Jennie Steinberg - feminist, queer-affirming therapist

Studio City, CA, California 91604
United States

Phone: 818-284-6663

It is possible to simultaneously feel like always too much and never enough. My clients are the adults who were labeled gifted as children and feel like they'll never live up to their potential, the overachievers who don't feel fulfilled, and the "awkward ducks" who always feel like they're missing the memo. I'm also a certified perinatal mental health professional, specializing in infertility, high-risk pregnancy, and the transition to new parenthood.My approach to therapy is strength-based, which means that I do not believe that my clients are broken. On the contrary, I believe that my clients of full of strengths, and that my job is to help you identify and build on those strengths in order to overcome your challenges. I also practice from a perspective that is feminist-oriented, queer and trans affirming, anti-racist, body positive, and grounded in principles of social justice. I also identify as a neurodivergent therapist, and I draw upon both my professional and lived experiences with ADHD to support clients in reclaiming this identity as a superpower by carving out spaces where their brains thrive.When therapists focus on how *you* need to change without acknowledging the broken systems that surround us, they do you a disservice. Conversely, I approach therapy with the

assumption that you are doing the best you can in a world that creates barriers for anyone who is a member of a marginalized community. Self-care is more than bubble baths and pedicures; sometimes, self-care is allowing yourself to get very, very angry at society. And sometimes resistance looks like loving and being kind to yourself in the face of that adversity.A guiding principle of the work that I do is that there are infinite right ways to live a life. If you're not harming anyone and you feel good on the inside, you're probably doing okay! I also believe strongly that laughter is a core healing facet of therapy, cussing is a form of self-expression and self-care, feelings really f**king matter and all feelings are allowed, allowing anger is a gateway to real change, sensitivity is an asset (not a character flaw), connection is why we're all here, needing people is human, and you are enough.In person sessions available in the Studio City neighborhood of Los Angeles.

Specialization(s): Self-esteem, perfectionism, body image, ADHD, identity, feminist, infertility, IVF, pregnancy, postpartum
Rates: $225 per session
GayLesbianDirectory Discount Offered: free 20 minute phone consultation

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