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# UNFILTERED THERAPY

LOS ANGELES / CALIF.



## PRENATAL & POSTPARTUM SUPPORT

## INDIVIDUAL THERAPY

### INDIVIDUAL WOMEN'S MENTAL HEALTH SERVICES

The Unfiltered Therapy team is dedicated to helping women with a full range of emotional issues associated with pregnancy loss, fertility, pregnancy, childbirth, and postpartum mental health. According to ACOG, infertility affects approximately 12% of the reproductive-aged population and 26% of pregnancies end in miscarriage. Our team is skilled in providing support for individuals struggling with the impacts of infertility and pregnancy. According to PSI, 15-20% of women experience postpartum anxiety or depression. Our clinicians have specialized training in anxiety, depression, panic attacks, phobias, bipolar disorder, trauma, and OCD.

### SUPPORT FOR FATHERS AND PARTNERS

According to the American Congress of Obstetricians and Gynecologists (ACOG), 1 in 10 men suffer from symptoms of depression, typically starting 3 to 5 months after the birth of their baby. Our team believes it is important for dads/partners to address these mood changes and know they are not alone.

## GROUP THERAPY

### PRENATAL SUPPORT AND POSTPARTUM PLANNING

An 8 week virtual group for expectant mothers. We will help prepare you for the transition into motherhood and provide tips and strategies to create a postpartum plan. We will cover topics related to mental health and wellness, changes in relationships, feeding choices, sleep hygiene, self-care, and establishing a support system.

### FREE VIRTUAL SIX WEEK GROUP

A virtual 6 week group for mother's adjusting to the postpartum period. We will discuss and provide tools for transitioning to motherhood, managing symptoms of anxiety and depression, prioritizing self-care and stress management, and improving communication with partners and support systems.

## COUPLES THERAPY

We provide couples therapy during the transition to parenthood. Becoming a parent is a wonderful thing, however, it can also cause stress and changes within the relational dynamic. As a couple, you will work with a therapist on developing a tailored co-parent plan as you prepare for the baby. Let therapy be a special time to focus on closeness, love, and excitement as you welcome baby.

### HOW CAN WE HELP?

With our many years of experience in the field, we tailor the therapy experience to the unique needs of our patients. We are invested in helping our patients challenge the barriers to their happiness and help move them towards living a life worth living. We use evidence-based practices with collaboration, and empathy to encourage our patients to be an active part of the therapy process to aid in producing long-term results. Our team specializes in providing care to mothers and partners struggling with fertility, pregnancy, and postpartum.

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