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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.

Janelle Farias, MA, LMFT
Marriage and Family Therapist

**Specialty:**
Marriage and Family Therapy

**Add'l Language:**
Spanish

**Location:**
Kearny Mesa - Frost Street

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 496-4800

**Bio:**
Janelle Farias, MA, is a licensed marriage and family therapist (LMFT) who specializes in mental health services to children and adolescents. She has experience working with all types of mental health challenges, including anxiety, depression, attention-deficit/hyperactivity disorder (ADHD), oppositional defiant disorder (ODD), eating disorders, gender dysphoria, autism spectrum disorder, bipolar disorder, and intellectual disability.

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

**Specialty:**
Marriage and Family Therapy

**Location:**
La Jolla - 8950 Villa La Jolla Drive

**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.

Kathleen Huff, MS, LMFT
Marriage and Family Therapist

**Specialty:**
Marriage and Family Therapy

**Location:**
La Jolla - 8910 Villa La Jolla

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

**Bio:**
Kathleen Huff, MS, is a licensed marriage and family therapist (LMFT) whose expertise is in treating children, adolescents and families dealing with a variety of mental health disorders, such as post-traumatic stress disorder (PTSD), anxiety, depression, attention deficit / hyperactivity disorder (ADHD), intellectual disabilities, autism and bipolar disorder.

Amber Rukaj, MA, LMFT
Marriage and Family Therapist

**Specialty:**
Marriage and Family Therapy

**Location:**
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.
Laura E. Sudano, PhD, LMFT
Marriage and Family Therapist

**Specialty:**
Marriage and Family Therapy

**La Jolla - 9333 Genesee Avenue**
**Scripps Ranch - 9909 Mira Mesa Blvd**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line - La Jolla: (858) 657-8600
Direct Clinic Line - Scripps Ranch: (858) 657-7750

**Bio:**
Laura Sudano, PhD, is a licensed marriage and family therapist (LMFT) who provides therapy to address sport performance, other performance issues, anxiety and depression. She also offers family and couples therapy.
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