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Marriage and Family Therapy

Marriage and Family Therapy is a branch of psychotherapy that helps individuals, couples and families to nurture change and development. It provides diagnosis and treatment of mental and emotional disorders, with a holistic perspective to care.

Chelsea T. Haakmeester, MA, LMFT
Marriage and Family Therapist

Specialty:
Marriage and Family Therapy

La Jolla - 8910 Villa La Jolla
La Jolla - Perlman Medical Offices

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792

Bio:
Chelsea Haakmeester, MA, is a licensed marriage and family therapist (LMFT) who specializes in women’s health and reproductive mental health issues.

Amber Rukaj, MA, LMFT
Marriage and Family Therapist

Specialty:
Marriage and Family Therapy

La Jolla - 8910 Villa La Jolla
Hillcrest - Medical Offices South

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792

Bio:
Amber Rukaj, MA, is a licensed marriage and family therapist (LMFT) who provides therapy to women, infants, and their families during the prenatal and postpartum period. She specializes in treating perinatal mood disorders and working with individuals as they transition into parenthood. She also provides therapy for reproductive trauma, pregnancy loss and infertility.
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