

**The Following is a list of Recommended Clinicians
For Children, Adolescents and Families**

Mitesh Parekh, Psy.D.

Dustin Vander Haar, MFT

33 S. Catalina Ave., Suite 204
Pasadena, CA 91106
626-744-9055
miteshparekh.com

Individual, family and group therapy with children

*Note: We have known Dr. Parekh personally and professionally for over 15 years, and have worked with he and Dustin many times in the past. They are both excellent clinicians who are natural with children and well-versed in play therapy.

Mary Ann Aronsohn, MA, LMFT

1910 Huntington Dr. #15
South Pasadena, CA 91030-4812
(626) 441-5131
www.aronsohntherapy.com

Specializes in divorce; works with older children, typically 11 and older, but will work with children as young as 7 in certain cases, including reunification

*Note: Even if you have a child younger than 7, or if for some other reason Mary Ann is not the best fit for you family, she is an excellent resource for referrals and questions related to divorce issues. She is very helpful, friendly, and responsive.

Jenny Berman, MFT

745 South Marengo Avenue, Ste 108
Pasadena, CA 91106
(626) 396-9336

*Note: Dr. Shadburn has known Jenny Berman professionally for over 20 years. She is wonderful with children and play therapy.

Vivian L. Tamkin, Ph.D.

681 E. Walnut Street
Pasadena, CA 91101
626-584-0118

<http://www.infantandchildpsychology.com/>

Specializes in Infant and Early Childhood Mental Health. Her work addresses concerns related to infancy and early childhood development (i.e., attachment, developmental challenges, parenting support) adolescence and young adulthood (i.e., anxiety, depression, relationship troubles, etc.)

Institute for Girls Development

95 N. Marengo Ave., Suite 100
Pasadena, CA 91101
626.585.8075 ext. 108

www.instituteforgirlsdevelopment.com

This organization specializes in work with girls and young women. They provide individual, group and family therapy, assessment services, and workshops for girls and parents. They also have a Dialectical Behavior Therapy (DBT) program for girls and young women struggling with intense emotions.

Tom Badzey, MA, LMFT

301 E Colorado Blvd, Suite 522

Pasadena, CA 91101

(626) 590-4426

www.tombadzey.com

tombadzey@tombadzey.com

Specialty areas: Anxiety, Depression, School Problems, Social Challenges, Grief/Loss, Family Changes (divorce, separation, new family members), and Chronic Medical Issues (experienced by either client or a family member). Trained and experienced in evidence-based cognitive behavioral practices, narrative therapy and client-centered play therapy.

Ages treated: 5 and up

Will provide a superbill for out-of-network PPO insurance. Sliding scale available, especially for daytime sessions.

George Nalbach, Ph.D.

605 S. Myrtle Ave

Monrovia, CA

626-303-4066

Experienced therapist; works with children and adults

Works with a variety of issues, including high-conflict divorce

Practicing over 30 years

Carrie Edwards-Chung, LCSW

Covina, CA

626-755-8891

www.therapeuticfamilysolutions.com

Specialty areas: 0-5 mental health, attachment, certificated in Trauma Focused Cognitive Behavioral Therapy and Child Parent Psychotherapy (which are both evidence based trauma treatments), adoption, divorce, couples, family therapy, life transitions. Carrie works with children of all ages. Superbills provided for out-of-network insurance and Victims of Crime

Linda Bortell, Psy.D.

625 Fair Oaks Avenue #270

South Pasadena, CA 91030

626-344-8974

Works with children and adults; experienced in a number of issues, including high-conflict divorce

Has limited availability, but some openings depending on schedule

Ann Dypiangco, LCSW

4515 Ocean View Blvd #340

La Cañada Flintridge, CA 91011

(818) 495-5814

<http://www.lacanadatherapist.com/>

Ann is a WONDERFUL therapist who is experienced in mood/anxiety issues, trauma, and stress. She utilizes cognitive-behavioral therapy as well as other helpful approaches. She specializes in work with women (including postpartum issues, domestic violence and sexual abuse) and has a gift for working with teens. We cannot say enough good things about her! In her practice, she is currently working with teens 12 and up.

Laura Filip, LCSW

711 E. Walnut St. #408

Pasadena, Ca 91101

(818) 395-54763

www.laurachildandfamilytherapy.com

Works with children 5 on up. Specialty in depression, anxiety, self-injurious behavior, ADHD, sexual abuse, trauma and family conflict. Also collaborates with attorneys, schools and DCFS if needed. Laura has a Spanish-speaking intern with appointments available on Sundays
Insurance: Contracted with MHN, CHIPA, Aetna, Compsyc, APS, Magellen and Blue Shield

Bridget Taormina, M.A.

britaorminama@earthlink.net

30 N. Raymond Ave., Ste. 213,

Pasadena, CA 91103

626-728-1008

www.helpingparentsandkids.com

Specializes in DBT (Dialectical Behavioral Therapy), which is helpful for children with intense emotional outbursts and severe behavior problems

Works with children age 8-18

Wendi Svoboda, LCSW

4444 Riverside Drive, #105

Burbank, CA 91505

818-288-6711

wsvobodalcsw.com

Specializes in Trauma/PTSD, certified in EMDR

Works with Children of all ages

Private pay only

Jennifer R. Levin, PhD, MA

Registered Marriage Family Intern, Supervisor CB Trepashko

Monrovia

www.therapyheals.com

Jennifer@therapyheals.com

626-695-4211

Dr. Levin is an MFT intern with experience working with children and grief (Ages 7 and older).

No insurance accepted, but offers services at a low fee

Carla Hix, Psy.D.

202 S. Lake Avenue, Suite 240
Pasadena, CA 91101
626-602-6442
helpingkidsshine.com/

Specializes in children and families and leads children's groups; she has very limited availability in her Pasadena office but can sometimes do weekends

Bridget Morpurgo, LMFT

13400 Riverside Dr., Suite 310
Sherman Oaks, 91423
(323) 627-9297

Specializes in adolescents, eating disorders, self-injury
Experience in family therapy, divorce, couples
Current office in Sherman Oaks; plans to open office in La Cañada soon

Resource Lists and Therapist Directories

Dr. Jim DeSantis has created a number of excellent resource lists for services in the Los Angeles/San Gabriel Valley area that cover the following services:

[The Assessment List](#)

[The Child Psychiatrist List](#)

[Crisis Hotlines](#)

[The Group List](#)

[Local Low-Fee Mental Health Clinics](#)

[The Psychiatrist List](#)

Dr. DeSantis has also created two associations for mental health professionals, providing detailed directories that specify each clinician's specialty, geographic area and insurance accepted:

[East SGV Mental Health Professional Directory](#)

[Glendale Area Mental Health Professional Directory](#)

All of the above resource lists can be accessed at <http://ijdesantis.com/> , click on "Resources"

Legal/Mediation Resources

Christine L. Kerian

Attorney at Law/Mediator
Specializing in no-court divorce, mediation
Harmony Family Law Mediation Group
3171 Los Feliz Blvd. Ste, 207
Los Angeles, CA 90039

