

# Albert Mellinkoff, Psy.D. Psychologist

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Are you feeling...depressed?anxious?overwhelmed?stuck?Psychotherapy can help. Talking with a therapist in a safe, empathic, non-judgmental, and confidential environment can bring internal conflicts to light and allow you to gain insight into your behaviors, your relationships, and your life. Awareness can empower you to make choices that reduce stress and bring you greater fulfillment.Because every client is unique, I use an integrative approach to psychotherapy that draws on aspects of psychodynamic, cognitive-behavioral, systems, humanistic, and existential thought. I work collaboratively with my clients, listening, asking questions, and making observations. Above all, I strive to meet you where you are and to create and maintain an environment in which you feel seen, heard, and understood.Lesbian, gay, bisexual, transgender, intersex, queer, and questioning folks face unique challenges because we live in such a heteronormative society. Societal and internalized sexual prejudices often play an important role in the development and maintenance of psychological symptoms. As a clinician, I always practice LGBT-affirmative psychotherapy.Licensed by the California State Board of Psychology PSY23767

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Specialization(s): LGBT issues, depression, anxiety, relationships, sexuality, addictions, sexual abuse, trauma, creative artists' issues  
Rates: \$175; in-network with Anthem, Blue Cross, Aetna, and UBH

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