



LOCAL TRAUMA THERAPIST Referrals for **in-office** & Teletherapy in North County San Diego:

NAME	Specialties
<p>Jeanie Vetter, LCSW 2204 South El Camino Real, Oceanside, CA 92054 858-771-6122</p>  <p>Trauma Specialist</p>	<p>Individual & Couple's Therapy</p> <p>Pregnancy & Prenatal Care, Postpartum Care, Parenting Depression, Anxiety, Trauma & PTSD Couples</p> <p>To minimize symptoms I use Mindfulness Based Cognitive Behavioral Therapy (MBCBT) and Dialectical Behavioral Therapy (DBT) and to move into deeper work I'm certified by EMDR International Association in Eye Movement Desensitization and Reprocessing (EMDR). I provide tools and share skills to manage distressing symptoms like anxiety or panic attacks, sleeplessness, hopelessness and am unafraid to help you work through your deepest fears and upsetting beliefs about yourself or your place in the world.</p> <p>I am also trained in various other evidence-based therapy modalities and I use an integrative approach to incorporate them in a customized treatment specifically tailored to meet your needs. This occurs in a neutral, safe space where you are seen and heard.</p> <p>Payment and Insurance</p> <p>All payments for services are made at the time of your appointments. I do not participate with insurance, but am able to provide you with a "Superbill" (a statement of services with necessary billing codes) for insurance reimbursement. Should you wish to submit services through insurance, it would be your responsibility to send the required information to your insurance directly.</p>

Katie Jorstad, LCSW

Katiejorstadlcsw@gmail.com
www.Katiejorstadtherapy.com

(760) 571-9807
330 Rancheros Dr., Ste 208
San Marcos, CA 92069



Trauma Specialist

Works with: age 12 and up

Special Interests: Mindfulness, Self-Compassion and Trauma (EMDR certified in EMDR)

-Chronic pain/illness and integrative wellness
-Positive parenting and attachment

Insurances currently accepted:

Medicare, Cigna, and Lyra

Diana Trevino, LMFT

dtrevino@dianatrevino.com
www.dianatrevino.com

(760) 855-6361
365 S. Rancho Santa Fe Rd., Ste 204
San Marcos, CA 92078



Trauma Specialist

Works with: Adults

Special interests: Co-dependency, low self-esteem, developmental trauma, complex trauma

Approaches: EMDR certified, Mindfulness, Ego state therapy, Somatic therapy, and CBT

Insurance accepted: Private Pay, Out of Network

Mindful Therapy Practice
Melissa Barsotti, LCSW # 64017

San Digo, CA

T: (626) 893-0480

Fax: (760) 444-2729

melissa@mindfultherapypractice.com
www.mindfultherapypractice.com

Kathleen Phelps, LCSW
kp@kathleenphelps.com
www.kathleenphelps.com
2173 Salk Ave. Ste 250
Carlsbad, CA 92008
Phone: (619) 743-2879
Fax: (760) 931-9547



Trauma Specialist

Works with: Adults, Individuals

Special interests: EMDR, Complex Trauma, Chronic pain and illness, Eating disorders, Health issues

Payment Options: Credit Card, Cash

Insurances accepted: **Anthem Blue Cross, Tricare, Optum/UHC**

Deborah Mori,
Marriage & Family
Therapist, MS, LMFT, SEP
mailing address:
270 N El Camino Real,
Suite F518
Encinitas, CA 92024
contact
PHONE: 619-431-
1842FAX: 619-329-****
4370EMAIL:****
morimft@gmail.com



Trauma Specialist

Works with: Adults, Individuals, Couples

Trauma Therapy

EMDR

BRAINSPOTTING

BrainSpotting is an advanced brain-body therapy that focuses on identifying, processing, and releasing trauma, mental health imbalances, and emotional stress. Derived from EMDR, this therapy is based on the premise that “where you look affects how you feel” and that eye positions correlate with sub-conscious experiences.

When and eye position is identified that is related to an upsetting issue, there is a sub-cortical release process of the emotional and physical stress that often happens. Naturally more adaptive information replaces the once disturbing issue. Brain Spotting reaches parts of the brain that are not accessed with traditional talk therapy.

Somatic Therapy

Somatic Experiencing © utilizes information provided by your nervous system and inner felt sense to locate areas that are stuck on, stuck off, or just out of alignment in the flow of life.

Feeling overwhelmed, shut down, anxious, stressed, emotionally drained, and emotionally distressed, can have a massive impact on yourself and your relationships, that is why we will partner with the nervous system to increase

its resiliency, process feeling stuck towards movement and flow.

When our nervous system is stuck firing fight, flight, and freeze responses, we are experiencing ourselves, our relationships, and our world through a “danger” lens. In a somatic session, we will practice getting curious about what is happening on a nervous system level. By utilizing a mind-body framework, we are able to support the completion, discharge, re-embodiment, re-organization, and reclamation of a grounded, calm, and connected lived experience for more aliveness, peace, calm, and ease.

Internal Family Systems (IFS)

We all have different aspects or “parts” of ourself. IFS uses a family systems model to better understand, heal, and unburden our various parts of self that impact our degree of access that we have to our true Self. IFS is designed to help you navigate your internal world, to understand and unburden the different parts of you that don’t know how to trust your Self-leadership. When different parts of ourselves want or need different things, we can start to feel stuck, confused, or overwhelmed.

These feelings, if left unaddressed, can lead to anxiety, stress, depression, as well as difficulties in our relationships with others. This in turn allows you to have a different relationship with states of anxiety, stress, fear, and self-doubt, and live a more authentic life in accordance with your values and goals. While the various aspects or parts of our personalities are perfectly natural, most of us don’t pay much attention to them

even though they often account for a large part of our internal dialogues, and experience in life.

Deborah Mori, LMFT continued

Psychedelic-Assisted Therapy

Ketamine-Assisted Psychotherapy (KAP) integrates the use of ketamine, a dissociative anesthetic, with psychotherapy to treat mental health conditions such as depression, anxiety, PTSD, and trauma. In a controlled setting, ketamine is administered to induce an altered state of consciousness, which can enhance the therapeutic process by allowing patients to access repressed memories, emotions, and perspectives. This altered state can promote deep introspection, emotional release, and new insights, facilitating healing and growth. KAP is typically conducted under the supervision of a trained therapist, ensuring safety and guiding the patient through the experience to maximize therapeutic benefits.

**EMDR & Breathwork Intensives
Relationship Guidance**

**Rachel Davis, LMFT
Oceanside, CA**

rmvierra@gmail.com

<http://racheldavismft.com/>
760-517-6612



Works with: Children, Teens and adults

Special interests: Peripartum Mental Health and is trained in Eye Movement Desensitization and Reprocessing (EMDR); Support groups

OCD THERAPISTS (REMOTE):



Chris Trondsen, LMFT
The Gateway Institute
christrondsen@gatewayocd.com
940 South Coast Dr., Suite 235
Costa Mesa, California 92626
Ph. (714) 549-1030
Fax. (714) 549-1115
<https://www.gatewayocd.com/chris-trondsen/>

NOCD
<https://www.treatmyocd.com/>

The NOCD App

Get support when you feel alone by messaging your therapist, using real-time ERP tools, and engaging with the world's largest OCD community.

NOCD is-in network with several major health insurance plans around the US. In-network coverage varies by state and is dependent on an individual's mental health benefits. Once we get you scheduled for your first session, we'll have you upload your insurance card information and our Billing team will verify your insurance eligibility. Your health plan will be able to confirm any amounts that you would be responsible for. [Learn more about billing at NOCD.](#)

OCD Center of Los Angeles
310 824-5200
<https://ocdla.com/contactus>
11620 Wilshire Bl. #890,
Los Angeles, CA 90025

Family therapists Local:

Jacqueline Rasmussen, LCSW

621 2nd Street
Encinitas, Ca. 92024
619-246-9129

TheRelationshipCounselors@gmail.com



Works with: **Couples, Families, Children, Adolescents, Adults, and Seniors**

Specializations: Relationship issues, Divorce, Marital and Premarital, PTSD/Trauma, Depression and Anxiety, Anger Management, Mindfulness, Aging, Illness, End of Life, Grief and loss, substance abuse, eating disorders, co-dependency, spiritual wellness, CPT, CBT, CRMT, Transformational Systematic Therapy, child/family therapy, positive discipline, relational/couples work and clinical supervision

Insurance: Out of Network

Juliet Schmitt, M.A., LMFT
(442) 325-4114

3150 El Camino Real, Ste C
Carlsbad, CA 92008

julietschmittlmft@gmail.com
www.julietschmittlmft.com



Works with: **children (age 5 and up), adolescents, adults, parents, couples and families**

Special interests:

Anxiety, ADHD, Depression, Mindfulness, LGBTQ Issues, Parenting

Payment Options: Sliding Scale when needed, Cash, Check, CC (Stripe)

Insurances accepted: **Out-of-Network Benefits with super-bills provided**

Cigna, Blue Shield (plan specific), MHN, Tricare.

**Cash Pay and Out of Network Benefits preferred at this time*

Mindful Therapy Practice
Melissa Barsotti, LCSW # 64017

melissa@mindfultherapypractice.com
www.mindfultherapypractice.com

San Digo, CA

T: (626) 893-0480
Fax: (760) 444-2729

Family Therapists Local Continued:

Chara Ward, LCSW

Chara.ward@charatherapy.com

www.charatherapy.com

(760) 410-8021

Located inside of the Clearly Unique
Wellness Center at:

1582 W. San Marcos Blvd., Ste 105,
San Marcos, CA 92078



Works with: **Adults, children, Adolescents, Families**

Special Interests: Issues pertaining to adoption and foster care, including adoption-related counseling and services, relationship issues, trauma, depression, anxiety, abuse and neglect, stress management, grief and loss, self-esteem and personal growth, pre-marital counseling, adjustments and transitions

Insurances Accepted: No insurance. Offers sliding scale

Teletherapy ONLY Options:

Pasadena Trauma Therapy

[\(818\) 434-6051](tel:8184346051)

491 S. Marengo Ave, Pasadena,
CA 91101

Cristina@PasadenaTraumaTherapy.com



(Above is Cristina Mardirossiam, LMFC-founder and Director)

Trauma Specialist

Works with: Adults, Individuals, Groups

Pasadena Trauma Therapy Inc. is a trauma focused group practice. We specialize in working with the whole trauma spectrum, particularly with complex trauma, developmental trauma, and dissociation.

Payment: Payment is acceptable by cash, check and credit card. Please contact us if you have any questions about fees. Insurance is not accepted, but we could provide you with a monthly statement (called a Superbill) which you may then submit to your insurance carrier for reimbursement.

Teletherapy Available.

Services Provided: [Individual Therapy](#), [Brainspotting](#), [EMDR](#), [Parts Work](#), [Somatic Therapy](#), [Group Therapy](#), [Dissociative Disorders](#), [Intensives](#)

Teletherapy Options Continued:



Debra Wagner, LMFT

5100 Marlborough Drive
San Diego, CA 92116

Call: [619-289-8588](tel:619-289-8588)

Email: therapy@debbiewagnermft.com

Trauma Specialist

Works with: Adults, couples

Services: Psychotherapeutic & relational services, trauma recovery, relationship challenges, mood and anxiety disorders, addictions, LGBTQIA+ issues, dual diagnosis

EMDR certified, attachment focused. Also psychoanalytically oriented, and incorporates family systems.

Fees and insurance: Out of Network, If you have out of network coverage, your insurance will reimburse you.

Empowered Through EMDR Psychotherapy

Patricia Torres, LMFT

[+1 \(626\) 317-8043](tel:+16263178043)

patricia@emdrempowered.com

[305 N Harbor Blvd #202, Fullerton, CA 92832](http://305NHarborBldv.com)

<https://emdrempowered.com/specialties/>



Trauma Specialist

Works with: Adults

Specialty areas:

- PTSD
- CPTSD (Complex PTSD/Developmental Trauma)
- Eating Disorders
- Relationships
- Gender Identity
- Work Stress
- Anxiety
- Life Transition
- Depression

EMDR certified, EMDR consultant

Fees: Out of Network

Strengthening Relationships Alejandra Trujillo LMFT

<https://alejandratrujillo.com/my-approach/>

[11145 Tampa Ave](#)
[Suite 15A](#)
[Northridge, California 91326](#)
[USA](#)

AlejandraTrujilloLMFT@gmail.com
[\(818\) 468 7622](tel:(818)4687622)



Trauma Specialist

In my work with **adults**, I assess, and then I identify the best practices/approach, and I tailor interventions to my client's needs. To offer excellence in services, I have been highly trained in several evidence-based practices and well researched interventions. I use primarily **EMDR, Flash Technique, Parts work (IFS, Ego State Interventions, inner child, etc.), Cognitive Behavioral Therapy (CBT)** and I see my clients through **attachment-based lenses**. See below for a more detailed list of my trainings.

In my work with young children, and school-aged children, I incorporate play therapy, art, sensory stimulating materials (yes! we make therapeutic slime!). I am all about Child-Directed Interactions. We follow the child's lead! My priority is to support the parents to then strengthen the child-parent relationship. I teach parent/caregiver tools to set their child up for success: positive parenting strategies to improve desired behaviors (all based on cutting edge research).

Fees: Out of Network

Group Practice Focusing on Adult Children of Emotionally Immature Parents, Accepting Insurance:

Holistic Wellness and Recovery

This is a group practice owned by **Virginia Wilscek, LMFT**

Virginia is a very dedicated and resourced therapist who also invests heavily in her group practice, offering trainings and regular consultation to her entire team of therapists. Virginia specializes in Complex Trauma and narcissistic abuse recovery.

<https://holisticwellnessandrecovery.org/#Services>

(619) 333-8571

Office Hours

Monday - Friday

7AM - 4PM

Works with: Adults

Accepts the following insurances:

- Tricare West (Prime, Select, Reserve, and Young Adult)
- Community Care Network
- Cigna
- United Health
- Aetna
- EverNorth
- Optum
- MHN
- HealthNet

Also accepting EAP services for Cigna, Optum, EverNorth and United.

Services offered: Individual therapy, trauma therapy, narcissistic abuse recovery, collateral sessions with family, somatic and trauma informed coaching, adult children of emotionally immature parents education

Other services:

- Retreats
- Equine therapy
- Sound Healing
- Breath Work
- Spiritual Health