

MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

Provider Profile

Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC, private practice

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310-289-2202
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Languages:	English and Spanish
Age Group Served:	all
Services:	Family/Dyad (parent and baby) Therapy and Individual Therapy
Evidence-Based Practices:	Mindful Parenting, CBT (Cognitive Behavioral Therapy), Psychodynamic Psychotherapy, IPT (Interpersonal Psychotherapy), Solution Focused Psychotherapy, Attachment Theory Oriented Perspectives, Mindfulness Based Therapy, Creative Art Therapy, CBT, Imagery, Long-term Psychotherapy, Mind/Body Therapy, Motivational Interviewing, Multicultural, Online Psychotherapy, Perinatal and postpartum mental health, Reflective Parenting, Sandplay, Strength Based, Supportive Psychotherapy, and Trauma-informed approaches
Appointment Required?	Yes
Insurance Accepted:	None, but superbill available
Resource Type:	private practice
Intake Requirements:	Phone intake
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Hours:	please contact provider for hours