Rancho Coastal Humane Society -- Therapist Resource List:

San Diego Locations

1. Freedom Within Therapy and Wellness Center
   Email: help@freedomwithincenter.com
   Phone: 619-363-1920
   Website: 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
   Phone: 619-733-6414
   Website: 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 (2nd Location)
   Address: 5480 Baltimore Dr., Suite 106 & 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
   Phone: 619-663-6762
   Website: 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!”
San Diego Locations

4. **Dr. Gina Taffi**, Ph.D., Psy.D.
   Phone: 858-699-8011
   Website: 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
   Phone: 619-865-6210
   Website: 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
   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.”

Rancho Coastal Humane Society
389 Requeza Street, Encinitas, CA 92024
(760) 753 – 6413     www.sdpets.org
North County Locations

7. Jean Rothman, LMFT  
   Email: jean@jeanrothmanmft.com  
   Phone: 760-303-1972  
   Website: 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  
   Phone: 760-815-2261  
   Website: 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  
   Phone: 760-456-9252  
   Website: 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  
    Phone: 667-204-5570  
    Website: 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.”
North County Locations

11. **Healing Hearts Counseling Center**, Jennifer Hill, LPCC  
   Email: info@jenniferhillcounseling.com  
   Phone: 760-458-1600  
   Website: 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!”

   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: reneemileslcsw@gmail.com  
   Phone: 760-707-3786  
   Website: 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  
   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.”

Rancho Coastal Humane Society  
389 Requeza Street, Encinitas, CA 92024  
(760) 753 – 6413   www.sdpet.org
North County Locations

15. Pier View Counseling, Lydia Lombardi Good, MSW, LCSW
   Phone: 760-576-5822
   Website: 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
   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
   Phone: 619-733-6414
   Website: 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
   Phone: 760-227-6681
   Address: 205 West 5th 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.”