

# Rancho Coastal Humane Society -- Therapist Resource List:

## San Diego Locations

### **1. Freedom Within Therapy and Wellness Center**

**Email:** [help@freedomwithincenter.com](mailto:help@freedomwithincenter.com)  
**Phone:** 619-363-1920  
**Website:** [www.freedomwithincenter.com](http://www.freedomwithincenter.com)  
**Address:** 3737 Moraga Ave. Suite A203 San Diego CA 92117  
**Availability:** Mon-Fri 8am - 8pm; Sundays 10am - 2pm

*"Our goals is to help you work through and process any issues or concerns that may be impacting your life or your ability to move forward. We provide a non-judgmental space with caring clinicians to help you through your journey. Our practice focuses on adults and couples working through transitional issues, relationship struggles, grief and loss as well as anxiety, depression and trauma."*

### **2. Positive Change Counseling Center**

**Email:** [info@pccounselingcenter.com](mailto:info@pccounselingcenter.com)  
**Phone:** 619- 733-6414  
**Website:** [www.pccounselingcenter.com](http://www.pccounselingcenter.com)  
**Address:** 11590 W. Bernardo Ct., Suite 230, San Diego, CA 92127  
**Availability:** Monday - Friday, 8am - 8pm and Saturdays 9am - 3pm

#### **Positive Change Counseling Center** (2<sup>nd</sup> Location)

**Address:** 5480 Baltimore Dr., Suite106 & 250, La Mesa, CA 91942  
**Availability:** Monday - Friday, 8am-8pm and Saturdays and Sundays, 9am-4pm

*"The collection of therapists at Positive Change Counseling Center are compassionate, strength based, solution- focused therapists who provide support and feedback to clients in a safe and comfortable environment. Our group of therapists work with clients to help resolve current issues and symptoms as well as long-standing patterns or behaviors."*

### **3. Marian Formanes, LMFT, ATR**

**Email:** [guidance@curiouspurpose.com](mailto:guidance@curiouspurpose.com)  
**Phone:** 619-663-6762  
**Website:** [curiouspurpose.com](http://curiouspurpose.com)  
**Address:** Telehealth in California  
**Availability:** Tuesday - Thursday, 10am – 7pm

*"I'm a licensed marriage and family therapist and registered art therapist who guides people towards living a more meaningful life through genuine connection. I offer non-judgmental curiosity, empathy, different perspectives, and a healthy dose of lightheartedness during our work together. Engaging in art therapy requires no prior art experience, just a willingness to create!"*

#### **Rancho Coastal Humane Society**

389 Requeza Street, Encinitas, CA 92024  
(760) 753 – 6413 [www.sdpets.org](http://www.sdpets.org)

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### 4. **Dr. Gina Taffi**, Ph.D., Psy.D.

**Phone:** 858-699-8011

**Website:** [www.ginamtaffiphd.com](http://www.ginamtaffiphd.com)

**Address:** 3790 Via De La Valle, Suite 114, Del Mar, CA 92014

**Availability:** \* **NOT ACCEPTING NEW PATIENTS AT THIS TIME\***

*"I am a licensed Clinical Psychologist and Psychoanalyst with more than 25-years of clinical experience. I am in private practice with a clinical orientation that also integrates a Christian worldview. I treat individuals who are experiencing anxiety, relationship difficulties, addictions, depression, grief, eating disorders, and complex trauma."*

### 5. **Right Mind Therapy**, Sean Brannan, LMFT, CHt

**Email:** [rightmindhelp@gmail.com](mailto:rightmindhelp@gmail.com)

**Phone:** 619-865-6210

**Website:** [Rightmindtherapy.com](http://Rightmindtherapy.com)

**Address:** 2333 Camino Del Rio South, Suite 160, San Diego, CA 92108

**Availability:** Mon., Wed, Fri., 930am - 630pm (\*\*Tues./Thurs./Weekends by appointment, house calls only)

*"Sean is cognitive behavioral hypnotherapist and licensed marriage & family therapist. He specializes in working with clients who are experiencing anxiety, depression, grief and other mental health issues. A pet owner himself, Sean utilizes therapeutic approaches, such as hypnotherapy and mindfulness, to help his clients navigate difficult life challenges."*

### 6. **Kimmeth Jackson**, LCSW, MSW

**Email:** [kimmethjLCSW@gmail.com](mailto:kimmethjLCSW@gmail.com)

**Phone:** 619-348-8047

**Address:** 1238 Cypress Avenue, San Diego, CA 92103

**Availability:** **\*\*Please check with Kimmeth Jackson directly for availability**

*"Kimmeth Jackson is a Licensed Clinical Social Worker specializing in grief and loss work. Kimmeth has worked as an end-of-life care and medical, trauma specialist for over 20 years, including six years as an officer for the British Government's Social Care System. Kimmeth Jackson works with individuals and families addressing loss, terminal illness and is a skilled couple's mediator."*

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## North County Locations

### 7. **Jean Rothman**, LMFT

**Email:** [jean@jeanrothmanmft.com](mailto:jean@jeanrothmanmft.com)

**Phone:** 760-303-1972

**Website:** [Therapy4YourWellBeing.weebly.com](http://Therapy4YourWellBeing.weebly.com)

**Address:** Oceanside, CA

**Availability:** Tuesdays – Fridays, 11am – 6pm **\*TELEHEALTH ONLY\***

*“Are you in emotional pain, perhaps anxious, hopeless, stressed, grieving, or confused? Whether your feelings are due to problems with family, work, romance, children, or a life change, please don't hesitate to contact me. My approach to adults, children ages 3-8, couples, and families is one of genuine warmth, compassion and support, while using the most effective, evidence-based therapeutic techniques. Therapy can heal the deepest emotional pain, even the kind that seems unbearable, but only if you take that first step and reach out for help.”*

### 8. **Cardiff Counseling Center**, Bonnie Rumble, MFT

**Email:** [bonnie@cardiffcounselingcenter.com](mailto:bonnie@cardiffcounselingcenter.com)

**Phone:** 760-815-2261

**Website:** [www.cardiffcounseling.com/](http://www.cardiffcounseling.com/)

**Address:** 2047-D San Elijo Avenue, Cardiff, CA 92007

**Availability:** Monday – Thursday, 9am – 7pm & Friday 9am – 3pm

*“Bonnie J. Rumble is a Marriage & Family Therapist with private practices that provide counseling and therapy services in San Diego and Cardiff by the Sea. She is the owner of Cardiff Counseling Center and has over 26 years of experience treating couples, individuals, families, adolescents and children. She specializes in trauma and has done extensive work with depression, anxiety, grief, and life transitions.”*

### 9. **Cathy Kreisel**, LCSW

**Email:** [cathy@cathykreisel.com](mailto:cathy@cathykreisel.com)

**Phone:** 760-456-9252

**Website:** [www.cathykreisel.com](http://www.cathykreisel.com)

**Address:** 511 Saxony Place, Suite 101-G, Encinitas, CA 92024

**Availability:** Monday – Friday, 9am – 6pm

*“Grief and loss has been a focus in my practice for over 15 years. As an animal lover and survivor of losing a pet, I can understand the depth of grief losing a companion animal can have in one's life. I bring compassion and care as we work through your pain to help you on your healing journey. I offer in-office or online/video therapy sessions.”*

### 10. **Changing the Tide Counseling**, Marc Rosenberg, LMFT, BCBA

**Email:** [mrosenberg@changingthetide.com](mailto:mrosenberg@changingthetide.com)

**Phone:** 667-204-5570

**Website:** [www.changingthetide.com](http://www.changingthetide.com)

**Address:** 531 Encinitas Blvd., Suite 200, Encinitas, CA 92024

**Availability:** Monday – Friday, 8am – 7pm, some Saturdays 8am – 12pm

*“Hi ... I'm Marc. I am a Board Certified Behavior Analyst (BCBA) and Licensed Marriage and Family Therapist (LMFT) located in Encinitas, California. I believe that change is created by aligning our personal wellness goals with the greater good of our community. I strive to provide each one of my clients with a supportive and engaging environment in which to process their journeys and create healthy road maps for their future success.”*

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### **11. Healing Hearts Counseling Center, Jennifer Hill, LPCC**

**Email:** [info@jenniferhillcounseling.com](mailto:info@jenniferhillcounseling.com)  
**Phone:** 760-458-1600  
**Website:** [www.healingheartscounselingsd.com](http://www.healingheartscounselingsd.com)  
**Address:** 317 N. El Camino Real, Suite 508, Encinitas, CA 92024  
**Availability:** Monday - Friday 8am – 8pm, Saturday 8am – 5pm, Sunday 8am – 4pm

*“Our overall mission is to promote behavioral health and wellness for our clients to obtain a high quality of life within themselves, their family, and their community. We work with a wide range of emotional and behavioral issues, specializing in pet loss grief counseling. We provide multiple emotional support animals during your sessions to comfort you. If you are struggling from your loss, stressed from your circumstances, or having trouble adjusting to new transitions, then please contact us. We are here for you!”*

### **12. Philip Charles Hammel, Psy.D.**

**Phone:** 760-434-9500  
**Website:** <https://www.psychologytoday.com/us/therapists/philip-charles-hammel-carlsbad-ca/372366?sid=5da3c0d0b84a5&name=philip+hammel&ref=1&tr=ResultsName>  
**Address:** 2892 Jefferson Street, Carlsbad, CA 92008  
**Availability:** Monday – Thursday, 9:15am – 6pm, Friday’s, 10am – 5pm

*“I come from a family that treated its pets (dogs) like they were part of the family. For us there was no distinction between our pets and the humans. I’m honored to help people navigate the process of losing a pet so that they feel validated in whatever ways they need.”*

### **13. Renee Miles, LCSW**

**Email:** [reneemileslcs@gmail.com](mailto:reneemileslcs@gmail.com)  
**Phone:** 760-707-3786  
**Website:** [www.divine-soulutions.com](http://www.divine-soulutions.com)  
**Address:** Carlsbad, CA \*\*In-home and mobile service available  
**Availability:** \* **NOT ACCEPTING NEW PATIENTS AT THIS TIME\***

*“As your therapist, my primary goal is for you to feel safe and comfortable in an environment where you feel valued and understood. I have over 15 years of experience of working with children and families. I offer traditional counseling as well as energetic healing (reiki) for my clients to ease stress and anxiety, as well as their pets who are ill and/or transitioning. I look forward to meeting you and walking beside you in your journey toward healing and finding your inner peace.”*

### **14. Coastal Therapy Group, Jean Jho, Psy.D.**

**Phone:** 760-334-6262 x 103  
**Website:** [Coastaltherapygroup.com](http://Coastaltherapygroup.com)  
**Address:** 3081 Madison Street, Carlsbad, CA 92008  
**Availability:** \*\* Please call as availability varies. Evening hours on weekdays available. Weekends available, Online video therapy provided as well.

*“We, at Coastal Therapy Group, understand that our pets are an important part of our lives. Losing them is painful, no matter how much we try to prepare for it. We also understand that grieving the loss of a loved one can look different for each person. Sometimes the ups and downs of the grieving process can be overwhelming, disorienting, lonely, and/or just plain painful. We want to provide you with support, empathy, relief, support, and guidance. You don’t have to navigate it alone.”*

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### **15. Pier View Counseling, Lydia Lombardi Good, MSW, LCSW**

**Phone:** 760-576-5822  
**Website:** [www.pierviewcounseling.com](http://www.pierviewcounseling.com)  
**Address:** 169 Cedar Road, Vista CA 92083  
**Availability:** Mondays & Wednesdays, 10am – 7pm

*"I have proudly been serving San Diego County as a Social Worker for over 15 years. I am especially passionate about working with those experiencing grief and loss. I find healing possible for everyone and an honor to be a part of and witness. Having lived through tremendous loss in my own life, I use my experiences and daily practices as a reminder of why I know this work to be effective and meaningful. I am here as a resource for offering guidance toward healing and well-being after loss."*

### **16. Veronica Alzaga, LMFT**

**Email:** [therapy@veronicaalzaga.com](mailto:therapy@veronicaalzaga.com)  
**Phone:** 760-653-8838  
**Address:** 100 E. San Marcos Blvd., Suite 400, San Marcos, CA 92069  
**Availability:** Monday – Friday, 9am – 6pm

*"I am a licensed Marriage and Family Therapist, who supports adults dealing with relationship matters, grief and loss, anxiety, depression, or who are going through a difficult life transition. In a safe and confidential environment, I use proven CBT and Mindfulness toward helping cope with situations close to the heart. I am also experienced in incorporating spirituality, such as Christianity, in the journey of healing and growing."*

### **17. Positive Change Counseling Center (North County Inland)**

**Email:** [info@pccounselingcenter.com](mailto:info@pccounselingcenter.com)  
**Phone:** 619- 733-6414  
**Website:** [www.pccounselingcenter.com](http://www.pccounselingcenter.com)  
**Address:** 11590 W. Bernardo Ct., Suite 230, San Diego, CA 92127  
**Availability:** Monday - Friday, 8am - 8pm and Saturdays 9am - 3pm

*"The collection of therapists at Positive Change Counseling Center are compassionate, strength based, solution- focused therapists who provide support and feedback to clients in a safe and comfortable environment. Our group of therapists work with clients to help resolve current issues and symptoms as well as long-standing patterns or behaviors."*

### **18. Candice Simonds, LCSW**

**Email:** [simondscounseling@gmail.com](mailto:simondscounseling@gmail.com)  
**Phone:** 760-227-6681  
**Address:** 205 West 5<sup>th</sup> Avenue, Suite 203, Escondido, CA 92025  
**Availability:** Monday – Wednesday, 8am – 1pm, by appointment only

*"The reasons people seek therapy are varied and often feel unrelenting. My approach to therapy is based in compassion and unconditional support to increase your coping skills."*

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