

## OCPS Online Physician Directory

### Psychiatrists Skilled in the Practice of Psychotherapy

The psychiatrists listed below have indicated that they have a special interest or expertise in certain forms of treatment known as psychotherapy (also known as counseling or “talk therapy”). This does not preclude the ability to prescribe medication, should it be necessary or indicated.

After you select the cities closest to you, peruse the list of psychiatrists. The items listed in **boldface** under each listing specify the type(s) of psychotherapy practiced.

All forms of psychotherapy should be considered individual adult psychotherapy, unless specifically listed as marital, couples, or family. If you are looking for psychotherapy for a child or adolescent, please return to the main OCPS Physician Directory page and choose the Child & Adolescent category.

**Please note:** Some psychiatrists who routinely perform psychotherapy may not have listed psychotherapy as a special area of expertise when registering for the OCPS Physician Directory. Those psychiatrists are not shown on this list. If you wish to broaden your search to include all psychiatrists (many of whom perform psychotherapy), please return to the main physician directory page, and choose All Psychiatrists or choose a specific area of concern or interest.

**PLEASE GO ON TO THE NEXT PAGE**

## ALISO VIEJO

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William E. Callahan, Jr., MD  
120 Vantis  
Suite 540  
Aliso Viejo, CA 92656  
(949) 916-5656  
Distinguished Fellow  
**Intensive Short-Term Dynamic  
Psychotherapy**  
Anxiety Disorders  
Bipolar Disorders  
Schizophrenia  
Depression  
Gay/Lesbian Issues

Jeffrey C. Glass, M.D.  
120 Vantis  
Suite 540  
Aliso Viejo, CA 92656  
(949) 600-5757  
Distinguished Fellow  
Anxiety Disorders  
Depression  
Psychopharmacology  
**Psychotherapy**

Anthony M. Kassir, M.D.  
120 Vantis  
Suite 540  
Aliso Viejo, CA 92656  
(949) 360-9500  
[www.drkassir.yourmd.com](http://www.drkassir.yourmd.com)  
Fellow  
**Intensive Short-Term Dynamic  
Psychotherapy**  
**Cognitive-Behavioral Therapy**  
Mood Disorders  
Anxiety Disorders  
Depression  
Psychopharmacology

## BREA

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Michael Wu, M.D., Inc.  
3 Pointe Drive, Suite 305  
Brea, CA 92821  
Office: 714.276.2930  
Fax: 714.256.9013  
General Member  
Depression  
Bipolar Disorder  
Anxiety Disorders  
Obsessive-Compulsive Disorder  
Schizophrenia  
**Cognitive Behavioral Therapy**

## COSTA MESA

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Gary Dylewski, D.O.  
234 East 17th Street  
Suite 201  
Costa Mesa, CA 92627  
(949) 722-1790  
General Member  
ADD/ADHD  
Adolescents  
Anxiety Disorders  
Mood Disorders  
**Stress Management**  
**Holistic Psychiatry**  
**Meditation/Spirituality**

## IRVINE

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Yujuan Choy, M.D.  
4199 Campus Drive  
Suite 550  
Irvine, California 92612  
Phone: (949) 725-2951  
Fax: (949) 612-1569  
[www.121psychiatry.com](http://www.121psychiatry.com)  
General adult psychiatry  
**Cognitive behavioral therapy**  
Anxiety disorders  
Depression

Laurence F. Greenberg, M.D.  
19100 Von Karman Avenue, Suite 290  
Irvine, CA 92612  
(949) 222-6662  
ADHD  
Anxiety Disorders  
Eating Disorders  
**Cognitive Behavioral Therapy**

## NEWPORT BEACH

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Barton J. Blinder, M.D., Ph.D.  
400 Newport Center Drive  
Suite 706  
Newport Beach, CA 92660  
(949) 640-4440  
Distinguished Life Fellow  
Eating Disorders  
Child/Adolescent  
**Psychoanalysis**  
Obsessive-Compulsive Disorder  
Depression  
Panic/Phobic Disorders

Douglas G. Kahn, M.D.  
400 Newport Center Drive  
Suite 706  
Newport Beach, CA 92660  
(949) 720-0414  
Distinguished Life Fellow  
Anxiety Disorders  
Affective Disorders  
Panic/Phobic Disorders  
**Intensive Short-Term Dynamic  
Psychotherapy**

Carolyn Nguyen, M.D.  
1001 Dove Street, Suite 280  
Newport Beach, CA 92660  
(949) 682-5437  
<http://www.drCarolyn.com/>  
General Member  
Child/Adolescent/Adult  
Anxiety Disorders  
Mood Disorders (Depression/Bipolar)  
Eating Disorders  
Psychosis/Schizophrenia  
Psychotherapy (Individual/Couples/Family)

## ORANGE

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Jessica L. Langenhan, MD  
1110 East Chapman Avenue  
Suite 203  
Orange, California 92866  
714-453-0688  
General Member  
Anxiety Disorders  
Obsessive-Compulsive Disorder  
Mood Disorders  
**Cognitive Behavioral Therapy**  
**Exposure & Response-Prevention Therapy**  
Psychopharmacology

Elahe Sagart, M.D.  
1101 Dove Street, Suite 165  
Newport Beach, CA 92660  
Phone: 949-350-3222  
Fax: 949-251-0313  
[www.therapyworksbest.com](http://www.therapyworksbest.com)  
General Member  
Adult ADHD  
Anxiety & Phobia  
Bipolar Disorder  
Obsessive Compulsive Disorder  
Personality Disorder  
**Psychotherapy**

Michael Wolf, M.D.  
620 Newport Center Drive  
Suite 1010  
Newport Beach, CA 92660  
(949) 717-6863  
Distinguished Fellow  
Depression  
Anxiety Disorders  
**Psychotherapy**  
**Psychoanalysis**  
Psychopharmacology

## SANTA ANA

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George Hayter, M.D.  
2101 East Fourth Street  
Suite 210-A  
Santa Ana, CA 92705  
(714) 543-8832  
Life Member  
ADD/ADHD - Adult  
Affective Disorders/Depression  
Anxiety Disorders  
Bipolar Disorders  
**Marital Therapy**  
Schizophrenia

## SEAL BEACH

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Jeffrey K. Seitelman, M.D., PhD  
13001 Seal Beach Blvd.  
Suite 345  
Seal Beach, CA 90740  
(562) 799-1417  
Distinguished Fellow

### **Psychoanalysis**

Anxiety Disorders  
Depression  
Personality Disorders  
Child/Adolescents

## TUSTIN/NORTH TUSTIN

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Julie J. Giglio, MD  
161 Fashion Lane, Suite 203  
Tustin, CA 92780  
714-730-1433 Phone and Fax  
Fellow

### **Child/adolescent/adult psychotherapy (ages 12 and above)**

Mood disorders  
Anxiety disorders  
Bipolar Disorder

### **Family therapy**

### **Couples therapy**

Marilyn Sosna, M.D.  
2472 Chambers Road  
Suite 200  
Tustin, CA 92780  
(714) 505-1500  
Distinguished Fellow  
Adult

Affective Disorders  
Anxiety Disorders  
Alcohol/Substance Abuse

### **Crises**

### **Family**

## YORBA LINDA

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Sadashiv Rajadhyaksha, M.D.  
18200 Yorba Linda Blvd.  
Suite 405  
Yorba Linda, CA 92886  
(714) 854-0010  
Fellow  
Anxiety Disorders  
Depression  
Adolescents  
**Biofeedback**  
Psychopharmacology  
Obsessive-Compulsive Disorder