

SAN DIEGO

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CBT/DBT

These are specific modalities of counseling (psychotherapy) that focus on various mental health conditions. Cognitive Behavioral Therapy (CBT) for example is best suited for depression and anxiety, however it is successfully used for many other conditions. Dialectical Behavioral Therapy (DBT) is extremely helpful for patients struggling with borderline personality traits. These forms of counseling tend to be time-limited and problem-focused.

COGNITIVE BEHAVIORAL THERAPY (CBT)

CBT California

800-624-1475 | <http://www.cbtcalifornia.com>

Reduced fee clinic for eligible clients.

Anxiety and Depression Center

Dennis Greenberger, PhD | 949-222-2848

<http://www.anxietyanddepressioncenter.com> | Newport Beach.

Center for Behavior Medicine*

562-945-5454

9200 Colima Rd., Suite 206, Whittier, CA 90065

Cigdem Coyle, PsyD

949-342-6953

ocpsychologistdrcocyle.com

DIALECTICAL BEHAVIORAL THERAPY (DBT)

CBT California

1-800-624-1475 | <http://www.cbtcalfornia.com>

Reduced fee clinic for eligible clients.

DBT Center of Orange

949-480-7767 | www.dbtcenteroc.com

DBT Center of Los Angeles – Clearview Treatment Programs

1-800-573-0770 | <http://www.clearviewtreatment.com/>

Residential, IOP, and OP programs for BPD, emotional dysregulation, dual diagnosis and primary addiction.

Harbor/UCLA Outpatient Psychiatry Clinic* ** ***

310-222-3151 | Accepts some private insurance, Medicare, Medi-Cal.

Home Visitation Programs – Orange County

Bridges-Maternal Child Health Network

949-764-6153 | bridgesprogram@hoag.org

Monthly home visits. Assistance with parental education, breastfeeding, newborn care, community resources, home safety, child development.

MOMS Orange County

714-972-2610

Monthly home visits and classes. Provides prenatal and infant health screenings, breastfeeding support, infant development screenings, education, support and referrals.

Serves pregnant women and their babies up to one year postpartum.

Nurse Family Partnership – Orange

714-771-8085

Home visits for screening and education. Serves First Time mothers. Up to one year postpartum. New Mother's Groups.