

## **Therapist list for LA Fires**

### **Community Counseling Centers**

#### **Miracle Mile Community Practice**

Sliding scale

Location: 5055 Wilshire Blvd, #310, Los Angeles, CA 90036 in person and online

Contact: <https://www.mmcpla.org/team>

**Specialty:** Individuals; couples; children; teens; families

#### **Southern California Counseling Center**

No-cost trauma-informed sessions (4 sessions)

Location: 5615 W Pico Blvd, Los Angeles, CA 90019 in person

Email [frontdesk@sccclink.com](mailto:frontdesk@sccclink.com) to sign up

<http://www.sccc-la.org>

### **Support Groups**

#### **Somatic Wildfire Trauma Support Group**

##### **Run by Chloe Bean, AMFT**

Join this supportive virtual community of wildfire survivors to come together to heal and empower each other through somatic therapy. Gain tools to manage anxiety, depression, and trauma.

Open to all genders

Chloe Bean (AMFT #143452) is supervised by Shannon Kalberg, LMFT, #88832

Mary Barbour, LMFT & Associates – This document is for informational purposes only. This list was created by Maria Evans, LMFT in conjunction with the Therapists of West LA FB group

**Mondays, starting January 13th, from 5 PM - 6 PM**

**Format:** Online

**To RSVP:**

Email [chloebeantherapy@gmail.com](mailto:chloebeantherapy@gmail.com)

Call (424) 307-1829

**Cost:** Free

**Navigating the Fires: Tools for Healing and Connection**

**Run by Stefanie Goldstein, Ph.D. and Elisha Goldstein, Ph.D.**

Co-founders of Center for Mindful Living

- Supportive, free online gathering
- Learn practical tools for coping with the ongoing wildfires
- Explore simple, evidence-based techniques to reduce stress, ease anxiety, and restore a sense of safety and community
- Learn guided breathing exercises, grounding techniques, and self-soothing practices you can use anywhere—whether you're coping with evacuation, disrupted routines, relentless worry or the shock and grief of losing your home

**Wednesday, January 15th, from 7 PM - 8 PM**

**Format:** Online

**To RSVP:**

Read more and register at this link:

<https://chapterevent.ypo.org/event/e7e98d79-62cb-4ebe-aefa-424cdaff3b57/>

**Cost:** Free

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### **Virtual Support for Middle Schoolers**

This support group is open to any middle schoolers 6th-8th grade who have lost their homes.

Danielle Faye Jonas, LCSW

**Every Monday, 5:30-6:30 PM**

**Format:** Online

**To register:**

Email [therapy@daniellefayejonaslcsw.com](mailto:therapy@daniellefayejonaslcsw.com) with your child's full name, age, and neighborhood

**Cost:** Free

### **Virtual Support for Adults**

This support group is open to any adults who have lost their homes.

Danielle Faye Jonas, LCSW

**Every Thursday, 7-8 PM**

**Format:** Online

**To register:**

Email [therapy@daniellefayejonaslcsw.com](mailto:therapy@daniellefayejonaslcsw.com) with your name, age, and neighborhood

**Cost:** Free

### **Virtual Support for High Schoolers**

This support group is open to any 9th -12th graders who have lost their homes.

Danielle Faye Jonas, LCSW

**Every Friday, 4-5 PM**

**Format:** Online

**To register:**

Email [therapy@daniellefayejonaslcsw.com](mailto:therapy@daniellefayejonaslcsw.com) with your child's full name, age, and neighborhood

**Cost:** Free

**LA Fires Communities Support Group**

**Run by Revolve Recovery**

Support group and gathering space for those needing community, resource support, and a safe space during these devastating times. We will have some supplies and items for individuals to take as needed.

No sign-ups required. All are welcome to show up as needed.

**Questions?** Call 310-936-4238

**Zoom link (if joining remotely):** Email [revolve@revolverecovery.com](mailto:revolve@revolverecovery.com)

**Individual Therapists**

**Lisa Chester-Schyman, LMFT**

Sliding scale

Office location: Online

Contact: <https://lisachesterschyman.com/>

**Specialty:** Grief (trained through Our House and as a Grief Recovery specialist); loss; transition; trauma (SEP trained); adults; seniors; teens; families; couples

**Olivia Einbund Gushansky, LMFT**

Sliding scale and 1 pro bono spot

Office location: Century City (Overland and Santa Monica) in person

Contact: [therapybyolivia.com](http://therapybyolivia.com)

**Specialty:** Grief; trauma; IFS therapy; therapy for therapists

**Maura Tousignant, LMFT**

Sliding scale

Office location: Santa Monica in person and online

Contact: [www.therapywithmaura.com](http://www.therapywithmaura.com)

**Specialty:** Trauma; grief; somatic and depth psychotherapy; Somatic Experiencing; Hakomi mindfulness-based somatic therapy for adults

**Lianna Gliksman, LCSW**

4 pro bono sessions and/or sliding scale with 1 spot available

Location: Online

Contact: [gliksmantherapy.com](http://gliksmantherapy.com)

**Specialty:** ADHD; autism; giftedness; sensory divergency

**Sue Brekka, LMFT**

Sliding scale and one pro bono session

Insurance: Cigna (ever north), Beacon (Carelton), Anthem, Compsych

Location: Online

Contact: [www.suebrekkamft.net](http://www.suebrekkamft.net)

**Specialty:** Children; teens; adults; trauma; grief specialist

### **Mary Barbour and Associates**

Sliding Scale and 1 Pro Bono (5 sessions)

Location: Ocean Park/Bundy and telehealth

Contact: 310-626-4789 to book a consultation

Specialty - Adults, teens, trauma, EMDR

### **Cori Rosenthal, LMFT**

Sliding scale

Insurance: Cigna (ever north), Beacon (Carelon), Anthem, Compsych

Location: Bundy and Olympic in person and online

Contact: <https://www.corirosenthal.com/>

**Specialty:** Adults and teens; trauma; developmental trauma; Brainspotting; mindfulness; mindful self-compassion; eating disorders; disordered eating

### **Theresa (Terry) Goldstein, LPCC**

Sliding scale and pro bono

Location: Hermosa Beach in person and online

Contact: <http://www.therapytg.com>

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**Specialty:** Teens; children; adults; geriatrics; infant and maternal mental health; OCD; chronic illness; late-diagnosis autism; Jewish clients

**Chloe Bean, AMFT**

Sliding scale

Location: Online

Contact: <http://www.chloebeantherapy.com>

Working under the supervision of Shannon Kalberg, LMFT

**Specialty:** Trauma; anxiety; Somatic Experiencing; EMDR; IFS therapy for adults; couples; teens

**Sara Loughlin, LCSW**

Pro bono (short-term crisis therapy)

Location: Santa Monica and Centinela in person and online

Contact: <http://westlosangelescounseling.com>

**Specialty:** Adults; teens (10 and up)

**Eveline Smilack, MFA, LMFT**

Sliding scale

Location: Online

Contact: <http://www.smilacktx.com>

**Specialty:** Complex trauma; PTSD; dissociation; grief; psychodynamic therapy; EMDR certified; neurodivergent (ND); LGBTQ+; teens; adults

**Tova Harkham, AMFT**

Sliding scale

Insurance: LA Care Medical; HealthNet MHN

Location: Online

Contact: 424-625-5463

Working under the supervision of Sherly Khodadad, LMFT

**Specialty:** Anxiety; depression; phase-of-life transitions; women's health

**Stephanie Payne, AMFT**

Sliding scale

Location: Santa Monica (33rd & Ocean Park) in person and online

Contact: <https://www.daniellefayejonaslcsw.com/stephaniepayne>

Working under the supervision of Danielle Jonas, LCSW

**Specialty:** Adults; families; couples; anxiety; grief work

**Penny Jacobs, PsyD**

Sliding scale

Location: 26th Street and Broadway in person and online

Contact: <http://www.drpjacobs.com>

**Specialty:** Grief; addiction; basic human suffering

**Jill Solomon, MFT**

Sliding scale

Location: Online

Contact: <http://www.jillsolomonmft.com>



**Specialty:** Somatic Experiencing trauma therapy; couples therapy (Gottman, Stan Tatkin, Real); chronic pain and illness

**Carmit Zur, LCSW**

Sliding scale (short term)

Location: Sawtelle & Olympic in person and online

Contact: 424-479-8472

**Specialty:** Adults; maternal mental health; trauma; Hebrew speaker

**Leah Howard, LCSW**

Sliding scale and pro bono (1 spot for 4–8 sessions)

Location: Sepulveda Blvd (between Santa Monica and Wilshire) in person and online

Contact: <http://lhowardtherapy.com>

**Specialty:** Teens (12+); young adults; adults; anxiety; relational stress; trauma training

**Robyn Sheiniuk, LCSW**

Sliding scale

Location: Online

Contact: <http://www.restorativecounselingcenter.org>

**Specialty:** Trauma; grief; cancer support with adults and teens; EMDR certified

**Jessie Latin, AMFT**

Sliding scale and pro bono (1–2 spots)

Location: Sawtelle in person and online

was created by Maria Evans, LMFT in conjunction with the Therapists of West LA FB group

Contact: <https://www.psychologytoday.com/us/therapists/jessie-latin-teen-adult-eating-disorder-anxiety-los-angeles-ca/1076787>

Working under the supervision of Kaley Leshem, LCSW

**Specialty:** Teens; young adults; adults; life transitions; anxiety; perfectionism; body image; eating disorders

**Carey Louden, APCC**

Sliding scale

Location: Online

Contact: <http://careyloudentherapy.com>

Working under the supervision of Jenna Laski, LMFT

**Specialty:** Teens; young adults; eating disorders; adoption and family-related work; anxiety

**Lauren Dummit, LMFT, CST, CSAT-S**

Sliding scale and pro bono

Location: Online

Contact: <http://www.embodiedwellnessandrecovery.com/contact>

**Specialty:** Trauma; addiction; codependency; somatic therapy; sex, love, and intimacy issues; EMDR; PIT

**Hannah Schaler, LMFT**

Sliding scale and pro bono

Location: Ocean Park area in person and online

Contact: [hannahschalermft@gmail.com](mailto:hannahschalermft@gmail.com)

**Specialty:** Art therapy; trauma; neurodivergence; eating disorders; personality disorders; relationships

**Zazu Tauber, LCSW**

Sliding scale

Location: Century City in person and online

Contact: <http://zazutaubertherapy.com>

**Specialty:** Trauma; NARM; EMDR

**Kevin Kunkel, LMFT**

Sliding scale and short term pro bono

Location: Venice in person and online

Contact: <http://kevinkunkel.com>

**Specialty:** Trauma treatment; Somatic Experiencing (SE); EMDR

**Hannah Bonaparte, LCSW**

Sliding scale and pro bono

Location: Walk-and-talk out of Mar Vista Rec Center in person and online

Contact: <http://www.westsidelcsw.com>

**Specialty:** Substance abuse; anxiety; relationships

**Dr. Antonia Hickey, PsyD**

Sliding scale

Insurance: Medicare

Location: Online

Contact: <https://www.psychologytoday.com/us/therapists/antonia-hickey-los-angeles-ca/760049>

**Specialty:** Older adults; adults with medical conditions; depression; anxiety; work-related stress (including disability leave)

**Cari Smulyan, LMFT**

Sliding scale and pro bono

Location: Westwood and Rochester in person and online

Contact: <http://carismulyantherapy.com>

**Specialty:** Teens; families; couples; individuals; grief; somatic specialization

**Rebecca Branda, PsyD**

Pro bono

Location: Online

Contact: <http://www.thesummitpsychology.com>

**Specialty:** Trauma; women's mental health; ADHD in adults; EMDR

**Jocelyn Pilling, LCSW**

Sliding scale

Location: Online

Contact: <http://jocelynpilling.com>

**Specialty:** Trauma; anxiety; depression; addiction

**Tabitha Fronk, LPCC, ATR-BC**

Sliding scale and pro bono (short-term crisis work)

Location: In person psychotherapy office/art therapy studio on Washington Blvd, just west of Overland in Culver City

Contact: 310-403-9317

**Specialty:** Trauma-informed, mindfulness-based art therapy; children (6 years and up) to adults; parent coaching; LGBTQ affirmative; Highly Sensitive People; families in recovery

**Savannah Giannini-Cocio, ASW**

Sliding scale (private pay; offers superbills)

Location: Online (based in Orange, CA)

Contact: <http://www.savannahgianninitherapy.com>

Working under the supervision of Dr. Dawn Tennenbaum

**Specialty:** Adults only; trauma; loss and grief; depression; anxiety; first responders; life transitions

**Emerald Aueyong, AMFT, APCC**

Sliding scale and pro bono (\$0–50; space for 2 individuals and 2 couples)

Location: Online

Contact: <http://TherapywithEmerald.com>

Working under the supervision of Corinne Eisenhardt, LPCC

**Specialty:** Adults; couples; trauma (emotional, physical, sexual); sex and relationships; cognitive processing; open to working with first responders

**Laudan Kermani Gish, LCSW, PMH-C**

Pro bono (for those impacted by fires)

Location: Online

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Contact: <http://www.LaudanGish.com>

**Specialty:** Teens; adults; couples; trauma; EMDR; Flash Technique

**Melanie Altamirano, AMFT**

Pro bono

Location: 11835 W Olympic Blvd in person and online

Contact: [melaniealtamiranotherapy@gmail.com](mailto:melaniealtamiranotherapy@gmail.com)

Working under the supervision of Jenna Laski, LMFT

**Specialty:** Children; teens; trauma; anxiety

**Adi Diamant LMFT, SEP**

Sliding scale and pro bono (for several sessions)

Location: West LA (Olympic Blvd next to Sawtelle) in person and online

Contact: <http://adipsychotherapy.com>

**Specialty:** Trauma; Somatic Experiencing Practitioner (SEP, SEI Certified); EMDR Certified; crisis management; eating disorders; body image; teens; adults; individual and family sessions

Languages: English; Hebrew

**Taylor Bowman, LMFT**

Sliding scale and pro bono

Location: In person on Sawtelle Blvd and online via Zoom

Contact: <http://taylorbowmanmft.com>

**Specialty:** Trauma-informed therapy for teens and adults

**Frances Barry, LMFT**

was created by Maria Evans, LMFT in conjunction with the Therapists of West LA FB group

Sliding scale

Location: Santa Monica Blvd & Bundy in person and online

Contact: <http://www.francesbarry.net>

**Specialty:** Children; teens; parent coaching; grief

**Alex Russan, AMFT**

Sliding scale

Location: Online

Contact: <http://www.alexrussantherapy.com>

Working under the supervision of Steven Isaacman, Psy.D

**Specialty:** OCD; personality and mood disorders; addiction; grief (some training); ERP; psychodynamic therapy (2 years post-grad training at LAISPS)

**Jordyn Levine, LCSW**

Sliding scale and pro bono (a few spots for 4 sessions)

Location: West LA (Sawtelle and Missouri)

Contact: jordynrlevine@gmail.com

**Specialty:** Children (6+); teens; young adults; adults; trauma (TF-CBT, CPT, Crisis Oriented Recovery Services (CORS)); anxiety; health anxiety; OCD; parenting work

**Alexa Kidman, LCSW**

Sliding scale and pro bono

Location: Yale Street & Wilshire in person and online

Contact: <http://kidmantherapy.com>

was created by Maria Evans, LMFT in conjunction with the Therapists of West LA FB group

**Specialty:** Trauma-informed therapy for children; teens; young adults

**Zobra Hemphill-Ward, LMFT**

Sliding scale and pro bono (short-term crisis therapy)

Location: Santa Monica (Broadway and 26th St) in person and online

Contact: <https://www.shelbystonetherapy.com/associate>

**Specialty:** Trauma (EMDR); anxiety; grief and loss; life transitions; career transitions; children; teens; families; parent coaching; play therapy

**Ellie Doherty, AMFT**

Sliding scale and pro bono

Location: Larchmont, Beverly Hills in person and online

Contact: <http://elliedohertytherapy.com>

Working under the supervision of Dr. Douglas Sadownick #40003

**Specialty:** Adults; teens; couples; families; trauma (PTSD and CPTSD); addiction/recovery; AA/Al-Anon and other 12-step groups

**Mona Shane, LPC**

Sliding scale

Insurance: Aetna; UHC

Location: Online

Contact: <http://www.monashane.com>

**Specialty:** Grief and loss counseling; life transition counseling; individual counseling; couples counseling; parenting counseling; family counseling

**Keren Givol (LMFT) Therapy & Associates**

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Sliding scale and pro bono

Location: Barrington and Olympic in person and online

Contact: <http://www.kerengivol.com>

**Specialty:** Anxiety; anxiety-related disorders; peer relationships; family dynamics; grief; trauma work; parenting; individuals (11+); couples; families

**Katya Kosarenko, LCSW**

Sliding scale

Location: Santa Monica in person and online

Contact: <https://www.psychologytoday.com/us/therapists/katya-kosarenko-los-angeles-ca/127184>

**Specialty:** Certified Sensorimotor Psychotherapist; Somatic therapy; trauma; PTSD; complex PTSD; grief; anxiety; depression; chronic pain; works with teens; young adults; adults; elderly; couples

**Madisen Siegel, LMFT**

Sliding scale

Location: Westwood near UCLA in person and online

Contact: <https://thefrankelgroup.com/madisen>

**Specialty:** Children; teens; young adults; adults; trauma (trained through level 2 of Sensorimotor Psychotherapy); anxiety; depression; transitions

**Shelby Stone, LMFT**

Sliding scale and pro bono (short-term crisis therapy)

Location: Santa Monica (Broadway & 26th St) in person and online

Contact: <http://www.shelbystonetherapy.com>

**Specialty:** Trauma (EMDR and Brainspotting); high anxiety, including health and medical anxiety; phobias; adults; children; teens; families

**Alicia Brandt, LMFT**

Sliding scale and pro bono (for first responders and people affected by disasters)

Location: Culver City in person and online

Contact: <http://abrandtmft.com/>

**Specialty:** EMDR Certified for trauma events; works with adults only

**Nicole Vale, Psy.D.**

Sliding scale (deeply discounted evaluations for children of families that have lost their homes)

Location: West LA

Contact: <http://www.drnicolevale.com>

**Specialty:** Pediatric evaluations, neuropsychological care, assessments

**Laura Westmoreland, LMFT**

Sliding scale and pro bono (short-term crisis support, up to 6 sessions)

Location: Online

Contact: [laura@laurawestmoreland.com](mailto:laura@laurawestmoreland.com)

**Specialty:** Adults only; individuals; families; couples; parent coaching; trauma; grief; anxiety; relationships

**Meagan Blatter, LPCC**

Sliding scale and pro bono (short term)

was created by Maria Evans, LMFT in conjunction with the Therapists of West LA FB group

Location: Mar Vista in person and online

Contact: <http://www.meaganbtherapy.com/contact>

**Specialty:** Somatic therapy; EMDR; grief; women's mental health; adults

**Meredith Edwards, LMFT**

Sliding scale and pro bono

Location: Online

Contact: <http://www.meredithedwards.com>

**Specialty:** Trauma; grief; EMDR; somatic-based therapy; adult individuals

**Kelli Fisher, LMFT**

Sliding scale and pro bono (short-term crisis therapy)

Location: Online

Contact: <http://www.kellisfisher.com>

**Specialty:** Trauma; SEP; AF-EMDR; CRM; DBR; adults

**Sara R. van Koningsveld, MA, LPCC**

Sliding scale and pro bono (up to 2 spots)

Insurance: Most insurance panels

Location: Online

Contact: <http://www.saravDMT.com/therapy>

**Specialty:** Young adults through middle age; women's health; LGBTQIA+; neurodivergent-affirming care; dance/movement therapy and expressive arts; trauma-informed care; mindfulness; BC-DMT; RYT 200

**Emily Cannon, LCSW**

was created by Maria Evans, LMFT in conjunction with the Therapists of West LA FB group

Pro bono (short-term, 4–6 sessions, for children who have lost their homes)

Location: Sawtelle, Sherman Oaks, and online

Contact: <http://illuminatecounselingca.com>

**Specialty:** Children and teens (ages 4–17); trauma; Gestalt play therapy; Brainspotting; Animal-Assisted Play Therapy (Level 1)

**Marissa Krupat, LMFT**

Sliding scale

Insurance: Aetna

Location: Online

Contact: <http://www.marissakrupat.com>

**Specialty:** Grief and loss; transitions; perinatal (pregnancy and postpartum); anxiety; adults

**Daniya Ahmed, LMFT**

Sliding scale

Location: Wilshire & Lincoln in person and online

Contact: <http://therapywithdaniya.com>

**Specialty:** Teens (16+); adults; BIPOC; social justice; trauma; grief; working with firefighters and loved ones of first responders

**Kaley Leshem, LCSW**

Sliding scale and pro bono (a few spots for 4–6 sessions)

Location: West LA (Sawtelle and Missouri) in person and online

Contact: <http://kaleyleshemlcsw.com>

**Specialty:** Teens; young adults; adults; trauma (EMDR); anxiety; eating disorders; body image; family therapy

**Zachary Sandler, LCSW**

Sliding scale and pro bono (limited sessions)

Location: Brentwood/Santa Monica in person and online

Contact: <http://www.zacharysandler.com>

**Specialty:** Gestalt therapy; EMDR; teens; adults

**Kathryn Hostettler, LCSW**

Sliding scale and pro bono (short-term)

Location: Wilshire & Centinela in person and online

Contact: <https://hosswellness.com/>

**Specialty:** Adults; parent coaching; trauma (EMDR, Flash, Emotional Freedom Techniques, DBT, CBT, contemplative practices, 12-step fluent); addiction; first responders

**Brian Hart, AMFT**

Sliding scale and pro bono (short-term crisis therapy)

Location: Mid-Wilshire in person and online

Contact: <http://www.brianharttherapy.com>

Working under the supervision of Darlene Basch, LCSW

**Specialty:** Adults only; men; couples; life transitions; career transitions; anxiety; relationships

**Rebecca Gorin, LMFT**

was created by Maria Evans, LMFT in conjunction with the Therapists of West LA FB group

Sliding scale and pro bono (short-term online)

Location: West LA in person and online

Contact: <http://www.rebeccagorin.com>

**Specialty:** Complex trauma; PTSD; grief; somatic therapy; parts work; EMDR; adults; adolescents

**Elyssa Hays, LMFT**

Sliding scale

Location: Santa Monica in person and online

Contact: <http://www.elyssahays.com>

**Specialty:** Women's mental health; couples; sex and relationships; anxiety; trauma

**Elyssa Hays, LMFT**

Sliding scale

Location: Santa Monica in person and online

Contact: <http://www.elyssahays.com>

**Specialty:** Women's mental health; couples; sex and relationships; anxiety; trauma

**Brigitte Tabaroki, LMFT**

Sliding scale

Location: Brentwood (on San Vicente) in person and online

Contact: [tabarokibrigitte@gmail.com](mailto:tabarokibrigitte@gmail.com)

**Specialty:** Children; teens

**Jessica Taylor Vara, LMFT**

Sliding scale

Location: Online

Contact: <http://www.jessicataylorvara.com>

**Specialty:** Trauma; EMDR; adults

**Tessa Loera, AMFT**

Sliding scale

Location: Online

Contact: [t.loeratherapy@gmail.com](mailto:t.loeratherapy@gmail.com)

Working under the supervision of Nicole Nary, LMFT

**Specialty:** Children; adolescents; young adults; trauma (TF-CBT); grief; anxiety; coping skills

**Andrew Susskind, LCSW**

Sliding scale

Location: Santa Monica in person

Contact: <http://www.westsidetherapist.com>

**Specialty:** Trauma; EMDR; adults

**Julie Rodin, LMFT**

Sliding scale and pro bono (short-term crisis therapy)

Location: Online

Contact: <http://www.fulldisclosuretherapy.com>

**Specialty:** Trauma; grief; Brainspotting; TRM; adults; couples

**Bianca Lenga, LMFT**

Sliding scale

Location: Online

Contact: <https://www.psychologytoday.com/us/therapists/bianca-berzner-lenga-child-adolescent-adult-encino-ca/1131177>

**Specialty:** Children; adolescents; parent coaching; adults (anxiety; chronic pain; pregnancy/postpartum)

**Michele LoBosco, LMFT**

Sliding scale and pro bono (short-term for first responders and those impacted by fires)

Location: Santa Monica in person and online

Contact: <http://www.mloboscotherapy.com>

**Specialty:** Somatic therapy; IFS; depth psychotherapy; trauma; anxiety; grief; adult individual and group sessions

**Paula Verbit, MA, LMFT**

Pro bono and Medi-Cal (TherapizeMe.com)

Insurance: Rula (see Psychology Today pages for accepted insurance)

Location: Online only

Contact: <https://www.psychologytoday.com/us/therapists/paula-verbit-santa-monica-ca/1388022>

**Specialty:** Adults; couples; adult families; teens and children with parents

**Cheryl Beck Benjamin, LMFT**

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Sliding scale and pro bono (or referral to low-cost OPICA trainees or associates)

Location: West LA (Stoner Park) in person and online

Contact: <https://www.psychologytoday.com/us/therapists/cheryl-beck-benjamin-los-angeles-ca/807709>

**Specialty:** Alzheimer's and dementia; memory loss; aging; caregiving

**Regina Tumin, LCSW**

Sliding scale and pro bono (2 sessions)

Insurance: Aetna; United

Location: West LA (Barrington and Olympic) in person and online

Contact: <http://www.reginatumin.com>

**Specialty:** PTSD; anxiety; panic; crisis intervention; health anxiety and burnout; grief and loss; mediation; first responders; adults; seniors; young adults (20 and up)

**Danielle Golan, LMFT**

Sliding scale

Location: West LA, Santa Monica, Pasadena in person and online

Contact: <http://www.thefeelingspace.me>

**Specialty:** Anxiety; trauma (EMDR, Brainspotting, IFS, DBT); relationship issues; parenting; children; teens; adults; couples; families

**Liz Burns, LMFT**

Sliding scale and pro bono

Location: Mid-City (6310 San Vicente Blvd, Suite 360) in person and online

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Contact: <http://www.lizburnstherapy.com>

**Specialty:** Adults; couples; families; trauma-informed care; grief counseling

**Bianca Cabanas, LCSW**

Sliding scale (one spot) and pro bono (short-term, one spot)

Location: Barrington and Olympic in person and online

Contact: <http://www.BiancaCabanasLCSW.com>

**Specialty:** Teens; young adults; trauma-trained; EMDR

**Lila Galustian, LMFT**

Sliding scale and pro bono

Location: 1923 1/2 Westwood Blvd, Suite #2, Los Angeles, CA 90025 in person and online

Contact: <http://www.re-discoveringyou.com>

**Specialty:** Teens; young adults; trauma-trained; EMDR

**Ilona Varo, LMFT**

Sliding scale and limited session pro bono

Location: Online

Contact: [www.ilonavaro.com](http://www.ilonavaro.com)