

MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

Provider Profile

Elyse Springer, MA, MFT, private practice

1910 Sunset Ave, Suite 440 Los Angeles , CA 90026

213-359-2970

<http://www.elysespringer.com>

Languages:	English
Age Group Served:	adults
Services:	Group Support, Individual Therapy, Couples Therapy, Programs for Fathers, Home-Based Mental Health Support, and Family/Dyad (parent and baby) Therapy
Evidence-Based Practices:	CBT (Cognitive Behavioral Therapy), Psychodynamic Psychotherapy, IPT (Interpersonal Psychotherapy), EMDR (Eye Movement Desensitization and Reprocessing), Attachment Theory Oriented Perspectives, Brainspotting, CBT, DBT (Dialectical Behavior Therapy), EFT (Emotionally Focused Therapy), Jungian psychotherapy, Long-term Psychotherapy, Mindful Parenting, Mindfulness Based Therapy, Motivational Interviewing, Online Psychotherapy, Perinatal and postpartum mental health, Postpartum Support Groups, Pregnancy Support Groups, Psychoanalytic Psychotherapy, Short-term Psychotherapy, Solution Focused Psychotherapy, Supportive Psychotherapy, and Trauma-informed approaches
Appointment Required?	Yes
Insurance Accepted:	not specified
Resource Type:	private practice
Intake Requirements:	Online appointment request and completion of paperwork
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Hours:	please contact provider for hours