

## MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

### Provider Profile

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#### **Kate Kaplan , PsyD**

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Languages:	English
Age Group Served:	all
Services:	Individual Therapy
Evidence-Based Practices:	CBT, Mindfulness Based Therapy, Perinatal and postpartum mental health, Psychodynamic Psychotherapy, and Short-term Psychotherapy
Appointment Required?	Yes
Insurance Accepted:	Blue Shield
Resource Type:	private practice
Intake Requirements:	none
Intake Requirements:	none
Hours:	please contact provider for hours