

MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

Provider Profile

Emma Bennett, Therapy For New Moms

185 Pier Ave Santa Monica , CA 90405

707-815-2898

<http://www.therapyfornewmoms.com>

Languages:	English
Age Group Served:	adults
Services:	Couples Therapy, Home-Based Mental Health Support, Individual Therapy, and Family/Dyad (parent and baby) Therapy
Evidence-Based Practices:	Attachment Theory Oriented Perspectives, Seeking Safety, Person-Centered, Mindfulness Based Therapy, Imagery, Psychodynamic Psychotherapy, Brainspotting, Family Focused Therapy, Perinatal and postpartum mental health, Drama Therapy, Creative Art Therapy, CBT (Cognitive Behavioral Therapy), Strength Based, Active Imagination, Jungian psychotherapy, Long-term Psychotherapy, Play therapy, Psychoanalytic Psychotherapy, Short-term intensive parent consultation, Solution Focused Psychotherapy, Supportive Psychotherapy, Trauma Resiliency Model, Trauma Resource Model, and Trauma-informed approaches
Appointment Required?	Yes
Insurance Accepted:	None, but superbill available and Beacon Health Strategies
Resource Type:	private practice
Intake Requirements:	none
Intake Requirements:	none
Hours:	please contact provider for hours