

Your selection of any provider from this list is a personal decision. Chapman University is not affiliated with, nor does Chapman University specifically endorse individual providers and disclaims any liability thereof. We encourage your due diligence when selecting any healthcare provider. If you have insurance, check your insurance website for a listing in your area. **Chapman's Health Insurance option is United Healthcare: www.uhcsr.com. The insurance information listed below is a courtesy based on our annual update. Always verify with your provider if they accept your insurance before setting up an appointment. For more info on the therapists below and/or to find a therapist, please visit www.psychologytoday.com.**

Private Practice Therapists				
Name	Contact Info	Services & Specialties	Insurance & Payment	Making an Appointment
Aisyeh Zargaran PsyD Psychologist	(949) 372-2106 AsiyehZargaran@gmail.com 500 N State College Blvd, Orange, CA 92868 2.4 miles from SPCS Across from Chapman Court and Angels Stadium	In-person & telehealth; Assessment, accommodations, & Emotional Support Animal letters	Oxford, United Healthcare, Anthem, Blue Shield, Carelon, Magellan, Quest, Aetna, & Kaiser; Sliding scale	New clients can call or email
Miles Levy-Nordhoff LMFT	(805) 276-7336 MLEvyMFT@gmail.com www.psychologytoday.com/profile/1091144 926 E. Chapman Ave., Orange, CA 92866 0.7 miles from SPCS	In-person & telehealth; Specializes in anxiety, depression, and life transitions	Sliding scale	New clients can call or email
Townes Eimer LMFT	(714) 244-2892 629 E. Chapman Ave., Orange, CA 92866 0.5 miles from SPCS	In-person & telehealth; Specializes in relationship issues, depression, trauma, and PTSD	All PPOs, no HMOs, and a sliding scale for students	New clients can call or text



<p>Kristen Kinsfogel PhD Psychologist</p>	<p>(949) 395-7076 kristenkinsfogelphd@gmail.com www.kristenkinsfogelphd.com 624 W. Chapman Ave., Orange, CA 92866 0.5 miles from SPCS</p>	<p>In-person & telehealth; Specializes in college and grad student individuation, anxiety, depression, LGBTQI+ affirmative, trauma, and grief.</p>	<p>Cash only</p>	<p>New clients can call, email, or apply for services on the website</p>
<p>Angela Arendt, LMFT</p>	<p>(714) 460-2974 Angela@angelaarendt.com https://www.angelaarendt.com/ 594 N. Glassell St., Orange, CA 92867 0.2 miles from SPCS</p>	<p>In-person & telehealth; Specializes in assessing and treating anxiety, depression, and life transitions.</p>	<p>Any PPO</p>	<p>New clients can call, email, or text</p>
<p>Christy Zail, LMFT</p>	<p>(714) 386-9717 christyzialmft@gmail.com https://christyzialmft.com/ 218 W. Main St., Suite 104 Tustin, CA 92780 3.8 miles from SPCS</p>	<p>In-person & telehealth; Individual, couples, and pre-marital.</p>	<p>Lyra Health</p>	<p>New clients can call or email</p>
<p>Linda Karmelich, LMFT</p>	<p>(714) 321-6070 lindakarmelichmft@gmail.com https://www.psychologytoday.com/us/therapists/linda-karmelich-orange-ca/184356 1107 E. Chapman Ave., Suite 107, Orange, CA 92866 0.9 miles from SPCS</p>	<p>In-person; Specializes in eating disorders, depression, anxiety, life transitions, and many more.</p>	<p>\$150 fee and will provide superbills</p>	<p>New clients can call or email</p>
<p>Hiroko Saeki, LMFT, RDT</p>	<p>(310) 704-5631 info@hirokostherapy.com www.hirokostherapy.com 594 N. Glassell Street Orange, CA 92867 0.2 miles from SPCS</p>	<p>In-person, telehealth, couples, and family; Specializes in depression, social anxiety, childhood trauma, and</p>	<p>\$150 for individual, \$200 for couples and families; sliding scale; and will provide superbills</p>	<p>New clients can call or email</p>



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Eike Daube, LCSW	(562) 278-1361 www.daubetherapy.com 6615 Pacific Coast Hwy., Ste. 280, Long Beach, CA 90803 15 miles from SPCS	In-person (M) & telehealth (T, TH, F); Specializes in perfectionism, elite athletes, PTSD, life transitions, people pleasing, and EMDR	\$275 fee; Sliding scale	New clients can call or apply for services on the website
Luis Arevalo, PhD Psychologist	(714) 639-1933 746 E. Chapman Ave., Orange, CA 92866 0.5 miles from SPCS	In-person & telehealth; Bilingual (Spanish)	United Healthcare and all major insurances	New clients can call
Jason Odegaard, LMFT	(562) 458-1054 jasonodegaardcounseling.com https://jasonodegaardcounseling.com/	Telehealth only; Specializes in self-esteem, childhood trauma, PTSD, addiction, and sexual identity.	Cash only and provides superbills	New clients can call
Liz Moore Birch, LMFT	(714) 584-6046 LizBirchMFT@gmail.com www.Lizbirchtherapist.com 242 W. Main St., Ste. 104, Tustin, CA 92780 3.9 miles from SPCS	In-person & telehealth; Specializes in hypnotherapy, OCD, college students, anxiety, depression, military families, and veterans.	Tricare, Cigna, Kaiser, & Medi-Cal	New clients can call or email



<p>Alexandra Hansen-Ankerstar, LMFT</p>	<p>714-202-7670 ankerstarlmfttherapy@ankerstarlmft.com https://www.psychologytoday.com/profile/1430064 1107 E Chapman Ave, Ste 203 Orange, 92866 0.9 miles from SPCS</p>	<p>In-person & telehealth; Anxiety Disorders, Depression and relationship issues</p>	<p>\$200 fee, will provide superbill; Aetna Quest Behavioral Health (CA)</p>	<p>New clients can call, email, or text</p>
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Counseling Centers (a group of practitioners working for a larger organization)				
Name	Contact Info	Services	Insurance & Payment	Making an Appointment
Mariposa Women & Family Center	(714) 547-6494 www.mariposacenter.org 1845 W. Orangewood Ave. Suite 300 Orange, CA 92867 1.1 miles from SPCS	In-person, telehealth, and group therapy; Specializes in substance use, women, and offers child care.	Sliding scale	New clients can call
California OCD & Anxiety Treatment Center	(714) 423-3779 www.CalOCD.com 2501 E Chapman Ave. Suite 185, Fullerton, CA 6.0 miles from SPCS	In-person, telehealth, intensive outpatient, and group therapy; Specializes in OCD, Anxiety, Hypochondria, Phobias, & Panic Attacks.	Does not accept insurance but provides superbills	New clients can call or apply on the website
Mindpath College Health	(949) 502-0736 irvine.college.health@mindpath.com College.mindpath.com 4255 Campus Drive, Ste. A245, Irvine, CA 92616 9.6 miles from SPCS	Individual & group therapy; medication evaluation, psychiatric evaluations	Most major insurance providers	New clients can apply for services on the website
Gather and Grow OC	(714) 248-5158 hello@gatherandgrowoc.com www.gatherandgrowoc.com 1440 N. Harbor Blvd. Ste. 600A, Fullerton, 92835 8.3 miles from SPCS	Individual & couples therapy, and consultation; Specializes in LGBTQI+ affirming therapy.	Most major insurance providers	New clients can call, email, or apply for services on the website



<p>The Multicultural Therapy Center</p>	<p>(714) 910-3648 www.diamondculturaltherapy.com www.multiculturalacademy.org 12821 Newport Ave., Tustin, CA 92780 3.9 miles from SPCS</p>	<p>Individual & group therapy; Specializes in sexual assault, domestic violence, culture, and race.</p>	<p>Most major insurance providers</p>	<p>New clients can call or apply for services through either website</p>
<p>Living Success Center</p>	<p>(949) 645-4723 https://www.livingsuccesscenter.org/ 1560 Brookhollow Dr., Santa Ana, CA 92705 5.6 miles from SPCS</p>	<p>In-person & telehealth; individual, couples, and family therapy; Offers services in multiple languages</p>	<p>Low-cost and sliding scale; Aetna, Cigna, MHN, Kaiser PPO, Blue Shield, Magellan, & Tricare</p>	<p>New clients can apply for services on the website</p>
<p>Central City Community Health Clinic</p>	<p>(714) 490-2750 www.centralcityhealth.org 2243 W. Ball Rd. Anaheim, CA 92804 6.8 miles from SPCS</p>	<p>Individual therapy, psychiatric services, primary care, women’s health, dental care, acupuncture, and chiropractic care.</p>	<p>Sliding scale</p>	<p>New clients can call</p>
<p>All Things Relationship</p>	<p>allthingsrelationship@gmail.com https://allthingsrelationship.org/ 12821 Newport Ave. Tustin, CA 92780 3.9 miles from SPCS</p>	<p>In-person, telehealth, individual, group, family, and art therapy; Specializes in ADD/ADHD; anxiety, trauma, anger, grief, and many</p>	<p>United Healthcare, Anthem Blue Cross, Aetna, Cigna, CalOptima, Medi-Cal, & Tricare</p>	<p>New clients can email or apply for services on the website.</p>



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Alphabet Soup

Psychologist (PsyD/PhD): 6+ years (beyond an undergraduate degree) of extensive academic and clinical training to work with various populations.

Licensed Marriage and Family Therapist (LMFT): 2-3 years of a master's education and about 2 years (3,000 hours) of supervised practice with individuals, couples, and families.

Licensed Clinical Social Worker (LCSW): 2-3 years of a master's education and about 2 years (3,000 hours) of supervised practice supporting individuals' mental health needs, connecting to community resources, and supporting life transitions.

Licensed Professional Clinical Counselor (LPCC): 2-3 years of a master's education and about 2 years (3,000 hours) of supervised practice with individuals in clinical settings of varying populations.

Registered Drama Therapist (RDT): a mental health professional using drama and theater techniques with their clients to achieve therapeutic goals. An RDT must complete a master's or doctoral degree in drama therapy from a program accredited by the North American Drama Therapy Association (NADTA) or an additional 800 supervised hours through the NADTA.

Eye Movement Desensitization and Reprocessing (EMDR): a psychotherapy treatment using bilateral stimulation to help individuals heal from the symptoms and emotional distress caused by traumatic memories. Although primarily used to treat trauma symptoms, it can also be used for anxiety, depression, phobias, and chronic pain.

Post-Traumatic Stress Disorder (PTSD): a mental health condition triggered by experiencing or witnessing a traumatic event.