

MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

Provider Profile

Shannon Hoppenstedt

610 Santa Monica Blvd Suite 220 Santa Monica , CA 90401

310-809-9593

<http://shannonhoppenstedt.com>

Languages:	English
Age Group Served:	all
Services:	Group Support, Couples Therapy, Family/Dyad (parent and baby) Therapy, Home-Based Mental Health Support, and Individual Therapy
Evidence-Based Practices:	Attachment Theory Oriented Perspectives, Active Imagination, Home Visiting, Imagery, Intensive Outpatient, Jungian psychotherapy, Life Coaching, Long-term Psychotherapy, Mind/Body Therapy, Mindfulness Based Therapy, Perinatal and postpartum mental health, Psychoanalytic Psychotherapy, Psychodynamic Psychotherapy, Sandplay, and Short-term Psychotherapy
Appointment Required?	Yes
Insurance Accepted:	not specified
Resource Type:	private practice
Intake Requirements:	Online form, phone interview
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Hours:	please contact provider for hours