

Counseling Referral Guide

How to Find a Therapist

Looking for a professional therapist can be a daunting task. However, as with choosing a doctor, plumber, or mechanic, you have a great deal of freedom in making the choice that's best for you. Before starting your search, consider the following questions and ideas:

- Pray: ask God for wisdom as you look for a therapist.
- What is your most pressing concern and need?
- Are you more comfortable with a male or female therapist?
- What would you like to accomplish through therapy?
- If you have insurance, call the number on the back of your card and ask for a list of Christian therapists in your area.
- Speak with people who have benefited from their own therapeutic process for reference to a particular therapist or agency.
- Ask a professional therapist you already trust for referrals and insights on the process.

Questions to ask

Every therapist is different. We hope the questions below will help you get a clear picture of what a therapist believes and how he or she conducts sessions. If possible, ask the prospective therapist these questions on the phone before an appointment; otherwise, bring them up during your first meeting.

- What is your general approach to therapy?
- Are you a Christian? Are you actively involved in a church?
- How do you integrate Biblical truths into therapy?
- Have you seen a lot of clients with similar concerns to my own?
- What is your session fee? Is there a sliding scale available? (A sliding scale is a fee adjusted according to your income.)

What to expect at your first session

The first session, sometimes called an intake, is usually very different from later sessions. During this initial meeting, you'll be asked to explain your personal and family history, what brings you in for therapy, and what kinds of concerns or issues you're experiencing. This is a great time to ask the therapist questions about his or her faith, training, and background.

After the first session

Here are a few questions to think about as you reflect after your first session:

- Did I feel heard by the therapist?
- Did I feel comfortable with the therapist?
- Did it seem like a safe place to express my thoughts, concerns, and feelings?
- Do I feel better or worse than I did before the session?

Therapy is an interactive process established and maintained on the basis of trust. Open and honest dialogue is the most important component of building trust. You may find that the first therapist you visit is not the right fit. Take heart! It can take time to find someone with whom you feel comfortable.

May the Lord bless you as you seek His healing in your life.

Central LA

Daniel Chu, LCSW

Address 321 N Larchmont Blvd Suite 506, Los Angeles, CA 90004

Phone 626.803.2867

Email chucounseling@gmail.com

Website chucounseling.com

Fee info Sliding scale available, contact for more information

Specialities Offers care for helping to change negative patterns of behavior, thoughts, feelings and relating to others, and regulating their emotions. Analyzing the past and past experiences to see how those currently affect functioning. Focus on helping people throw off emotional chains of the past so they can live in freedom. Individual, pre-marital, and couples counseling available.

Abundance Therapy Center

Address 4221 Wilshire Blvd. Suite 290 Los Angeles, CA 90010

Phone 213.441.6780

Email hello@abundancetherapycenter.com

Website abundancetherapycenter.com

Languages Korean, Spanish, & English

Fee info In-Network with Anthem Blue Cross, Cigna, Health Net/MHN. Sliding scale available, contact for more information.

Specialities Offers care for helping high-achieving young adults who struggle with anxiety, perfectionism, insecurity, social anxiety, relationship issues, and life transition issues. Working with young couples struggling with life transition issues (i.e. job changes, pregnancy/birth of a baby), emotional disconnect, and codependency. Focuses on Cognitive Behavioral Therapy, Attachment-Based Therapy, and Emotionally-Focused Couples Therapy. Offers a free phone consultation.

Northeast LA

Martin Hsia, PsyD

Address 601 E Glenoaks Blvd, Suite 102, Glendale, CA 91207

Phone 818.547.2623 ext 4

Email martinhsia@gmail.com

Website martinhsia.com, CBTSoCal.com

Fee info Sliding scale available, contact for more information

Specialities Offers care for all forms of Anxiety (e.g. Obsessive Compulsive Disorder, Panic Disorder, Social Anxiety Disorder, Phobias), Insomnia, Asian American psychology, issues related to faith, church involvement, and those working in ministry.

Lisa Pileggi Almonte, LMFT

Address 5044 Eagle Rock Blvd, Suite 5, Los Angeles, CA 90041

Phone 626.344.0333

Email lisapileggimft@gmail.com

Website lisapileggi.com

Languages English & Spanish

Fee info Sliding scale available, contact for more information

Specialties Offers care for a wide range of issues including eating disorders, identity issues, grief and loss, stress/anxiety management, Obsessive Compulsive Disorder, depression, transitional-age (16-25) women's issues, relationship problems, pre-marital therapy, perfectionism, faith issues, adolescents, family-of-origin relationships, Certified Daring Way Facilitator™

Janie McGlasson, LMFT

Address 5314 N Figueroa St. Unit B. LA, CA 90042

Phone 626.639.8052

Email janie.mcglasson@gmail.com

Website janiemcglasson.com

Fee info Sliding scale available, contact for more information

Specialties Offers care for teens, young adults, couples for a wide range of issues including relational troubles, grief and loss, life transition and anxiety.

Amanda Kirkner, LCSW

Address 1055 E Colorado Blvd, 5th Fl, Pasadena, CA 91101

Phone 818.934.0032

Email amanda@hopeforhealing.life

Website hopeforhealing.life

Fee info Sliding scale available, contact for more information

Specialties Offers care for individual and family therapy, children, teens, families, and young adults for a wide range of issues including depression, anxiety, trauma and PTSD, childhood abuse, relationship issues, low self-esteem, anger, disruptive behavior, school failure/refusal, drug/alcohol abuse, communication, grief and loss, issues of spirituality, parenting, self-injury, negative body image, domestic violence.

Fuller Psychological & Family Services

Address 180 N Oakland Ave, Pasadena, CA 91101

Phone 626.584.5555

Website fuller.edu/fpfs

Fee info Sliding scale from \$40 to \$120 per session. Pre-licensed therapists are supervised by licensed therapists, meaning you get the best possible care for the lowest possible fee. Call to inquire.

La Vie Christian Counseling Centers

Address 650 Sierra Madre Villa, Suite 110, Pasadena, CA 91107

Phone 800.483.9591

Email appointments@laviecounseling.org

Website laviecounseling.org

Fee info Sliding scale from \$45 to \$225 per session. Pre-licensed therapists are supervised by licensed therapists, meaning you get the best possible care for the lowest possible fee. Call to inquire.

Specialties Offers care for individuals, couples, and families for a wide range of issues including trauma, abuse, neglect and abandonment, depression, anxiety, grieving loss, offers pre-engagement/pre-marital counseling.

Melissa Symington, PhD

Address 200 E Del Mar Blvd, Suite 126, Pasadena, CA 91105

Phone 626.449.2525

Email melissa@symington.net

Website drsymington.com

Fee info contact for more information

Specialties Offers care for individuals and couples encountering sexual and relational issues, depression, anxiety and fear, life transitions, and grief and loss.

Eunice Lee, LMFT

Address 236 West Mountain Street Suite 202D, Pasadena CA 91103

Phone 626.765.5526

Email euniceleetherapy@gmail.com

Website euniceleetherapy.com

Fee info Sliding scale available, contact for more information

Specialties Offers care for those experiencing anxiety, trauma and EMDR, life transitions, struggling with depression, support for bicultural couples and marriages, postpartum depression and anxiety, faith issues, care for ministers and pre-marital counseling.

Ryan Howes, PhD, ABPP

Address 595 E Colorado Blvd, Suite 432, Pasadena, CA 91101

Phone 626.449.1434

Email rhowes@mindspring.com

Website ryanhowes.net

Fee info Sliding scale available, contact for more information

Specialties Offers care for a wide range of issues including grief and loss, relational conflict, anxiety, depression, self-esteem, spiritual/faith issues, career issues, family-of-origin issues, young adults, men with sexual addictions (including pornography), and care for clinical therapists, clinical professionals, and creative professionals.

Scott Symington, PhD

Address 200 E Del Mar Blvd, Suite 126, Pasadena, CA 91105

Phone 626.449.2525

Email contact@drsymington.com

Website drsymington.com

Fee info contact for more information

Specialties Offers care for anxiety, addictive behavior (including sexual addiction), marital intimacy and sexuality.

Stan Rushing, LMFT

Address 595 E Colorado Blvd, Suite 329, Pasadena, CA 91101

Phone 626.794.8532

Email stanrushingmft@gmail.com

Website stanrushingmft.com

Fee info Sliding scale available, contact for more information

Specialties Offers care for children, adolescents, young adults, adults, couples for a wide range of issues including crisis intervention, divorce/dissolution, life

transitions, midlife issues, parenting, pre-marital counseling, and spiritual/faith issues.

Stephanie Law, PsyD

Address 16 S Oakland Ave, Suite 216, Pasadena, CA 91101

Phone 626.354.5559

Email stephanie@drstephanielaw.com

Website drstephanielaw.com

Fee info Sliding scale available, contact for more information

Specialties Offers care for depression, grief and bereavement, trauma and PTSD, reverse-cultural shock, cross-cultural adjustment, spiritual/faith issues, care for missionaries, issues of infertility.

Kimberly Kruse, LMFT

Address 1055 E Colorado Blvd, Pasadena, CA 91106

Phone 818.493.1655

Email kkruse.mft@gmail.com

Website kimberlykruse.com

Fee info \$150/session (sliding scale and scholarship sometimes available)

Specialties Offers care for pre-teens and teens, anxiety, depression, relationship issues.

Peter Huang, MDiv, LMFT

Address 911 E Colorado Blvd Ste 200, Pasadena, CA 91106

Phone 626.375.1446

Email p Huang.mft@gmail.com

Website peterhuangtherapy.com

Fee info Sliding scale available, contact for more information

Languages English & Chinese (both Mandarin and Taiwanese)

Specialties Offers care for intimacy and attachment issues, cultural challenges whether in relationships or work settings, as well as those experiencing sexual addictions and pornography use. Offers pre-marital counseling, certified PREPARE/ENRICH. Support for those who are creative professionals, and care for those clinical field, as well as those in ministry.

Westminster Center

Address 867 E Atchison St, Pasadena, CA 91104

Phone 626.798.0915

Email contact@westminstercenter.org

Website westminstercenter.org

Fee info Sliding scale available, contact for more information

Specialty Offers care for depression, anxiety, relationships, stress, fear, grief, life transitions, sexuality, abuse/trauma, spirituality, mood disorders, eating concerns, work problems, and family issues, as well as offers pre-marital counseling.

Makiko Aoki, LMFT

Address 911 E Colorado Blvd Ste 200, Pasadena, CA 91106

Phone 310.913.7517

Email aokimft@gmail.com

Fee info Sliding scale available, contact for more information

Languages English & Japanese

Specialties Offers care for anxiety, depression, stress and challenges in multicultural settings, teenagers and young adults, chronic illness, spirituality, workplace and wellness, intercultural issues, intergenerational issues.

Kaitlin Sweeney, LMFT

Address 5044 Eagle Rock Blvd, Los Angeles, CA 90041

Phone 626.817.3801

Email kaitlinsweeney@gmail.com

Fee info Sliding scale available, contact for more information

Specialties Offers care for life transitions, depression, anxiety, faith and spiritual issues, family therapy, child and adolescent issues, especially adjusting to divorce or blending of families.

Megan Lungdren, LMFT

Address 140 East Colorado Boulevard #D, Monrovia, CA 91016

Phone 626.272.4908

Email megan@relationshipsforbetter.com

Website relationshipsforbetter.com

Fee info Sliding scale available, contact for more information

Specialties Offers care for relationships, engagement, marriage, divorce, sexuality / pornography, anxiety, depression, trauma, parenting, postpartum anxiety/ depression, body image / eating disorders, vocational discernment.

Valley

Dairek Morgan, LMFT, CSAT

Address 11712 Moorpark St, Suite 111, Studio City, CA 90403

Phone 323.633.1502

Email dairekmorganmft@gmail.com

Website dairekmorgantherapy.com

Fee info Sliding scale available, contact for more information

Specialties Offers care for couples, men's issues, struggles in the arena of gender and/or sexuality, and spirituality, those struggling with compulsive sexual behaviors. As well as working with creative professionals in the entertainment industry.

Dan Drake, LMFT, LPCC, CSAT, CCPS

Address 11712 Moorpark St, Suite 111, Studio City, CA 90403

Phone 310.415.5732

Email info@banyantherapy.com

Website banyantherapy.com

Fee info Sliding scale available, contact for more information

Specialties Offers care for pre-engagement/pre-marital counseling and is PREPARE/ENRICH certified. Specialized in offering care for those experiencing sex addiction for individuals, couples, and groups, men's issues, pornography addiction, codependency, impulse and trauma issues, adolescents.

Katie Sanford, LPCC

Address 11650 Riverside Dr., Suite 10, Studio City, CA 91602

Phone 818.272.7111

Email foundhope.la@gmail.com

Website foundhopecounseling.com

Fee info Sliding scale available, contact for more information

Specialties Offers care for past and recent trauma, anxiety, stress, depression, relationship concerns, grief/loss, self-esteem, parenting, children's behavioral concerns, and EMDR. Works with adults, teens, children, and couples.

Nadia Siswanto, LMFT

Address 6400 Canoga Ave. Suite 306, Woodland Hills, CA 91367

Phone 818.631.9608

Email nadia@wildhopecounseling.com

Website wildhopecounseling.com

Fee info Sliding scale available, contact for more information

Specialties Offers care for relationship issues, conflict resolution, identity & self esteem, attachment, individuation, family of origin, cultural struggles (particularly Asian American), perfectionism, anxiety & depression, eating & body image, grief & loss, and emerging adulthood. Individual (primarily women), couples, and family counseling. Certified in PREPARE/ENRICH and SYMBIS for pre-engagement/pre-marital. Child and adolescent counseling available on a limited basis.

Kimberly Kruse, LMFT

Address 16550 Ventura Blvd, Ste 325, Encino CA 91436

Phone 818.493.1655

Email kkruse.mft@gmail.com

Website kimberlykruse.com

Fee info \$150/session. Sliding scale and scholarship available, contact for more information

Specialties Offers care for pre-teens and teens, anxiety, depression, relationship issues.

David Wadman, LMFT

Address 5655 Lindero Canyon Rd Suit 623, Westlake Village, 91362

Phone 818.577.3015

Email davewadmanmft@gmail.com

Website davidwadmancounseling.com

Fee info In-Network with Kaiser Insurance. Sliding scale available, contact for more information

Specialties Offers care for relationship issues and effective communication, conflict resolution, blended family issues, divorce recovery, navigating life transitions, depression, anxiety, pre-marital counseling, certified in PREPARE/ENRICH and SYMBIS; passionate about healthy marriages and thriving relationships. Works with adults college aged and above. Women, children, teens, families, premarital couples.

South County

We are still in the process of building relationships with Christian therapists in this region.

Westside

Sheila Bost, LMFT

Address 12304 Santa Monica Blvd, Suite 213, Los Angeles, CA 90025

Phone 310.317.7161

Email transform@sheilakbost.com

Website sheilakbost.com

Fee Info Contact for more information

Specialties Offers care for relationships, marriage counseling, anxiety, depression, trauma, betrayal, and grief and loss.

Meghan Johnson, PhD

Address 1137 2nd Street Suite 216, Santa Monica, CA 90403

Phone 310-401-3595

Email megan@quinceegideon.com

Website quinceegideon.com/megan/

Fee Info Contact for more information

Specialties Offers care for those experiencing post traumatic adjustment, religious coping, meaning-making, neuropsychology, and relational issues. Works with individuals of all ages who are facing trauma, anxiety, depression, addiction, substance abuse, and issues related to faith and spirituality. Online therapy available.

Jennifer Camareno, LMFT

Address 3201 Wilshire Blvd., Suite #203 Santa Monica CA 90403

Phone 323.539.4359

Email jennifer.camareno@laviecounseling.org

Website ChristianTherapyLosAngeles.com

Fee info Sliding scale available, contact for more information

Languages English & Spanish

Specialties Offers care for individuals, women, Latino and Spanish-Speakers for a wide range of issues including Anxiety, Trauma, Childhood Sexual Abuse, Adult Sexual Trauma, Self Worth and Identity Issues, Spiritual/Faith Issues, Relationship/Intimacy/Trust Issues, Attachment Issues, Dating Issues, Life Transitions, Exploring Purpose and Calling, Multicultural Issues.

Walter Hirsch, MA, MFT Intern

Address 11835 W Olympic Blvd, Ste 405 Los Angeles, CA 90064

Phone 424.322.9929

Email waltershirsch@gmail.com

Website waltershirsch.com

Fee info Sliding scale available, contact for more information

Specialties Offers care for adolescents, young adults and working professionals, as well as children and families, helping with anxiety, depression, spiritual/faith issues, substance abuse, career counseling and relationship issues along with ADHD, learning disabilities and issues of executive function.

Emily A. Bost-Baxter, MD

Address 12304 Santa Monica Blvd, Suite 213, Los Angeles, CA 90025

Phone 310.405.6902

Email doctor@bostbaxtermd.com

Website bostbaxtermd.com

Fee Info Contact for more information

Specialties Board-certified adult psychiatrist specializing in psychopharmacology and psychotherapy.

Kristen Gardenhire, LCSW

Address 4212 1/2 Overland Ave. Culver City CA 90230

Phone 323.205.6559

Email kristen@kgardenhirelcsw.com

Website asyouarecounselingcenter.com

Fee info Sliding scale available, contact for more information

Specialties Offers care for young adults/emerging adulthood, spiritual and faith issues, relational issues, grief and loss, attachment and family of origin issues, anxiety, depression, traumatic stress, people/missionaries returning from abroad, EMDR.

Hosanna Counseling Center

Address 1015 California Ave, Santa Monica CA 90403

Phone 310.458.9500

Email vjfs@me.com

Website hosannacounseling.org

Fee info Sliding scale from \$60 to \$200 per session. Pre-licensed therapists are supervised by licensed therapists, meaning you get the best possible care for the lowest possible fee. Call to inquire.

Specialties Offers care for individuals, couples, and families for a wide range of issues including trauma, abuse, neglect and abandonment, addiction (both for those who struggle with substance abuse and their families) depression, anxiety, overcoming barriers to emotional closeness and intimacy, communication skills, career counseling, feeling emotionally, professionally, or relationally stuck, grieving loss, pre-engagement/pre-marital counseling. All work incorporates a framework of spiritual development.

Kainos Christian Therapy

Address 329 N Wetherly Dr, Suite 206, Beverly Hills, CA 90211

Phone 310.203.1510

Email tim@kainoschristiantherapy.com

Website kainoschristiantherapy.com

Fee info contact for more information

Specialties Offers care for unwanted same-sex attraction, sexual addiction, gender identity, couples counseling, anxiety, depression, past trauma, relational conflict, and EMDR.

Laura Love, LMFT

Address 500 S. Sepulveda Dr., Manhattan Beach, CA, 90266

Phone 424.272.1190

Email laura.love.mft@gmail.com

Website lauralovemft.com

Fee info Sliding scale available, contact for more information

Specialties Offers care for spiritual issues, anxiety, depression, grieving, codependency, couples counseling, relationship issues (including singleness), identity formation/self-esteem.

La Vie Christian Counseling Centers

Address 3201 Wilshire Blvd, Suite 203, Santa Monica, CA 90403

Phone 800.483.9591

Email appointments@laviecounseling.org

Website laviecounseling.org

Fee info Sliding scale from \$45 to \$225 per session. Pre-licensed therapists are supervised by licensed therapists, meaning you get the best possible care for the lowest possible fee. Call to inquire.

Specialties Offers care for individuals, couples, and families for a wide range of issues including trauma, abuse, neglect and abandonment, depression, anxiety, grieving loss, pre-engagement/pre-marital counseling.

Meghan Nash, LMFT

Address 2730 Wilshire Blvd, Suite 350, Santa Monica, CA 90403

Phone 424.272.0543

Fee info \$95 per session

Specialties Offers care for young, single females; family-of-origin issues, anxiety and depression, spiritual/faith issues, and counseling for Korean Americans.

Kelly Haer, PhD, LMFT

Address 12012 Wilshire Blvd, Suite 106 Los Angeles CA 90025

Phone 424.352.2434

Email kelly.m.haer@gmail.com

Fee info Sliding scale available, contact for more information

Specialties Offers care for eating disorders, struggles associated with singleness, couples counseling, anxiety & depression, adjustment difficulties, spiritual concerns, and family of origin issues.

Allison Hodge, LMFT

Address 3301 Ocean Park Blvd Suite 102, Santa Monica, CA 90405

Phone 310.399.1617

Email allison@helpfromhim.com

Website helpfromhim.com

Fee Info Contact for more information

Specialties Offers care for restoring emotional wellness from family dysfunction, building intimacy in marriage, recovering from affairs and sexual brokenness, trauma recovery, depression, anxiety and OCD, sexual abuse recovery, communication skills and parenting.

Elise Thibodeaux, LMFT

Address 2001 S Barrington Ave Los Angeles, CA 90025

Phone 323.379.2147

Email elise.abundantlife@gmail.com

Website abundant-life-therapy.com

Fee Info \$100 to \$150 per session.

Specialties Offers care for those experiencing eating disorders, self-esteem issues, anxiety, depression, grief and loss, and life transitions.

Abundance Therapy Center

Address 1230 Rosecrans Ave. Suite 300, Manhattan Beach, CA 90266

Phone 213.441.6780

Email hello@abundancetherapycenter.com

Website abundancetherapycenter.com

Fee info In-Network with Anthem Blue Cross, Cigna, Health Net/MHN. Sliding scale available, contact for more information

Specialities Offers care for helping high-achieving young adults who struggle with anxiety, perfectionism, insecurity, social anxiety, relationship issues, and life transition issues. Working with young couples struggling with life transition issues (i.e. job changes, pregnancy/birth of a baby), emotional disconnect, and codependency. Offers a free phone consultation.

Timothy Wong, PhD

Address 3301 Ocean Park Blvd., Ste. 210 Santa Monica, CA 90405

Phone 310.845.6720

Email santamonicatherapycontact@gmail.com

Website www.santamonicatherapy.org

Fee info Sliding scale available, contact for more information

Languages English

Specialties Offers care for individuals, anxiety (specifically, trauma and sexual abuse), post-traumatic stress disorder, depression, relationship and family issues, grief, spirituality/faith, and multicultural issues. Provides psychological assessments for pastoral candidates seeking ordination.

Orange County

Larry Hamilton, LMFT

Leah Hamilton, LMFT

Address 23441 South Pointe Dr, Suite 180, Laguna Hills, CA 92653

Phone 949.707.5788

Email larryhamiltonmft@cox.net

HamiltonCounseling@sbcglobal.net

Website larryandleahhamiltonmft.com

Fee info Sliding scale available, contact for more information

Specialties (Larry) Child play therapy, adults, adolescents, couples, families, step parenting, co-parenting after divorce, ADD/ADHD, Obsessive Compulsive Disorder, anxiety, panic attacks, grief and loss, past trauma, anger management, self-mutilation/cutting, addiction issues, life transition difficulties, and abandonment/attachment issues

Specialties (Leah) Child play therapy, child development, adolescents, young adults, Separation Anxiety Disorder, OCD, eating disorders, anxiety, depression, school/academic counseling, parenting, co-parenting after divorce, teen pregnancy, adoption, codependency, panic attacks, phobias, substance abuse, and grief recovery.

CIFT (Center for Individual and Family Therapy)

Address Offices located in Orange, Brea, Los Alamitos, Costa Mesa

Phone 714.558.9266

Website ciftcounseling.com

Fee info Sliding scale available, contact for more information. Pre-licensed therapists are supervised by licensed therapists, meaning you get the best possible care for the lowest possible fee. Call to inquire.

Specialties Offers care for individuals, couples, families, groups, for a wide range of issues including relationship struggles, depression and anxiety, addiction & recovery, trauma/abuse, parenting. As well as childhood and adolescence issues, identity issues, grief and loss, disordered eating, sexual addiction, spiritual issues, family conflict, chronic illness/pain, divorce recovery/blended families. As well works with those in ministry and offers church support.

Soft Clay Family Therapy Inc.

Address 18000 Studebaker Rd, Suite 700, Cerritos, CA 90804

Phone 562.467.8958

Website softclayinc.org

Fee info Sliding scale from \$50 to \$150, contact for more information

Specialties Offers care for individuals, couples, families, groups, addictions, eating disorders, sexual abuse, PTSD, children, and teenagers.