

ASHLEY BORDERS, PH.D.

Registered Psychological Assistant, PSB33636

PSYCHOTHERAPY FOR ADULTS & COUPLES



5000 Overland Ave, Suite 2
Culver City, CA 90230
Supervisor: Janis Rosenberg, Ph.D.,
PSY15452

SERVICES OFFERED

- ❖ Weekly or biweekly individual psychotherapy sessions for a wide range of issues
- ❖ Couples, marriage and pre-marital counseling
- ❖ Weekly mindfulness meditation groups for individuals who are stressed, anxious, depressed, and/or coping with chronic pain/illness

***For an appointment, call
(818) 681-2728 or email
abordersphd@gmail.com***

Sliding scale accepted

AREAS OF SPECIALIZATION

- ❖ Older adults coping with finding meaning, family conflict, and/or chronic illness
- ❖ Individuals or couples coping with physical illness
- ❖ Caregivers of older adults or adults with chronic illnesses
- ❖ Individuals with chronic, uncontrollable, and unpleasant worry or rumination
- ❖ Incorporating mindfulness and acceptance philosophies into individual and group psychotherapy
- ❖ LGBT individuals and couples

ABOUT DR. BORDERS

Dr. Borders received her Ph.D. in clinical psychology from the University of Southern California (USC) and completed her clinical psychology internship at the VA hospital in Long Beach. In addition to her private practice, she currently teaches undergraduate clinical psychology courses and sees clients at USC. Before becoming a psychologist, Dr. Borders graduated from Yale and taught high school history and music.

Dr. Borders combines a general approach of warmth, empathy and acceptance with techniques for fostering change and growth from cognitive, behavioral, and psychodynamic traditions.