

## MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

### Provider Profile

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#### **Lisa Osborn, Psy.D., private practice**

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310-828-7500

<http://www.drlicsaosborn.com>

Languages:	English
Age Group Served:	adults
Services:	Programs for Fathers, Family/Dyad (parent and baby) Therapy, Couples Therapy, and Individual Therapy
Evidence-Based Practices:	Attachment Theory Oriented Perspectives, CBT (Cognitive Behavioral Therapy), EFT (Emotionally Focused Therapy), Emotionally Focused Therapy, Family Focused Therapy, Internal Family Systems, Interpersonal Neurobiology, IPT (Interpersonal Psychotherapy), Long-term Psychotherapy, Mind/Body Therapy, Mindfulness Based Therapy, Online Psychotherapy, Perinatal and postpartum mental health, Person-Centered, Psychoanalytic Psychotherapy, Psychodynamic Psychotherapy, Short-term Psychotherapy, Strength Based, Supportive Psychotherapy, and Trauma-informed approaches
Appointment Required?	Yes
Insurance Accepted:	not specified
Resource Type:	private practice
Intake Requirements:	Please contact by phone for a 20 minute consultation.
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Hours:	please contact provider for hours