COUNSELING SERVICES

PROVIDER REFERRAL LIST

Caltech
Biography
It is rare to meet someone who actually loves what they do for a living. I happen to be one of those people. I love watching the people I work with take ownership over their lives by coming to therapy to work on a specific issue or just to have someone to talk to. I especially love working with relationship issues as I have found that most people have, at some point in their lives, encountered a problematic relationship.

Training/Certifications
I have had specialized training in couples therapy and suicide management.

Theoretical Orientation
I enjoy working as a psychodynamic therapist because it allows me to go deeper with each person I work with. My approach is to first meet the client where they are then help them explore their growth area by discovering the roots of the problem.

Language(s) Other Than English

- [x] Armenian
- [x] Chinese - Mandarin
- [x] Chinese - Cantonese
- [x] French
- [x] German
- [x] Hindi
- [x] Italian
- [x] Japanese
- [x] Korean
- [x] Portuguese
- [x] Spanish

Insurance Accepted

- [x] Caltech UHC
- [x] Cigna
- [x] Aetna
- [x] Humana
- [x] Blue Cross/Blue Shield
- [x] MediCal
- [x] UHC (non-Caltech)

Other Insurance:
Biography
I have worked with many people engaged in challenging and often creative goals who are having difficulties with relationships, achievement, depression, anxiety, sustained attention, or emotional concerns. My Ph.D. is in Clinical Psychology (with minors in Qualitative Psychology and Movement Psychotherapy) from UCLA. As a former Human Relations Advisor for Caltech, Director of the Counseling Center of Occidental College, and Consultant for Loyola Law School, and as a Supervisor for Interns at the Los Angeles Gay and Lesbian Center, and in private practice I have provided and taught psychotherapy for over 25 years. I also teach Sport Psychology at SMC and practice Mindfulness. I use eclectic psychotherapy and Psychological Skills Training to promote peak performance for athletes, scientists, lawyers, executives, artists, and others looking to not only recover from past and current challenges but to maximize their achievement and quality of life.

Training/Certifications

Theoretical Orientation
I use a very eclectic approach informed by systems theory, attachment theory, object relations, cognitive behavioral approaches, humanism, feminism and mindfulness. I am actively present and processing with clients. I work well with 'outliers', whose experience, abilities or thinking is not typical. I promote the contributions of exercise to mental, emotional and physical wellbeing and performance. I value multicultural perspectives!

Language(s) Other Than English
- Armenian
- Chinese - Mandarin
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- Italian
- Portuguese
- German
- Japanese
- Spanish

Other Language

Insurance Accepted
- Caltech UHC
- Cigna
- Aetna
- Humana
- Blue Cross/Blue Shield
- MediCal
- UHC (non-Caltech)

Other Insurance: Out of network provider for PPOs.
Biography
Dr. Cassil (PSY26549) is a Licensed Clinical Psychologist in Pasadena. She received her Ph.D. in Clinical Psychology from Fuller Graduate School. Over the past several years, Dr. Cassil has worked in college counseling centers (including UC Riverside, Cal State Fullerton, Caltech, and Cal Poly Pomona) as a practicum trainee, intern, postdoctoral resident, and staff psychologist. Dr. Cassil has experience working with anxiety, depression, social confidence, and adult survivors of childhood abuse. Dr. Cassil has focused on working with women in STEM (science, technology, engineering, and math) fields around topics of navigating conflicting expectations, impostor syndrome, and work-life balance. She places a high value on diversity and multiple identities that individuals must navigate in academic, social, and family settings and invites her client to explore these dimensions within therapy. Dr. Cassil also offers Social Confidence Group for Social Anxiety on a rolling basis; visit her website for additional information.

Training/Certifications
Highly Sensitive People (as defined by Elaine Aron, hsperson.com)

Theoretical Orientation
I practice from a Time-Limited Dynamic Psychotherapy model influenced by developmental, cognitive-behavioral, family systems, psychoeducational, interpersonal, feminist, and psychodynamic therapies.

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- Portuguese
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Other Language

Insurance Accepted
- Caltech UHC
- Cigna
- Aetna
- Humana
- Blue Cross/Blue Shield
- MediCal
- UHC (non-Caltech)

Other Insurance: Out of network PPO
Biography
Dr Chang came from Taiwan over 20 years ago. She got a master degree in Education Psychology from University of Minnesota, and a doctoral degree in Counseling Psychology from University of Southern California. She specializes in working with international students and also with immigrants with acculturation issues.

Training/Certifications

Theoretical Orientation
Psychodynamic, cognitive behavioral

Language(s) Other Than English

- Armenian
- Chinese - Mandarin
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- Hindi
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- Portuguese
- Spanish

Other Language

Insurance Accepted

- Caltech UHC
- Cigna
- Aetna
- Humana
- Blue Cross/Blue Shield
- MediCal
- UHC (non-Caltech)

Other Insurance:
Biography
I am a registered dietitian specializing in helping clients make peace with food and body image.

Training/Certifications

Theoretical Orientation
I come from an Intuitive Eating, HAES background. My practice is centered around helping people make peace with food and body image. I don't have a one size fits all approach. All of my sessions are individualized and collaborative. I hope to help clients gain the tools to listen to their bodies and nourish themselves in a mentally and physically healthy way.

Language(s) Other Than English

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Other Language

Insurance Accepted
- Caltech UHC
- Cigna
- Aetna
- Humana
- Blue Cross/Blue Shield
- MediCal
- UHC (non-Caltech)

Other Insurance: Private paying clients only
Biography

The pace of life is fast and it can feel increasingly hard to balance all of life’s demands. Therefore, it’s important to feel like you are investing your limited time and resources in someone that you trust in that can provide you insight, guidance and tools for change. Many times, the methods of coping that used to work in the past may no longer feel like they are working for you now. I strive to help you to identify your triggers, self-sabotaging behaviors, and untapped areas of strength. I have experience working with Caltech students and understand many of the academic and social struggles and adjustment during this pivotal time in your life. My specialties include helping to cope with life transitions, anxiety, depression, work-life balance, social skills training, cross-cultural issues, parent relationship conflicts, and partner relationship issues. I welcome working with undergraduate students, graduate students, couples, and women's groups.

Training/Certifications

Theoretical Orientation
Cognitive Behavioral, Psychodynamic and Family Systems

Language(s) Other Than English

- Armenian
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- Korean
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- Spanish

Other Language

Other Language

Insurance Accepted

- Caltech UHC
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- Aetna
- Humana
- Blue Cross/Blue Shield
- MediCal
- UHC (non-Caltech)

Other Insurance:

Other Insurance:
Biography
Dr. Jessica Foss is a Licensed Clinical Psychologist in Pasadena. She received a Ph.D in Clinical Psychology from Fuller Graduate School, and a BA in Psychology from Loyola Marymount University, Los Angeles. Dr. Foss developed her expertise for working with college and graduate students through her prior professional experiences at university counseling centers, including: Caltech, Pepperdine University, and Cal State University, Fullerton. She understands that this stage of life brings many joys as well as a plethora of challenges. Dr. Foss has extensive experience helping individuals facing significant stressors that result in depression and anxiety. She enjoys helping individuals and couples with a variety of concerns, but has a particular interest in working with people experiencing difficulties related to their relationships, identity, self-worth, or past trauma. Dr. Foss also has extensive experience working with men and men's issues in therapy.

Training/Certifications
Emotionally Focused Therapy for Couples Certification- Level E   DIR Certification (for Autism Spectrum Disorders)- Level B

Theoretical Orientation
As a relational therapist, I prioritize forming a strong and trusting relationship with each of my clients so that they can safely explore their thoughts and feelings without fear of judgement. I strive to create an environment that is sensitive to cultural issues and welcoming to people of all identities and backgrounds. My therapeutic style is collaborative and tailored to the unique needs of my clients, relying on interpersonal and psychodynamic frameworks, while integrating cognitive-behavioral and mindfulness approaches as indicated.

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Other Language

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Other Insurance:
Biography
I have been licensed as a psychologist since 1989, specializing in the practice of cognitive behavior therapy (CBT). I have worked with individuals, couples, and families for over 25 years in private practice as well as in community mental health settings. A large part of my career has been dedicated to training and supervision of psychology graduate students, postdoctoral fellows and psychiatric residents. I work with individuals with a wide range of anxiety and mood problems and utilize a strengths-based and collaborative approach in my therapeutic work. I have a special interest in working with couples as well as college-age young adults.

Training/Certifications

Theoretical Orientation
Cognitive Behavioral Therapy. I use a collaborative and strengths based approach to therapy.

Language(s) Other Than English
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Other Language

Insurance Accepted
[ ] Caltech UHC
[ ] Cigna
[ ] Aetna
[ ] Humana
[ ] Blue Cross/Blue Shield
[ ] MediCal
[ ] UHC (non-Caltech)

Other Insurance:
Biography

Training/Certifications

Theoretical Orientation
Acceptance and Commitment Therapy (ACT), Motivational Interviewing, Mindfulness

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- Armenian
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Other Language

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Other Insurance:
Biography
I view therapy as transformation through relationship - a safe haven where exploration, development and change can take place. Therapy can be utilized whether or not you are experiencing severe distress, have a curiosity about you and your world, or are finding yourself unsatisfied with your current relationships, or circumstances. I have extensive clinical experience in treating the following mental health issues in children and adults: depression, anxiety, trauma, grief and loss. It is important to take care of yourself and if we are a good fit, we can make sure you get what you need.

Training/Certifications
Trauma Focused Cognitive Behavioral Therapy  Seeking Safety

Theoretical Orientation
I integrate many strands of knowledge (attachment research, neurobiology, cognitive science, developmental psychology, psychodynamic theory, mindfulness) in order to develop a treatment approach that uniquely addresses your needs.

Language(s) Other Than English
☑ Armenian  ☐ Chinese - Taiwanese  ☐ Hindi  ☐ Korean
☐ Chinese - Mandarin  ☐ French  ☐ Italian  ☐ Portuguese
☐ Chinese - Cantonese  ☐ German  ☐ Japanese  ☐ Spanish

Insurance Accepted
☑ Caltech UHC  ☐ Cigna  ☐ Aetna  ☐ Humana  ☐ Blue Cross/Blue Shield  ☐ MediCal  ☐ UHC (non-Caltech)

Other Insurance:
Biography

Training/Certifications

Theoretical Orientation
Cognitive Behavioral and Psychodynamic. My approach is to use different techniques for exploring/understanding and teaching strategies to increase coping.

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- Korean
- Portuguese
- Spanish

Other Language

Insurance Accepted

- Caltech UHC
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- Humana
- Blue Cross/Blue Shield
- MediCal
- UHC (non-Caltech)

Other Insurance:
Biography
Herman & Associates was founded in 1988 and provides counseling and psychodiagnostic assessments for children, adolescents, and adults. Our experienced team of licensed professionals assist individuals, couples, and families in southern California with developmental, educational, attentional, emotional, and transition challenges throughout the life span. Our practice involves three components: assessment, therapy, and professional consultations.

Training/Certifications
I have a multidisciplinary team of professionals and we have over 30 years of experience with psychodiagnostic assessment (e.g., ADHD, Learning Disabilities, Autistic Spectrum Disorders, depressive disorders, anxiety disorders, etc.).

Theoretical Orientation
My theoretical orientation is not easy to describe because it is a culmination of all my readings and experiences in psychology, research, education, child development, and philosophy. At the heart, I am a developmentalist who works with children, adolescents, and adults. I tend to conceptualize cases from a complex model that incorporates family history, birth and developmental history, psychosocial history, academic history, medical history, and psychiatric history. I believe in the premise of the psychodynamic model that early childhood relationship experiences are very powerful and initially shape who we are and how we approach the world. I believe that chronic unstable or inconsistent parenting greatly impacts an individual's ability to trust themselves and others, and form deep meaningful interpersonal connections with others. While parents have the greatest impact on the formulation of self and object relations, I have seen that healing and stabilizing experiences can come from a variety of other sources (e.g., other family members, teachers, mentors, coaches, significant others, therapists).

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Other Language

Insurance Accepted
- Caltech UHC
- Cigna
- Aetna
- Humana
- Blue Cross/Blue Shield
- MediCal
- UHC (non-Caltech)

Other Insurance:
Biography
Thank you for reviewing my profile. I started my career working at a private psychiatric hospital and worked with many clients in extreme situations. It was during this time that I studied DBT as a new therapy to help troubled clients. I transitioned to the eating disorder unit and was eventually offered the directorship which I gladly accepted. I was able to build up a private practice in Pasadena and left the hospital a few years back in order to focus on my practice. I enjoy my work, and while I certainly am still challenged by my clients, it is always a joy to meet the challenge and help each other grow in the desired direction.

Training/Certifications
DBT skills certified and Eating Disorder Specialist certified

Theoretical Orientation
I am Adlerian with DBT influence. I am collaborative with my clients and work towards validation and acceptance in order to facilitate change.

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☐ Armenian  ☐ Chinese - Taiwanese  ☐ Hindi  ☐ Korean
☐ Chinese - Mandarin  ☐ French  ☐ Italian  ☐ Portuguese
☐ Chinese - Cantonese  ☐ German  ☐ Japanese  ☐ Spanish

Other Language

Insurance Accepted
☑ Caltech UHC  ☑ Cigna  ☐ Aetna  ☐ Humana  ☐ Blue Cross/Blue Shield  ☐ MediCal  ☐ UHC (non-Caltech)

Other Insurance:  Anthem blue cross
Biography
In my work with the Caltech community, I specialize in helping students, faculty, and researchers work through stressful and difficult situations related to their workplace, including understanding difficult relationships in the many complex dynamics, dealing with high expectations by self and others, and cultivating a strong sense of self for one's career and personal life. I also work with men who have difficulties expressing themselves or who struggle with sexual addictions. In addition to my training in psychotherapy, my undergraduate degree from MIT gives me a scientific mindset for understanding the Caltech community.

Training/Certifications
Certification for PREPARE/ENRICH Premarital Counseling; Master of Divinity

Theoretical Orientation
I conceptualize from an attachment/psychodynamic conceptual framework, while working experientially in the here and now with the client’s immediate feelings and cognitions.

Language(s) Other Than English
- [x] Armenian
- [x] Chinese - Taiwanese
- [ ] Hindi
- [ ] Korean
- [x] Chinese - Mandarin
- [ ] French
- [ ] Italian
- [ ] Portuguese
- [x] Chinese - Cantonese
- [ ] German
- [ ] Japanese
- [ ] Spanish
- Other Language: I am conversation knowledge of Japanese

Insurance Accepted
- [x] Caltech UHC
- [ ] Cigna
- [ ] Aetna
- [ ] Humana
- [ ] Blue Cross/Blue Shield
- [ ] MediCal
- [ ] UHC (non-Caltech)
- Other Insurance: First Health; other PPO
Biography
Wei-Chin Hwang, Ph.D., is a Professor of Clinical Psychology at Claremont McKenna College. He received his Ph.D. from the clinical psychology program at UCLA (2003), completed his pre-doctoral fellowship at Richmond Area Multi-Services (RAMS) - National Asian American Psychology Training Center, and completed a clinical-research postdoctoral fellowship at Harbor UCLA Medical Center. His research focuses on understanding and reducing mental health disparities, psychotherapy process and outcomes, and improving therapist cultural competency and effectiveness when working with people from different background. He was awarded the American Psychological Association Minority Fellowship Program Early Career Award, the Asian American Psychological Association Early Career Award and inducted as a Fellow, and the Enrico E. Jones Award for Research in Psychotherapy and Clinical Psychology by the Western Psychological Association and inducted as a Fellow. He is also a licensed clinical psychologist and has an independent practice in Pasadena and Claremont, California.

Training/Certifications
Level I training in Gottman Method Couples Therapy

Theoretical Orientation
He has been trained in a variety of psychotherapy methods, and tailors his treatment approach based on the characteristics of the client and the type of problem his clients are experiencing. He takes a culturally effective approach to integrating cognitive-behavioral, psychodynamic/analytic, and solution-focused modalities to help improve his client’s lives. He is also adept in structural and strategic family therapy, and has also completed Level I training in Gottman Method Couples Therapy. Dr. Hwang can also work within one modality (e.g., CBT or psychodynamic) if that’s what the client prefers. He utilizes an evidence-based approach to providing mental health services.

Language(s) Other Than English
- Armenian
- Chinese - Mandarin
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- German
- Hindi
- Italian
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- Korean
- Portuguese
- Spanish

Other Language

Insurance Accepted
- Caltech UHC
- Cigna
- Aetna
- Humana
- Blue Cross/Blue Shield
- MediCal
- UHC (non-Caltech)

Other Insurance:
Biography
I specialize in treating depression, anxiety, perfectionism, work and academic pressures, and stress surrounding couples or family conflict. I have received my undergraduate degree from Brown University and my graduate training at USC.

Training/Certifications

Theoretical Orientation
I work from an eclectic orientation that, depending on my client’s needs, pulls from various orientations including cognitive behavioral therapy and psychodynamic therapy.

Language(s) Other Than English
☐ Armenian        ☐ Chinese - Taiwanese       ☐ Hindi                         ☐ Korean
☐ Chinese - Mandarin ☐ French              ☐ Italian                      ☐ Portuguese
☐ Chinese - Cantonese ☐ German            ☐ Japanese                  ☐ Spanish

Other Language

Insurance Accepted
☑ Caltech UHC  ☐ Cigna  ☐ Aetna  ☐ Humana  ☐ Blue Cross/Blue Shield  ☐ MediCal  ☐ UHC (non-Caltech)

Other Insurance:
Biography
Being a college student is an important time in your life as you work on future goals, and have relationships. It is also often a time when you are learning how to be independent in life from your family, or financially. I would be honored to help support and guide you as you navigate the different stresses and difficulties.

Training/Certifications

Theoretical Orientation
I am eclectic with a base in Psychodynamic and Attachment Theory. I have been trained in Evidenced Based Models for the treatment of Mood and Trauma disorders. I also use a fair amount of Psychoeducation and coping skills as needed to provide information and resources for clients as it is helpful. I assess each client for a good fit, as far as how to work with them at the onset of therapy.

Language(s) Other Than English
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Insurance Accepted
- Caltech UHC
- Cigna
- Aetna
- Humana
- Blue Cross/Blue Shield
- MediCal
- UHC (non-Caltech)

Other Insurance:
- Aetna (PPO only)

Blue Shield ONLY - NOT Magellan, NOT Blue Cross, NOT CA
Biography
I am a licensed clinical psychologist with a PhD from Fuller Graduate School of Psychology. I also hold bachelor's and master's degrees in nutrition from Cornell and UNC-Chapel Hill, completed my psychology internship at a VA Medical Center, postdoctoral training in Cognitive Behavioral Therapy at Harbor UCLA Medical Center, and have been an adjunct professor of Health Psychology. I believe that deep listening and empathy are foundational for self-understanding and change, and utilize principles of psychology to help people gain awareness of and change underlying patterns of thinking, feeling, and behaving that hold them back from living life to its fullest potential.

Training/Certifications
I completed postdoctoral training in Cognitive Behavioral and Dialectical Behavior Therapy at Harbor-UCLA. I am also a Registered Dietitian.

Theoretical Orientation
First and foremost, my approach is centered in providing a sense of safety and deep empathy for my clients. After that, my approach is generally cognitive-behavioral and DBT-informed, but I also draw on psychodynamic approaches when needed to enhance client insight and change.

Language(s) Other Than English
☐ Armenian
☐ Chinese - Mandarin
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Other Language

Insurance Accepted
☑️ Caltech UHC  ☐ Cigna  ☐ Aetna  ☐ Humana  ☐ Blue Cross/Blue Shield  ☐ MediCal  ☐ UHC (non-Caltech)

Other Insurance:
Biography
Life is full of various transitions, both expected and unexpected. One can feel pushed to deny or resist these inevitable changes or can begin to take steps to learn, adapt, and adjust to them. I believe everyone has inner strengths that can be awakened in challenging times and therapy can work as a catalyst for change. I have been privileged to journey with individuals who learned to envision their desired lives and to find ways to fulfill them. I have also journeyed with those managing seemingly insurmountable challenges, steadily guiding them toward finding peace in the midst of challenges and eventually overcoming them.

Training/Certifications
Licensed Psychologist (PSY27231)
My specialties include: Anxiety, depression, trauma, ADHD, life transitions, relationship difficulties, family conflict, and psychological testing.

Theoretical Orientation
I have extensive training in Cognitive Behavioral Therapy (CBT); I use a humanistic therapy approach in relating to my clients. I often incorporate psychological assessment to help my clients increase their self-understanding.

Language(s) Other Than English
☐ Armenian ☐ Chinese - Taiwanese ☐ Hindi ☐ Korean
☐ Chinese - Mandarin ☐ French ☐ Italian ☐ Portuguese
☐ Chinese - Cantonese ☐ German ☐ Japanese ☐ Spanish

Insurance Accepted
☑ Caltech UHC ☐ Cigna ☐ Aetna ☐ Humana ☐ Blue Cross/Blue Shield ☐ MediCal ☐ UHC (non-Caltech)
Other Insurance: Out of network provider for PPOs
Biography
I work with clients on such issues as depression, anxiety, relationships, identity, self esteem and recovering from and resolving trauma. I am available to work with individuals and couples.

Training/Certifications

Theoretical Orientation
I tend to use a combination of cognitive behavioral and psychodynamic approaches in my work. My approach is flexible, client-driven and organic.

Language(s) Other Than English

- Armenian
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Other Language

Insurance Accepted
- Caltech UHC
- Cigna
- Aetna
- Humana
- Blue Cross/Blue Shield
- MediCal
- UHC (non-Caltech)

Other Insurance:
Biography

Training/Certifications

Theoretical Orientation

Language(s) Other Than English
- Armenian
- Chinese - Mandarin
- Chinese - Cantonese
- Other Language

Insurance Accepted
- Caltech UHC
- Cigna
- Aetna
- Humana
- Blue Cross/Blue Shield
- MediCal
- UHC (non-Caltech)
- Other Insurance:
Biography

Training/Certifications

Theoretical Orientation

Language(s) Other Than English

- Armenian
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- Chinese - Mandarin
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Other Language

Insurance Accepted

- Caltech UHC
- Cigna
- Aetna
- Humana
- Blue Cross/Blue Shield
- MediCal
- UHC (non-Caltech)

Other Insurance:
Biography
See psychology today link provided

Training/Certifications

Theoretical Orientation
CBT, psychodynamic  See psychology today link provided for more info

Language(s) Other Than English

- Armenian
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Insurance Accepted

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- UHC (non-Caltech)

Other Insurance:
Adrienne Meier, Ph.D., is a licensed clinical psychologist (PSY27471) who specializes in the treatment and assessment of anxiety, depression, and thought disorders. In individual therapy, Dr. Meier utilizes Cognitive Behavioral-based (CBT) interventions focused on the connection between thoughts and feelings to improve overall psychological functioning. Therapy groups are also available, which aim to assist students in developing social skills, improving relationships, and coping with stress. In addition, Dr. Meier conducts psychological and cognitive assessments in order to identify obstacles to academic success, which may include unknown psychiatric symptoms, attentional difficulties (ADHD), or learning disabilities. Please contact Dr. Meier to inquire further about services available and how she can help you reach your goals.

Training/Certifications
Licensed Psychologist (PSY27471)

Theoretical Orientation
My approach to therapy involves Cognitive Behavioral-based (CBT) interventions to identify core beliefs, automatic thoughts, as well as the connection between thoughts and feelings, in order to then restructure maladaptive thoughts. In addition, I meet the client where they are by first equipping them with the skills necessary to manage stress and overwhelming emotions so they can effectively participate in CBT exercises. In addition, I also conduct psychological evaluations in order to assess for and identify potential barriers to their success at CalTech and will provide recommendations as to how these issues can be addressed so they can thrive.

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Insurance Accepted
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Other Language:

Other Insurance:
Biography
I am board certified adult, child and adolescent psychiatrist with 30 years of professional experience. I was faculty in the Department of Psychiatry, Children’s National Medical Center/The George Washington University in Washington DC until 2014 when I moved to Pasadena. In the late 1990s I co-developed a gender program at Children’s, one of the first of its kind in the country. Since my move to CA, I have provided psychiatric services at the Student Health Center/Student Counseling and Psychological Services, Cal Poly Pomona. Currently I have a private practice in Pasadena. I provide medication consultation and treatment for students already receiving therapy or counseling, as well as combined medication and therapy treatment as needed.

Training/Certifications
Adult + Child and Adolescent Psychiatry

Theoretical Orientation
Dynamic, systems, ACT Psychopharmacology

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Other Language

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- MediCal
- UHC (non-Caltech)

Other Insurance: Magellan; accepts self-pay and will provide documentation for patients to submit to their insurance provider
Biography

Training/Certifications
I work with couples using EFT, working towards certification.

Theoretical Orientation
Attachment Theory, Jungian, Neurobiological theory of development, and I use CBT with anxieties and phobias and with childhood traumas.

Language(s) Other Than English

- Armenian
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Other Language

Insurance Accepted

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- Humana
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- UHC (non-Caltech)

Other Insurance:
Biography
We provide nutrition consultation to clients with conditions include weight management, eating disorder, diabetes & other chronic disease. We tailor made meal plans based on individual needs and health conditions. We set realistic goals on lifestyle / behavior change and follow up clients on a regular basis. We provide nutrition counseling on Vegetarian/Vegan Diets, Pregnancy/Post-partum Nutrition, Breastfeeding, Cancer Recovery, Geriatrics/Senior Nutrition, Disease Prevention/Lifestyle Modification.

Training/Certifications
Registered Dietitian  Certified Diabetes Educator  Lifestyle Coach

Theoretical Orientation
We use motivational interview and intuitive eating techniques, encourage clients to establish a healthy relationship with food. Following the Nutrition Care Process, we assess, formulate, and monitor an individualized treatment strategy to help client improve upon pre-existing health conditions. We set S.M.A.R.T goals with our clients and review them during follow-up visits. We practice and educate our clients based on sound scientific nutrition guidelines and we help to debunk myths clients may have from social media or self-education.

Language(s) Other Than English
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- [x] Hindi
- [x] Italian
- [x] Japanese
- [x] Korean
- [x] Portuguese
- [x] Spanish

Other Language

Insurance Accepted
- [x] Caltech UHC
- [ ] Cigna
- [x] Aetna
- [x] Humana
- [ ] Blue Cross/Blue Shield
- [ ] MediCal
- [x] UHC (non-Caltech)

Other Insurance: Healthnet, Allied Pacific IPAs and other HMOs
Biography
Dr. Novello earned a degree in psychology at Columbia University in two and a half years and graduated with honors and distinction. She completed her M.A. and Ph.D. in Clinical Psychology at the California School of Professional Psychology in Los Angeles, an American Psychological Association approved doctoral program. As part of her clinical training, she completed a clerkship, a practicum, two half-time internships, a full-time APA approved internship with the Federal Bureau, a Board of Psychology approved Psychological Assistantship, and a postdoctoral year as a Registered Psychologist. She has been licensed by the State of California as a Clinical Psychologist since 2005. Dr. Novello has broad clinical and assessment experience with adults, children, couples, and families. She has trained in a variety of settings including private practice, medical, forensic, community clinic, and student counseling center. She has been working with Caltech students since 2001.

Training/Certifications
I was a pre-doctoral intern at Caltech, which gave me a lot of insight into the gifted student population.

Theoretical Orientation
I have an integrative approach and draw on different psychological approaches during the course of therapy. I am flexible in providing the type of treatment that is best suited to each individual client, whether that is long-term psychodynamic treatment, short-term cognitive-behavioral therapy, or single sessions for consultation and assistance in problem-solving on a particular issue. Therapy is a cooperative endeavor and I develop treatment goals together with the client to attain relief of symptoms, find solutions to specific problems, increase insight, or improve relationships. I strive to provide a safe space in which clients can experience uncritical acceptance in order to explore their thoughts, emotions, and behaviors. Through focused attention and empathy, I hope to promote self-understanding and to be a consistent and understanding presence in their lives. I especially enjoy working with the Caltech population.

Language(s) Other Than English

- Armenian
- Chinese - Taiwanese
- Hindi
- Korean
- Chinese - Mandarin
- French
- Italian
- Portuguese
- Chinese - Cantonese
- German
- Japanese
- Spanish

Other Language:

Insurance Accepted
- ✔ Caltech UHC
- ❏ Cigna
- ❏ Aetna
- ❏ Humana
- ❏ Blue Cross/Blue Shield
- ❏ MediCal
- ❏ UHC (non-Caltech)

Other Insurance:
Biography
Maria Y. Oh, Ph.D. is a licensed clinical psychologist with a private practice in Pasadena. She has her M.Ed. in Counselor Education from University of Virginia and her Ph.D. in Clinical Psychology from California School of Professional Psychology, Los Angeles with a multicultural emphasis. Dr. Oh has over 20 years of clinical experience helping young adults overcome a wide-range of social, emotional and academic difficulties. As a staff psychologist at Caltech (2002-2016), she developed an expertise working with students with Autism Spectrum Disorders and has specialized in helping students with social anxiety, social skills development, and relational difficulties. Coming from a strong cross-cultural background, Dr. Oh has extensive experience working with international student population and addressing Asian, and Asian American college mental health concerns. Since 1991, Dr. Oh has served as a consultant and consultant trainer for local, state, and national organizations addressing mental health needs of Asian and Pacific Islander communities.

Training/Certifications

Theoretical Orientation
My orientation to therapy is integrative, and I draw on a combination of psychodynamic, relational, developmental and cognitive-behavioral approaches as well as my own clinical experiences with clients over the years. I believe that change and growth comes from having emotional and relational experiences with others and helping clients develop meaningful relationships is at the heart of my work.

Language(s) Other Than English
☐ Armenian  ☐ Chinese - Taiwanese  ☐ Hindi  ☐ Korean
☐ Chinese - Mandarin  ☐ French  ☐ Italian  ☐ Portuguese
☐ Chinese - Cantonese  ☐ German  ☐ Japanese  ☐ Spanish

Other Language

Insurance Accepted
☑ Caltech UHC  ☐ Cigna  ☐ Aetna  ☐ Humana  ☐ Blue Cross/Blue Shield  ☐ MediCal  ☐ UHC (non-Caltech)
Other Insurance:  Anthem Blue Cross
Biography
Please direct them to my website.

Training/Certifications

Theoretical Orientation
Integrated Existential Depth Psychology. Contemporary Psychoanalytic. Cognitive Emotive. Pragmatic. This is too hard to summarize. Please see my website where I go into depth.

Language(s) Other Than English

- Armenian
- Chinese - Mandarin
- Chinese - Cantonese
- French
- German
- Hindi
- Italian
- Japanese
- Korean
- Portuguese
- Spanish

Other Language

Insurance Accepted

- [x] Caltech UHC
- [ ] Cigna
- [ ] Aetna
- [ ] Humana
- [ ] Blue Cross/Blue Shield
- [ ] MediCal
- [ ] UHC (non-Caltech)

Other Insurance:
Biography
I have enjoyed working with Caltech students, faculty and staff for twenty-five years. I work with individuals who have mood and anxiety related concerns, transition or loss issues, or histories with trauma and difficult families. I also enjoy seeing international students and clients with medical needs.

Training/Certifications

Theoretical Orientation
My framework includes psychodynamic, family systems and cognitive-behavioral theory and interventions. I approach my work with clients as an active collaboration in which we define therapy goals and develop a deeper understanding of their circumstances and options.

Language(s) Other Than English

- Armenian
- Chinese - Mandarin
- Chinese - Cantonese
- French
- German
- Hindi
- Italian
- Japanese
- Korean
- Portuguese
- Spanish

Insurance Accepted
- Caltech UHC
- Cigna
- Aetna
- Humana
- Blue Cross/Blue Shield
- MediCal
- UHC (non-Caltech)
- Some Healthnet Plans
Biography

I am a licensed Marriage and Family Therapist who has been in practice for over 20 years. The foundation of my work is the firm belief that we are born to connect with others. When we fail to do so in some aspects of our lives, we can become depressed and anxious and feel alone. One of my focus is to help you have healthy connections with others. I also place importance in working with underserved populations, such as the LGBTQ community, people of color. I believe I can bring understanding and empathy that are much needed to these groups.

Another of my focus is working with people who have gone through relational trauma or abuse. I am trained in trauma work, including EMDR.

Training/Certifications

- EFT externship
- EFT coreskills training
- Working with escalate couples
- Working with trauma couples

Theoretical Orientation

My style is collaborative and integrative. I work mainly from an Attachment and Relational Psychotherapy perspective; however I also integrate Mindfulness work. I meet clients where they are at in order to ensure progress in our work together.

Language(s) Other Than English

- Armenian
- Chinese - Mandarin
- Chinese - Cantonese
- Chinese - Taiwanese
- Hindi
- Korean
- French
- Italian
- Portuguese
- German
- Japanese
- Spanish

Other Language

With Mandarin, I can understand better than I can speak.

Insurance Accepted

- Caltech UHC
- Cigna
- Aetna
- Humana
- Blue Cross/Blue Shield
- MediCal
- UHC (non-Caltech)

Other Insurance:
Biography
For over 20 years I have had the privilege of working with adults and couples and have been effective in helping with a wide range of issues; depression, anxiety, self esteem, relationships, stress, family of origin issues, identity, grief/loss and addictions. My background includes working as a staff psychologist at CSUN and Caltech. I value understanding the significant relationships in one's life including one's relationship to oneself and how those dynamics contribute to who you are today. Above all, I value empathic attunement and seek to provide a safe, caring, non-judgemental place for healing and growth.

Training/Certifications

Theoretical Orientation
Psychodynamic, Emotionally Focused Therapy for Couples, Cognitive Behavioral Therapy.

Language(s) Other Than English

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- [ ] Spanish

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- [ ] Aetna
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Other Insurance:
Biography
Dr. Stevenson completed an American Psychological Association (APA)-Accredited Internship at the Federal Medical Center in Boston, Massachusetts. She also completed an APA-Accredited Post-Doctoral fellow at Harbor-UCLA Medical Center. During her fellowship she was trained in third-wave cognitive behavioral therapies including Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), and Dialectical Behavior Therapy (DBT). Dr. Stevenson’s clinical focus has been to use cognitive-behavioral therapy for the treatment of a wide range of anxiety, mood, and depressive disorders, including obsessive compulsive disorder, social anxiety, panic disorder, depression, and issues related to self-esteem and body image. Dr. Stevenson also has extensive specialized experience with the CBT treatment of anger control issues, and the assessment, diagnosis, and treatment of substance abuse and addiction. Additionally, Dr. Stevenson has extensive specialized experience in psychological testing and assessments, including diagnostic clarification, personality and neurocognitive testing, ADHD, and learning disability evaluations.

Training/Certifications
Postdoctoral fellowship focused on provision of Cognitive Behavioral Therapy

Theoretical Orientation
I approach my work with clients from a cognitive-behavioral perspective and look at the interplay between their thought patterns, behaviors, and emotions. Helping them understand such a cycle empowers my clients to use newly acquired skills to create change and understanding in their life. I approach my work with clients as two members of the same team, both of us working together to help them reach their goals. I believe that a goodness of fit between a client and therapist is integral to treatment and I make sure to take the time to connect with each individual and create a safe space for healing. Although my work with psychological testing is different by it's nature, I approach each assessment relationship with an open curiosity and goal of creating a safe and inviting environment.

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Other Language

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Other Insurance:
Biography

Training/Certifications
Two-year post-doctoral certification in psychoanalytic psychotherapy from the San Diego Psychoanalytic Institute

Theoretical Orientation
I practice contemporary (relational/intersubjective) psychoanalytic psychotherapy. This means I have a developmental perspective, consider the therapeutic relationship central to the work and give precedence to the client's subjective experience. Based on developmental history and diagnosis, this approach allows me to appropriate select interventions from a variety of orientations that fit the client.

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Other Language

Insurance Accepted

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- Aetna
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Other Insurance:
Biography

Training/Certifications
General Psychiatry.

Theoretical Orientation
Eclectic/object relations/psychodynamic psychotherapy.

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Other Language

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Other Insurance:
Biography
My approach is collaborative and pragmatic with the aim of working through emotional pain, making meaningful changes in concept of self and others, and of promoting growth and self-discovery. I practice psychoanalysis, an intensive form of therapy: Sessions can be as frequent as two to four times a week.

Training/Certifications
Psychoanalysis

Theoretical Orientation
Contemporary psychoanalysis: Focuses on the subjective experiential world of the patient and regards the patient-therapist relationship as a source of healing and growth. It is an intensive and open ended form of therapy with the frequency of twice or more per week.

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Other Insurance: