

## Los Angeles Maternal Mental Health Directory

### Provider Profile

---

#### **Shauna Dabiri-far, private practice - Glendale office**

Glendale , CA 91203

818-641-7099

<http://www.livingnowtherapy.com/>

Languages:	English and Farsi
Age Group Served:	all
Services:	Family/Dyad (parent and baby) Therapy, Home-Based Mental Health Support, and Individual Psychotherapy
Evidence-Based Practices:	Attachment Theory Oriented Perspectives, CBT (Cognitive Behavioral Therapy), Floor Time, Home Visiting, Incredible Years, Mindfulness Based Therapy, and TFCBT (Trauma-focused Cognitive Behavioral Theory)
Appointment Required?	Yes
Insurance Accepted:	not specified
No/Low-Cost Options:	none
Intake Requirements:	none
Hours:	please contact provider for hours