

LAURA LOMBARDI, LICSW



Laura is a Licensed Independent Clinical Social Worker and a member of the National Association of Social Workers. She graduated with her Master's Degree from the University of New Hampshire. Laura has completed training through Postpartum Support International to provide more comprehensive treatment for moms and families. She has experience working in the community mental health setting and also as a hospital social worker. Her areas of interest consist of women's issues (including perinatal mood and anxiety disorders such as postpartum depression), anxiety, depression, adjustment issues, grief and loss, relationship issues, and PTSD. Laura's approach is short-term, client centered, psychotherapy which utilizes techniques including Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Mindfulness, Solution-Focused Therapy, and psychoeducation.



CONTACT US


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Perinatal
services

with Laura Lombardi, LICSW



How we can help

INDIVIDUAL COUNSELING

Life can be full of challenges and beautiful experiences. Whether it is something that you are currently going through, or something resurfacing from the past, counseling can be a helpful tool to get you back on track to where you want to be.

GROUPS

You may be painting the nursery, packing your hospital bag, and choosing the perfect car seat, *but don't forget the importance of your own self-care!* Prenatal and postpartum groups are available to help develop skills and supports during this process. Start now with taking care of yourself so that you can enjoy this time and be prepared to meet the needs of your little one when the time comes.



The decision to have a child is a transformational time in a woman's life. For most, pregnancy is a joyous period of enhanced well-being. Families come together as they prepare to welcome a new child into the world.

For some, significant symptoms of depression and anxiety can occur, especially if a history of mood disorders is present. Care is available with documented effectiveness and shown to have a positive impact in the well-being of the mother and developing child.

Attending to the physical and psychological needs of the mother relates to better outcomes for the child as well as the entire family.

At Healthy Perspectives, we offer services to address the needs of pregnant women and their families.

Our services are centered around the unique needs of the person, respectful of her social and family values.

ADDITIONAL SERVICES SUPPORTED BY HEALTHY PERSPECTIVES

- * Depression Screening
- * Comprehensive, psychological and psychiatric evaluation
- * Stress reducing strategies; yoga, mindfulness training, meditation, and reiki
- * Family consultation and therapy
- * Specialized treatment:
 - ~ Medication management
 - ~ Transcranial Magnetic Stimulation
 - ~ Light therapy



It is an honor to support families through such a special time in their lives!

