

## A Word From Our Clinical Director



### **DR. JESSICA BORELLI, Ph.D.**

*Dr. Borelli (CA Lic. PSY23547) received her Ph.D. at Yale University and completed her clinical internship at the UCLA Semel Institute for Neuroscience and Human Behavior. In addition to*

*her work as a therapist, she is also an Associate Professor of Psychology and Social Behavior at the University of California, Irvine, serves as an Associate Editor of the Journal of Child and Family Studies, is a member of the editorial board of Journal of Clinical Child and Adolescent Psychology, and is on the board of directors of River Stones Residential Treatment Facility. In practice, she utilizes evidenced-based approaches in her work with children, adolescents, adults, and couples/families, most often drawing upon techniques originating in Cognitive Behavior Therapy (including exposure-based therapies), Emotion-Focused Therapy, and attachment-based approaches to therapy (including those involving mentalization). She specializes in working with individuals with anxiety, trauma, eating/weight, and relationship issues, and adopts an individualized, culturally sensitive approach with all of her clients.*

In developing emPATH Clinical, we wanted to change the process of therapy for the better, so we systematically worked to identify common barriers to receiving treatment and found ways to make things easier for you, our clients. Simply said, my team and I believe that therapy should look and feel no different than any other behavior we engage in to keep ourselves healthy—like drinking water, getting enough sleep, or practicing self-care. Everything we do is based on this principle. When you visit us, you'll find a cozy and comfortable lobby area, designed like a coffee shop. Our rooms are crafted to make you feel like you're in a living room with a close friend. Our paperwork is kept to a minimum, and can be done online, securely. Billing can be as automatic as you'd like. Appointments can be scheduled online. With several other trusted and carefully vetted providers under the same roof, and the option for collaborative treatment, you'll be in the best hands. In short, working with us will feel seamless—just like therapy should.

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To make an appointment,  
please call 323-682-0158 or  
email us at [hello@empathclinical.com](mailto:hello@empathclinical.com)

## A Way Forward.

**Hesitant about  
starting your journey?**

**We get it.**

**Reach out today and  
let's talk it through.**

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**emPATH Clinical Services**  
4063 Birch Street, Suite 220  
Newport Beach, CA 92660

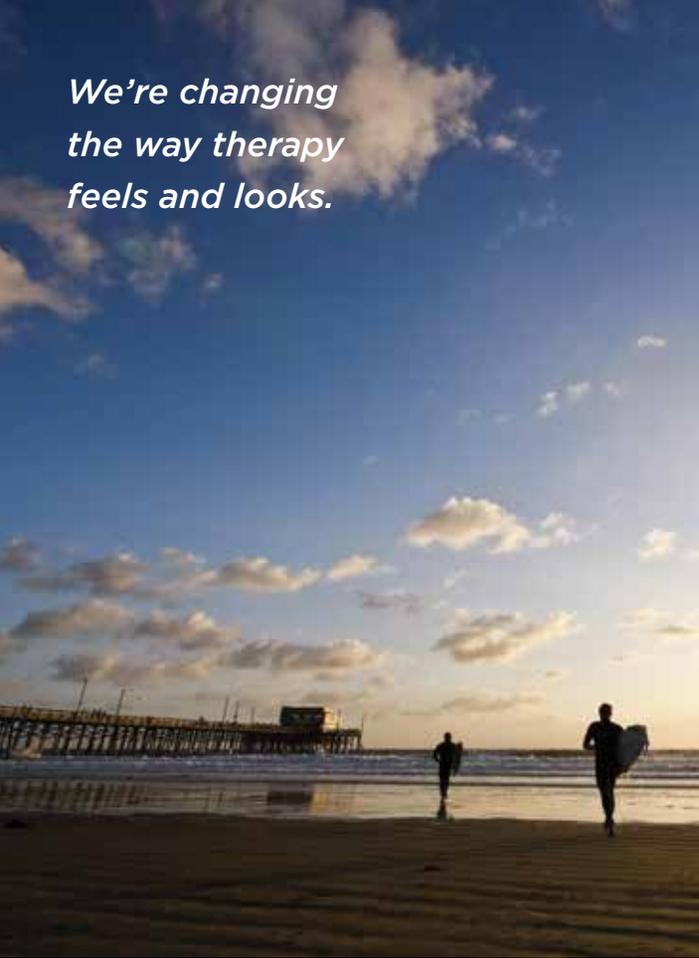
323-682-0158  
[hello@empathclinical.com](mailto:hello@empathclinical.com)

**[empathclinical.com](http://empathclinical.com)**



**emPATH**  
CLINICAL SERVICES

*We're changing  
the way therapy  
feels and looks.*



## **THERAPY IS A NORMAL, NATURAL PART OF HEALTH AND WELLNESS.**

It really, truly is—no different than anything else you do to keep yourself on track. Science supports the notion that therapy helps in all sorts of ways, and yet many feel lost in thinking through how to begin. It doesn't have to be that way—at emPATH, we've simplified things. Whether you're feeling stuck in life or a relationship, off for months on end, unsure how to read your teenager or kiddo, nervous in new situations, or just want some gentle assistance in thinking through an important decision, we've got you covered. For most folks, the hardest part is deciding how or when to reach out for the first time, and we know that. We don't expect you to have all of the answers, and we don't need you to be anywhere other than exactly where you are, right now. Email or call us, and let's handle this together.

## **emPATH is Different by Design. Here's how:**

### **LIFELONG CLINICIANS, RESEARCHERS, AND LEARNERS.**

Our clinicians are all extensively trained and most are actively involved in psychological research; each team member believes that research can enhance psychotherapy practice, and vice versa. In addition, our therapists are avid consumers of psychological literature, regularly attending and presenting at scientific meetings and clinical trainings, and working as a group to bring new insights to the office. See our website for a selection of published journal and news articles about our work.

### **CLIENT-CENTERED SPACE**

Our office is designed to make you feel like you are home, no matter your age; show up early, grab a cup of coffee and a book to read, and relax before your session. With an online client portal, you can communicate securely with your therapist, schedule appointments online, and take care of paperwork from home.

### **WIDE KNOWLEDGE BASE**

With several practitioners in-house, and a breadth of services offered, we've removed the need to prolong the search for a therapist who works best with you. Our team includes folks who have worked in diverse clinical and academic environments and with several different treatment modalities, so should you feel you'd prefer an alternative provider, we can make sure we're with you every step of the way.

### **COLLABORATIVE TREATMENT PLANNING**

No matter which emPATH clinician you choose to work with, you're in good hands. As an additional option, and with your permission, our team can meet, collaborate, and work together to coordinate on our work with you behind the scenes. We strongly feel that many working together to meet the needs of one allows for a multitude of perspectives to inform our practice, and many of our previous clients report feeling comfort knowing that a team of professionals with a diverse set of perspectives was involved in their care during their time with us.

### **LIMITED CLIENT LOADS**

Our practice is designed to be focused on you, which means you're never seen as a number or a line in an appointment book. Each clinician at emPATH works with a smaller number of clients in order to maximize the amount of time spent considering our clients' needs.

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Please visit our website at  
**[www.empathclinical.com](http://www.empathclinical.com)**  
to learn more about our services  
and choosing the right therapist.

### **SERVICES OFFERED**

Not sure which is right for you?  
That's okay—we'll work with  
you to figure it out.

- Individual Therapy for Children / Adolescents
- In-Home Intervention
- Individual Therapy for Adults
- Couple and Family Therapy
- Group Therapy
- Assessment
- Consultation