

## MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

### Provider Profile

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#### **Penelope Oberhardt, LCSW**

, CA 91214  
310-562-5819

Languages:	English
Age Group Served:	adults
Services:	Individual Therapy
Evidence-Based Practices:	CBT (Cognitive Behavioral Therapy), Mindfulness Based Therapy, Seeking Safety, Short-term Psychotherapy, Solution Focused Psychotherapy, Strength Based, Supportive Psychotherapy, TF-CBT (Trauma-focused Cognitive Behavioral Theory), Motivational Interviewing, Psychodynamic Psychotherapy, and Trauma-informed approaches
Appointment Required?	Yes
Insurance Accepted:	None, but superbill available
Resource Type:	private practice
Intake Requirements:	none
Intake Requirements:	none
Hours:	please contact provider for hours