

# CALIFORNIA WOMEN'S THERAPY

We help women heal, grow, get unstuck, and move forward.

## ABOUT US



California Women's Therapy Psychological Services Corporation (CWT) began as a team of female, licensed psychologists specializing in women's issues.

Our growing team now includes Licensed Psychologists, LCSWs, LMFTs, postdoctoral Psychological Associates, and practicum students in a variety of mental health disciplines.

Our team supports women (and others) through a variety of compassionate and empowering services in a convenient, virtual format.

## OUR SPECIALTIES

We help our clients navigate the following:

- Anxiety & worry
- Depression and other mood disorders
- Self-esteem and identity
- Pregnancy, postpartum, & the journey to motherhood
- Life transitions (including the transition to parenthood and menopause)
- Family conflict, parenting, & caregiver stress
- Relationship issues & couple's counseling
- Symptoms related to traumatic experiences, grief, & loss
- Chronic pain, medical conditions, and insomnia

## OUR SERVICES



### Individual Psychotherapy

Our providers' specialties cover a wide range of issues impacting women and others. Fees for our licensed therapists range from \$175 - \$225 per session.



### Couple's Counseling

As a stand-alone service or as an adjunct to individual psychotherapy, California Women's Therapy provides expert support and guidance to couples when they need it most.



### Low Fee Services

We offer low-fee services through our pre-licensed therapist training program! Sessions with our postdoctoral Psychological Associates are \$115 per session. Sessions with our Master's and Doctoral level practicum students are only \$65 per session.



### Superbill Services

We are out-of-network with insurance. However, clients who have PPO insurance plans with out-of-network benefits may request to receive **superbills** – which can be submitted to their insurance company for partial reimbursement for our services.


## THE CWT TRAINING PROGRAM


We offer a clinical training program for **pre-licensed** therapists, including Postdoctoral Psychological Associates and Practicum Students.

Our "**Postdoctoral Psychological Associates**" are pre-licensed psychologists with doctoral degrees in psychology who are accruing their postdoctoral hours towards becoming independently licensed. These associates work under the direct supervision of our clinical supervisory team.


Our "**Practicum Students**" are pre-licensed therapists who are currently completing a master's or doctoral program in psychology, professional counseling, or a related mental health field. These positions are for graduate school credit and involve direct clinical work under the supervision of our training team.

## CONTACT US

 [www.californiawomenstherapy.com](http://www.californiawomenstherapy.com)

 805-244-5026

 @californiawomenstherapy

 @CaliforniaWomensTherapy

## OUR MATCHING PROCESS

When a potential client contacts us, our team reaches out for a **free initial screening call**. This helps us match clients with the provider on our team who is the best fit, based on the client's needs and preferences.\*



After the initial screening, a recommended provider from our team reaches out for a **free initial consultation**.



If the consultation proves to be a successful match, we send the client(s) **electronic intake paperwork** to complete at least 24 hours before their first session.

\*If we're not able to make a match within our team, we do our best to provide appropriate **referrals** elsewhere.