

MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

Provider Profile

Elizabeth Ruiz

4401 Atlantic Ave. Long Beach , CA 90807

562-548-1834

<https://www.psychologytoday.com/us/therapists/elizabeth-ruiz-long-beach-ca/405392?>

[sid=1534602531.0082_7502&search=Elizabeth+Ruiz&name=Elizabeth+Ruiz&ref=1&tr=ResultsName](https://www.psychologytoday.com/us/therapists/elizabeth-ruiz-long-beach-ca/405392?sid=1534602531.0082_7502&search=Elizabeth+Ruiz&name=Elizabeth+Ruiz&ref=1&tr=ResultsName)

Languages:	English and Spanish
Age Group Served:	all
Services:	Individual Therapy and Group Support
Evidence-Based Practices:	Incredible Years, CPP (Child Parent Psychotherapy), CBT (Cognitive Behavioral Therapy), IPT (Interpersonal Psychotherapy), Perinatal and postpartum mental health, and TF-CBT (Trauma-focused Cognitive Behavioral Theory)
Appointment Required?	Yes
Insurance Accepted:	not specified
Resource Type:	private practice
Intake Requirements:	Have an email where documents can be sent and filled out prior to the first session.
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Hours:	please contact provider for hours