

## MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

### Provider Profile

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#### **Tessa Aoyama, LMFT**

, CA 90403

424-330-7405

<http://www.tessaaoyama.com>

Languages:	English
Age Group Served:	adults
Services:	Individual Therapy
Evidence-Based Practices:	CBT (Cognitive Behavioral Therapy), EMDR (Eye Movement Desensitization and Reprocessing), Gottman Bringing Baby Home Curriculum, Motivational Interviewing, and Strength Based
Appointment Required?	Yes
Insurance Accepted:	Anthem, MHN, and Tricare
Resource Type:	private practice
Intake Requirements:	none
Intake Requirements:	none
Hours:	please contact provider for hours