

## MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

### Provider Profile

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#### **Sarah Oreck, MD**

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310-737-2876

<http://sarahoreckmd.com>

Languages:	Spanish and English
Age Group Served:	adults
Services:	Home-Based Mental Health Support, Individual Therapy, and Reproductive Psychiatry
Evidence-Based Practices:	Short-term Psychotherapy, Psychodynamic Psychotherapy, Multicultural, Motivational Interviewing, Mindfulness Based Therapy, Mind/Body Therapy, Long-term Psychotherapy, IPT (Interpersonal Psychotherapy), Home Visiting, DBT (Dialectical Behavior Therapy), CBT (Cognitive Behavioral Therapy), and Attachment Theory Oriented Perspectives
Appointment Required?	Yes
Insurance Accepted:	not specified
Resource Type:	private practice
Intake Requirements:	15-minute phone screening
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Hours:	please contact provider for hours