

## MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

### Provider Profile

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#### **Diana Nguyen, LCSW/Strides in Therapy**

17744 Sky Park Ste. 210 Irvine , CA 92614

949-346-4560

<http://www.stridesintherapy.com>

Languages:	English
Age Group Served:	adults
Services:	Individual Therapy
Evidence-Based Practices:	CBT (Cognitive Behavioral Therapy), Long-term Psychotherapy, Mindfulness Based Therapy, Perinatal and postpartum mental health, Motivational Interviewing, Multicultural, Short-term Psychotherapy, Solution Focused Psychotherapy, Strength Based, and Supportive Psychotherapy
Appointment Required?	Yes
Insurance Accepted:	None, but superbill available and Patient pays upfront and we give them bill to submit
Resource Type:	private practice
Intake Requirements:	none
Intake Requirements:	none
Hours:	please contact provider for hours