



*Da Vinci Speaker Series*

*presents*

## *“Stress Management and Your Teen”*

*Tuesday, March 11<sup>th</sup>*

*6-7 pm*

*Da Vinci Design*

*Experts from Mellow Comprehensive Psychological Services will talk to Da Vinci parents about coping mechanisms, stress management and parenting techniques, especially in a project based learning environment. Come and learn how to better support your child!*



*1601 Pacific Coast Hwy, Suite 290  
Hermosa Beach, CA  
1.800.593.2560*



1601 Pacific Coast Hwy, Suite 290  
Hermosa Beach, CA  
1.800.593.2560

## Paul Gross, M.A.

*Registered Psychological Assistant (PSB37798)*



Paul Gross, M.A. is a registered psychological assistant working in affiliation with licensed clinical psychologist, Dr. Colleen Long (PSY23911). Paul received his Master of Arts degree in Clinical Psychology from California School of Professional Psychology, Los Angeles, where he is currently in doctoral candidacy. Paul began his clinical training at Tarzana Treatment Center and has worked at other mental health clinics in Los Angeles. Paul has experience working with adolescents, adults, and older adults with a focus on emotional distress, anxiety, depression, coping with and adjusting to life transitions, anger management, stress reduction and addiction recovery. Having received his training at both The Saturday Center for Psychotherapy and WISE & Healthy Aging, Paul has an extensive background in psychodynamic, intersubjective, and insight-based approaches to psychotherapy. Additionally, Paul has received training in the application of Differentiation Theory to couples therapy.

Paul firmly believes that within the context of psychotherapy, the relationship is not the most important thing; rather, it's the ONLY thing. The healing process and one's journey towards wholeness can only begin to materialize within the firm structure of a safe and trusting relationship between therapist and client. Paul focuses on providing a safe and compassionate therapeutic environment in order to facilitate the client's self-exploration and return to vitality.

When working with individuals, Paul utilizes a holistic approach, which integrates empathy, principles of depth psychology and psychodynamic theory, and the mind-body connection to promote change towards wholeness and a more fulfilling life.

## Natasha Behnam, M.A.

*Natasha Behnam, M.A.*



Natasha Behnam is strength-based therapist committed to improving the quality of life by meeting each individual where they are at on their unique journey. Currently, Natasha works as a therapist at Mellow Psychological Services at their Hermosa Beach and Los Angeles locations, where she provides psychological assessment and treatment for infants, children, teens and families. Natasha specializes in aiding individuals recover from acute and/or enduring traumas, issues related to adoption/foster care, self esteem, depression, anxiety, ADHD, Asperger's, social phobia/social skills, sexual behavior problems, grief and loss, parent-child relationships, sibling rivalry and difficulties with adjustment. Natasha also specializes in supporting and treating professionals, young adults and parents who are dealing with different life cycle transitions and family conflicts. Natasha values a holistic perspective of each individual and the family. In working within the child-parent relationship, Natasha values fostering the history and needs of each individual to create a healthy and long lasting relationship that will carry on beyond the therapy room.

Natasha also provides psychological assessments in order to determine how cognitive and emotional functioning is affecting daily life, thus providing individuals with the best recommendations for treatment. Natasha's experience with psychological assessment intertwines within the academic world, such that she is familiar with the Individualized Education Plan (IEP) process. Her vast experience working within the various school systems has allowed her to advocate for her patients by attending school meetings, aiding teachers/principles with treatment planning and helping families navigate through the school system.

Natasha is a process-oriented therapist who strives to enhance the individual's relationship with themselves, friends, family and their environment. Natasha's therapeutic approach involves reflection and understanding of past events in conjunction with solution-focused changes that will lead to the most effective and fulfilling outcomes.

