

Katherine W. Smith, PsyD

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Life can be complicated and challenging. Whether it's inner struggles, relationship issues, past trauma, or something you can't quite articulate - I'm here to help you move forward in the way that works for you and leads to lasting change. I believe that having a real, trusting human connection is the most healing part of therapy. I will work collaboratively with you to help you develop into the kind of person who can benefit from (and provide!) healing relationships. I work with adults (18 and over). Individual therapy focuses on your ability to relate to and understand yourself and others. Couples counseling focuses on creating a shared experiences which lead to satisfying resolutions. I co-run groups for women recovering from sexual trauma and bereavement groups for people who have experienced the loss of a loved one. I work from a depth perspective, focusing on the whole person -- who you are, who you've been, and who you want to become. Working with me is intense, deeply personal, and can lead to satisfying and lasting changes in yourself and your relationships. It can be slow and awkward, but we will take the time to get it right.

Additional Locations: Beverly Hills, Hollywood / Silverlake, Mid-Wilshire, West

Hollywood, West LA

Gender: Female

Populations Served: Gay Men, Lesbians, Bisexuals, Non-Gay Men, Non-Gay Women,

Transgender, Gender Non-Conforming, Adults

Theoretical Orientations: Client Centered, Depth Psychology, Feminist,

Humanistic/Existential, LGBT-Affirmative Psychotherapy, Object Relations, Psycho-

Analytical, Psychodynamic

Therapy Modes: Long Term, Individual Psychotherapy, Couples Therapy, Group

Therapy

Degrees: MA, PsyD, MFT

Academic Institute 1: Antioch University Los Angeles

Year Graduated 1: 2013

Academic Institute 2: Pacifica Graduate Institute

Year Graduated 2: 2018

License Number: LMFT #115452

License State: CA

Years in Practice: 8

Currently on Faculty: Antioch University Los Angeles

Faculty Title: Affiliate Faculty, Spiritual and Depth Psychology Specialization

Private Practice: Yes

Available for Emergency: No

Accept Interns: No

Insurance Accepted?: No

Fee Range: 110-175

Groups: Women's Sexual Trauma Recovery (\$50/session), Process of Bereavement,

Grief, & Loss (\$50/session)

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