*

562-572-3143 | katenulty@me.com

5242 Katella Ave., Suite 106, Los Alamitos, CA 90720

Alicia Duzman, Ph.D

949-378-4882 | San Clemente

Miriam Henderson, MSW

949-764-5394 | Newport Beach

Enas Elshiwick, Psy D., MFT & Mary-Louise Henson, MFT – Laguna Behavioral*

949-367-1200 | Laguna Niguel

Accepts insurance

Marissa Zwetow, MFT*

949-424-3034 | Laguna Hills

Accepts insurance

Nichole Chavez, PsyD

949-791-7289

Some insurances accepted.

LOS ANGELES

Susan Bordon, LCSW at Well Psyche Medical Group*

310-871-0670 | sbordon@susanbordontherapy.com

www.susanbordontherapy.com Hermosa Beach

Tara Farajian, LCSW

562-650-0474 | tara@timotherhood.com | timotherhood.com

Signal Hill

Amy Lappen, PhD – Pacific Resources Psychological Group*

562-988-1000 ext. 152 for intake, choose option 0

4201 Long Beach Blvd., Suite 230, Long Beach 90807

Alicia MacGowan, LCSW

310-508-9531 | <http://recoverynowla.com/>

Hermosa Beach and Torrance

Stephanie Morales, LMFT

310-798-9000

stephaniemoralesmft@hotmail.com

<http://www.mothernurturecenter.com> | Redondo Beach

Amy Pesceone, LCSW

310-480-8362 | info@amypesceone.com

<http://www.amypesceone.com> | Hermosa Beach, Los Alamitos

SAN DIEGO

Meghan Hammel, PhD

800-926-8273 | La Jolla

My Hanh (Theresa) Nguyen, MSN, PMHNP-BC

800-926-8273 | La Jolla

CBT/DBT

These are specific modalities of counseling (psychotherapy) that focus on various mental health conditions. Cognitive Behavioral Therapy (CBT) for example is best suited for depression and anxiety, however it is successfully used for many other conditions. Dialectical Behavioral Therapy (DBT) is extremely helpful for patients struggling with borderline personality traits. These forms of counseling tend to be time-limited and problem-focused.

COGNITIVE BEHAVIORAL THERAPY (CBT)

CBT California

800-624-1475 | <http://www.cbtcalifornia.com>

Reduced fee clinic for eligible clients.

Anxiety and Depression Center

Dennis Greenberger, PhD | 949-222-2848

<http://www.anxietyanddepressioncenter.com> | Newport Beach.

Center for Behavior Medicine*

562-945-5454

9200 Colima Rd., Suite 206, Whittier, CA 90065

Cigdem Coyle, PsyD

949-342-6953

ocpsychologistdrcocyle.com