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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

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

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.

Kathleen Huff, MS, LMFT
Marriage and Family Therapist

Specialty:
Marriage and Family Therapy

La Jolla - 8950 Villa La Jolla Drive

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

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.
Marriage and Family Therapy (cont.)

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.
Weight-Loss Surgery (Bariatric)

Weight-Loss Surgery (Bariatric) makes changes to your digestive system to help you lose weight by limiting how much you can eat or reducing the absorption of nutrients, or both. Learn more about weight-loss surgery (bariatric) at UC San Diego Health.

Joslin Cheverie, MD
Surgeon
Assistant Professor of Surgery

Specialties:
Surgery, Weight-Loss Surgery (Bariatric), Obesity Medicine

Subspecialty:
Minimally Invasive Surgery

La Jolla - 4520 Executive Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8860

Bio:
Joslin Cheverie, MD, is a board-certified surgeon who specializes in minimally invasive surgeries including bariatric procedures performed on the stomach or intestines to contribute to weight loss.

Santiago Horgan, MD
Surgeon
Professor of Surgery
Director, Center for the Future of Surgery

Specialties:
Weight-Loss Surgery (Bariatric), Surgery, Cancer, Obesity Medicine

Subspecialties:
General and Gastrointestinal Surgery, Minimally Invasive Surgery, Gastrointestinal Cancers

Add'l Language:
Spanish

La Jolla - 4520 Executive Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8860

Bio:
Santiago Horgan, MD, is an internationally recognized expert in esophageal disease, weight-loss surgery, minimally invasive surgery and new technologies and approaches for surgery. He performs a variety of weight-loss procedures including gastric sleeve, gastric plication, gastric bypass, and revisional weight-loss surgeries.

Eduardo Grunvald, MD
Obesity Medicine Physician
Medical Director, Weight Management Program
Professor of Medicine

Specialties:
Obesity Medicine, Weight-Loss Surgery (Bariatric)

Add'l Language:
Spanish

La Jolla - 4520 Executive Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8860

Bio:
Eduardo Grunvald, MD, is a board-certified obesity medicine physician. As part of UC San Diego Health's bariatric surgery team, Dr. Grunvald evaluates and manages patients before and after surgery, and helps people long-term with their health and weight loss journey. He also directs the weight management program, which includes nutrition, behavior, and lifestyle support.
Garth Ross Jacobsen, MD
Director, Hernia Surgery
Professor of Surgery

Specialties:
Surgery, Weight-Loss Surgery (Bariatric), Obesity Medicine

Subspecialties:
General and Gastrointestinal Surgery, Minimally Invasive Surgery

La Jolla - 4520 Executive Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8860

Bio:
Garth Jacobsen, MD, is a board-certified surgeon who specializes in hernia surgery and repairing abdominal wall defects. He has expertise in both traditional and minimally invasive surgical techniques. Dr. Jacobsen's approach considers each patient as an individual. He works with each person to develop the best repair or surgical plan available.
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