

# Westside Notes



*A journey of a thousand miles begins with a single step*

## Introducing Melissa Garner Lee, M.A.

I'm very pleased to formally introduce my new associate, Melissa Garner Lee, M.A., the most recent addition to the practice. In addition to her graduate work at Pepperdine, Melissa brings a tremendous amount of life experience to her clients including seventeen years living abroad in England. Her passion for Mindfulness is infused into all of Melissa's work, and she is now fully-immersed in the EMDR training process.



Melissa is a registered Marriage and Family Therapy Intern providing psychotherapy to adults, children and adolescents, couples and groups. Her integrative approach includes Positive Psychology and Mindfulness techniques with elements of attachment theory and cognitive behavioral therapy, and Melissa draws from a wide range of theoretical applications depending on the specific needs of her clients.

Prior to receiving a Master's Degree in Clinical Psychology from Pepperdine University, Melissa received a B.A. in English from UCLA. She began her clinical training by working with elementary and middle school children coping with educational concerns, anxiety and trauma. Melissa received further training at the Center for Individual and Family Counseling in North Hollywood supporting individuals with dissociative identity disorder, bipolar disorder, depression, anxiety, mood and attention disorders, grief and loss, substance abuse, trauma and attachment issues. Melissa has completed phase one of the EMDR training and studies mindfulness with Jerome Front who is based in Encino and the Esalen Institute in Big Sur.

Areas of focus include:

- Trauma (PTSD)
- Addiction
- Depression & anxiety
- Relationship issues/family conflict
- Anger management
- Transition to parenthood
- Concerns of aging/end of life
- LGBTQ concerns
- Child and adolescent concerns
- Issues unique to the entertainment industry

To set up an appointment, please call 310.229.5392.