

MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

Provider Profile

Tanya Veluz

2550 Honolulu Ave. 201 Montrose , CA 91020

818-569-3008

<http://www.tanyaveluz.com/>

Languages:	English
Age Group Served:	adults
Services:	Group Support, Couples Therapy, Family/Dyad (parent and baby) Therapy, and Individual Therapy
Evidence-Based Practices:	Attachment Theory Oriented Perspectives, CBT (Cognitive Behavioral Therapy), DBT (Dialectical Behavior Therapy), EFT (Emotionally Focused Therapy), Interpersonal Neurobiology, Mindful Parenting, Perinatal and postpartum mental health, and Trauma Resource Model
Appointment Required?	Yes
Insurance Accepted:	not specified
Resource Type:	private practice
Intake Requirements:	Will provide a 20 min phone consultation before intake
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Hours:	please contact provider for hours