



Selma Schlesinger Cooper

Marriage & Family Therapist, LMFT

(415) 524-0528

About

Verified by **Psychology Today**

Email Me

Send to Friend

Set Up Video Call

Website

Do you feel 'Stuck,' Overwhelmed, Alone, all of the above? You're busy!!! You have a lot going on and no one who can relate or support you. Maybe you don't want to 'bother' your friends/family others don't need to see that side of you... Whatever you thought was working in your life isn't working for you anymore. If that's why you're here, read on! Why am I here? I'm here to listen, help and support you. You see your MD for a healthy body, you see me to have a healthy mind.

I don't believe in giving advice; you are the expert of your own life. Instead, I ask questions to guide you to your own conclusions. If you're ready to look at things that aren't working, be open to learning and trying new things...

then I'll be a good fit for you! My specialties are anxiety/stress, relationship issues and life transitions (ie. moved to need place, divorce, etc.) I have 8 years experience working in mental health with adults, teens and families. I also provide online therapy using Breakthrough (MD Live) network.

Call or [Email](#) Selma Schlesinger Cooper for a **free phone consultation** now - **(415) 524-0528**

Qualifications

License No. and State: 93369 California

Finances

Avg Cost (per session): \$120 - \$130

Accepted Payment Methods: Mastercard, Visa

Location

PO Box 27394
San Francisco, California 94127
(415) 524-0528

Email Me

Show Map

Nearby Areas

Specialties

[Anxiety](#)

[Relationship Issues](#)

[Stress](#)

Issues

Child or Adolescent

Coping Skills

Depression

Life transitions

(moving, divorce, etc.)

Women's Issues

Mental Health

Impulse Control

Disorders

Mood Disorders

Sexuality

Bisexual

Gay

Lesbian

Client Focus

Alternative Languages: French

Age

Adolescents / Teenagers (14 to 19)

Adults

Treatment Approach

Treatment Orientation

[Coaching](#)

[Cognitive Behavioral \(CBT\)](#)

[Culturally Sensitive](#)

[Eclectic](#)

[Solution Focused Brief \(SFBT\)](#)

[Strength Based](#)

Modality

Individuals

Couples

Family