



S.M.A.R.T.

Morris Gelbart, Ph. D.

Torrance Office

- Daniel D. Anderson, M.D.
- Marina Bhumitra, M.D.
- Christina Calzadilla, MFT
- Steven B. Friedman, Ph.D.
- Nancy Gilbert, Ph.D.
- Cheryl Maddern, 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.

310-275-5433

Los Angeles County SMART Groups
 Habitdoc@addictionalternatives.com
http://www.aa2.org/philosophy/alternatives_la.html
http://www.addictionalternatives.com/philosophy/alternatives_la.html

310-257-5433

S.M.A.R.T. Self Management and Recovery Training Program
www.smartrecovery.org

310-275-5433

Los Angeles County SMART Groups
 Monday 6:15-7:30 pm
 9217 Wilshire Blvd. St 680
 Friday 1:00-2:30pm

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.

909-273-1975 or

425-295-6717

Garden Grove
 Mon 7-8:30pm
 Garden Grove Med. Bld
 12555 Garden Grove Blvd.
 Classroom

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

310-275-5433

West LA/Beverly Hills

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