

SHARE

Morris Gelbart, Ph. D.

310-305-8878

Self-Help and Recovery Exchange
5521 Grosvenor Blvd., L.A., CA 90066

Torrance Office

Daniel D. Anderson, M.D.
Marina Bhumitra, M.D.
Christina Calzadilla, MFT
Steven B. Friedman, Ph.D.
Nancy Gilbert, Ph.D.
Cheryl Madden, MFT
Stephen Makuch, MFT
Merrilee O'Brien, MFT
Isabel Puri, M.D.
Shireen Rafat, Ph.D.
Cara Reinders, MFT
Robert Winston, M.D.
Mitsue Yamaguchi, Ph.D.

Services: Non-profit self-help clearinghouse lists more than 700 types of support groups and 9,000 different self-help meetings per week in Los Angeles County. Phones are staged from 10:00 a.m. -6:00 p.m. Monday-Friday. After hours, a recording list 120 organizations and meeting places, times and how a typical support group operates. No professional referrals.

Redondo Beach Office

Robert Cutrow, Ph.D.
Phyllis Dworsky, Ph.D.
Charles Eckstein, MFT
Alan Lert, Ph.D.
Angela Kappner, LCSW
Michael Rogachevsky, M.D.

Secular Support Groups
Recovering Couples Anonymous
Tough Love
Recovery Inc.
ACA - Adult Children of Alcoholics
Emotions Anonymous
Overeaters Anonymous
Obsessive Compulsive Anonymous
Alcoholics Anonymous
Cocaine Anonymous
Marijuana Anonymous
Repetitive Strain Injury Support Group
Mutual Amputee Aid
Sexual Compulsives Anonymous
Sex Addicts Anonymous

Comprehensive Psychological and Psychiatric Services for individuals, families, couples, and groups, treating:

anxiety
depression
relationship conflicts
medical evaluation
medication management

Addiction Disorders

drug & alcohol dependency
sexual/internet addiction
compulsive gambling
eating disorders
relapse prevention
impaired professionals
adults & adolescents

Behavioral Medicine

pain management
stress management
relaxation training
self hypnosis
chronic illness

Threat Assessment

workplace violence evaluation
violence prevention consultation
fitness for duty evaluation
critical incident debriefing
anger management

Performance Enhancement

sports psychology
executive coaching