

5 Well-Reviewed Psychiatrist Services in Los Angeles for Couples Counseling

About 70 to 75 out of every 100 couples who try therapy find it helpful, according to research studies. The problem? Most Los Angeles couples wait until their relationship hits a real low point before booking their first session. Waiting too long shrinks the number of treatment paths that will actually work.

Los Angeles gives you more couples counseling Los Angeles options than almost any other city. You can find telehealth psychiatry for mental health issues that spill into your relationship, private practices that focus on Emotionally Focused Therapy (EFT), clinics built for LGBTQIA+ and non-monogamous couples, and places that promise quick results with custom methods.

This guide walks through five well-reviewed marriage counseling Los Angeles services chosen in 2026. We looked at couples-specific training, clear treatment methods, how easy it is to book appointments, and whether each service fits different relationship types and problems.

How to Select Top Couples Counseling Providers in Los Angeles

We reviewed services using verifiable clinician licenses, couples-focused therapy training, appointment availability, upfront insurance and payment details, and proof they serve diverse relationship types as of 2026.

Here's what we looked at:

- Therapists needed formal training in proven couples methods like EFT, the Gottman Method, or Imago Relationship Therapy instead of general credentials.
- LA's population is diverse, so we favored services that actively work with LGBTQIA+ partnerships, non-monogamous setups, interracial couples, intercultural relationships, and neurodivergent partners.
- Busy LA schedules demand flexibility, so we checked for both in-person and virtual options, same-week scheduling, and session format choices.
- Session costs range from \$150 to over \$300, making insurance coverage and sliding-scale fees big access factors; we preferred services with clear, upfront pricing.
- Premarital prep, pregnancy transitions, trust repair after infidelity, trauma-informed work, and psychiatric support are different needs, so we picked services covering the scenarios LA couples face most often.

List of the Well-Reviewed Couples Counseling Services in Los Angeles

Here are the five couples therapy LA services that made our list:

1. [Reimagine Psychiatry](#)
2. [Couple Therapy LA \(Dr. Jacqueline Shamtoob\)](#)
3. [Clarity Family Therapy Services](#)
4. [Grazel Garcia Psychotherapy & Associates](#)
5. [West Hollywood Couples Therapy Clinic](#)

Well-Reviewed Couples Counseling Services in Los Angeles

1. [Reimagine Psychiatry](#)

- Launched in 2024 as a telehealth-only psychiatry service covering all of California; run by Dr. Sham Singh, a board-certified psychiatrist trained at UCLA; offers same-week bookings and first evaluations within three days.
- Treats mental health conditions that often damage relationships, such as anxiety, depression, PTSD, ADHD, and mood disorders; care includes prescriptions, lifestyle changes, and genetic testing.
- Works with Aetna, Anthem Blue Cross, Blue Shield of California, ComPsych, and Meritain Health; team members speak English and Spanish.
- Uses a whole-person, medication-light method that blends prescriptions with lifestyle reviews, supplement advice, and tracking tools to measure progress.
- Most patients see real improvement in 4 to 6 weeks; anyone in California can book sessions through HIPAA-compliant Zoom.

Company Overview: Reimagine Psychiatry started in 2024 as a statewide telehealth psychiatry service led by UCLA-trained Dr. Sham Singh. It isn't a couples therapy practice, but it fills a big gap in the couples counseling ecosystem. Unmanaged anxiety, ADHD, depression, or PTSD can wreck a relationship. This service gives you the psychiatric help that makes relationship therapist Los Angeles sessions work better if one partner is dealing with untreated mental health struggles. Same-week appointments, major insurance plans, and genetic testing to pick the right medication make it the easiest psychiatric option on this list to access.

Best For: Anyone in a couple whose anxiety, depression, ADHD, or PTSD is hurting the relationship and who needs fast telehealth psychiatry while doing couples counseling.

Standout Feature: Genetic testing guides medication choices before you start, paired with same-week telehealth slots and wide insurance coverage, so you skip the wait-time and access roadblocks that slow down psychiatric care in LA.

2. Couple Therapy LA (Dr. Jacqueline Shamtoob)

- Licensed Psychologist PSY 32793; running since 2013; sees couples face-to-face in West Los Angeles or online anywhere in California.
- Combines three research-backed frameworks in every session: Emotionally Focused Therapy (EFT), the Gottman Method (finished Levels 1 and 2), and Imago Relationship Therapy, giving you emotional, practical, and insight tools all at once.
- Certified Gottman Bringing Baby Home Educator with special focus on premarital and perinatal couples therapy, guiding partners through the shifts that come with pregnancy, birth, and new parenthood.
- Runs intensive couples therapy too: deep, focused healing sessions for couples who want fast, concentrated progress instead of weekly meetings.
- Helps with communication breakdowns, trust repair, feeling disconnected, and infidelity, plus works with couples at happy turning points who want to make their bond stronger on purpose.

Company Overview: Dr. Jacqueline Shamtoob opened Couple Therapy LA in West Los Angeles back in 2013, building her work on three major couples therapy methods, EFT, the Gottman Method, and Imago Relationship Therapy, used together to tackle emotional, practical, and relational issues in one go. Her credential as a Gottman Bringing Baby Home Educator puts her in a small group of LA therapists trained specifically for the relationship challenges of pregnancy and early parenthood. Intensive formats are also on offer for couples who need faster, deeper work.

Best For: Couples moving through premarital stages, pregnancy and postpartum shifts, or any relationship rough patch who want a multi-method approach mixing EFT, Gottman, and Imago.

Standout Feature: Certified Gottman Bringing Baby Home Educator, which is one of the few LA therapists with credentials focused on the couple dynamics of pregnancy, birth, and having a baby, plus Gottman Levels 1 and 2 training.

3. Clarity Family Therapy Services

- Group practice at 2034 Cotner Ave Suite 200, Los Angeles CA 90025; in-person and virtual sessions available; typical sessions run 45 to 50 minutes, usually weekly at first.
- Team offers Gottman Method, Emotionally Focused Therapy (EFT), CBT, DBT, and EMDR, letting couples match with the therapist and method that fits their specific issues.
- Takes MHN Health Net Medi-Cal, Aetna Medi-Cal, Aetna EAP, Anthem EAP, LYRA, ComPsych EAP, and some Medi-Cal services; sliding-scale payments available based on income.
- Welcomes couples at all stages and setups; LGBTQ+-affirming; treats co-occurring struggles alongside couples work like trauma, anxiety, depression, and substance use.
- Staff includes Gottman Level 1 trained therapists, EMDR-trained therapists, and clinicians with DBT, CBT, ACT, and IFS training, giving you lots of therapy options in one place.

Company Overview: Clarity Family Therapy Services is a West LA group practice at 2034 Cotner Ave Suite 200 that provides couples and relationship counseling using a wide menu of methods, Gottman Method, EFT, CBT, DBT, and EMDR, with several licensed and associate therapists to pick from. What stands out most is insurance access: it takes Medi-Cal, Aetna, Anthem EAP, LYRA, and ComPsych, plus a sliding-scale option, making it the most insurance-friendly couples counseling provider on this list. You can see therapists in person or online, and the multi-therapist setup means couples can find a good method and personality match without switching practices.

Best For: LA couples needing insurance-covered or sliding-scale couples therapy who want to choose from multiple therapists and proven methods inside one practice.

Standout Feature: The widest insurance acceptance of any couples counseling practice here, including Medi-Cal, LYRA, and ComPsych, combined with a sliding-scale option, making quality couples therapy reachable no matter your budget.

4. Grazel Garcia Psychotherapy & Associates

- Founder Grazel Garcia is a bilingual Filipino-American LMFT (California Licence #97561) and certified Emotionally Focused Therapist; office located at 3371 Glendale Blvd Suite 214, Los Angeles CA 90039 (Atwater Village); in-person and virtual sessions across California.
- Team of EFT-trained clinicians who specialize in diverse and non-traditional relationship setups: consensual non-monogamy (CNM), polyamory, polyfidelity, mono-poly relationships, BDSM and kink, LGBTQIA+ partnerships, interracial and intercultural couples, and neurodivergent relationships.
- Uses a liberatory therapy method that directly names how power systems, intergenerational patterns, and cultural identities shape relationship dynamics, which matters a lot for couples from marginalized or multicultural backgrounds.
- Offers discernment counseling for couples unsure if couples therapy is right for them, providing a structured way to decide next steps.
- Provides neuropsychological testing through team member Dr. Tyler (clinical psychologist and GGPA testing director); associate therapist Samantha uses Brainspotting and Havening techniques for trauma-informed couples work.

Company Overview: Grazel Garcia Psychotherapy & Associates is an Atwater Village practice led by bilingual LMFT and certified EFT therapist Grazel Garcia (Licence #97561). The practice centers on culturally aware, liberatory couples therapy that directly talks about how cultural identity, systemic unfairness, and intergenerational patterns influence relationships. It's one of very few LA practices with a full team of EFT-trained clinicians who actively specialize in non-monogamous structures, CNM, polyamory, polyfidelity, kink, along with neurodivergent, LGBTQIA+, and interracial couples. Discernment counseling is also available if you're not sure couples work is what you want.

Best For: LGBTQIA+, non-monogamous, interracial, neurodivergent, or culturally diverse couples needing EFT specialists with real training and experience in non-traditional relationship structures and culturally informed practice.

Standout Feature: One of LA's only practices with a whole team of EFT-trained clinicians actively working with CNM, polyamory, kink, and neurodivergent couples, paired with a liberatory cultural framework that addresses systemic and identity factors in relationships.

5. West Hollywood Couples Therapy Clinic

- Running since 2009; led by Dr. Harel Papikian, Licensed Clinical Psychologist CA PSY22807, Doctor of Clinical Psychology (Florida Institute of Technology 2007); office at 822 S Robertson Blvd Suite 303, Los Angeles CA 90035; online therapy available.
- Started to serve gay men, same-sex couples, and the LGBTQI+ community; now works with couples of all setups, orientations, genders, and ethnic backgrounds; all relationship types welcome.
- Uses the proprietary ARM Method developed by Dr. Harel over 15+ years of clinical work: mixes cognitive psychology, hypnotherapy, and Neuro-Linguistic Programming (NLP) to create fast, lasting relationship change, usually within a few months.
- Dr. Harel is a 2010 certified Trainer of NLP and certified Master Practitioner of NLP, Hypnosis, and Time Empowerment® (Association for Integrative Psychology, Los Angeles).
- Fee-for-service clinic not in-network with insurance; gives full paperwork for clients to submit to their insurance carrier for possible out-of-network repayment; free first phone consultation offered.

Company Overview: West Hollywood Couples Therapy Clinic has operated since 2009 under founder Dr. Harel Papikian, a California-licensed clinical psychologist (PSY22807) who first built the practice to help gay men and LGBTQI+ couples, then grew to serve all relationship types over time. The clinic's main feature is the proprietary ARM Method: a structured three-step therapy approach developed by Dr. Harel that blends cognitive psychology, hypnotherapy, and NLP to speed up relationship change for clients who want results in months, not years. The clinic runs on a fee-for-service basis with full insurance paperwork provided, and you get a free first phone consultation.

Best For: Couples of all setups, with special LGBTQI+ knowledge, who want a structured, results-focused method using Dr. Harel's proprietary ARM Method and are comfortable with a fee-for-service private-pay model.

Standout Feature: The proprietary ARM Method, a unique mix of cognitive psychology, hypnotherapy, and NLP built over 15+ years of clinical practice, is meant to create fast, measurable relationship change usually within a few months of treatment.

Factors to Consider When Choosing a Couples Counseling Provider in Los Angeles

Both Partners Should Feel Comfortable With the Therapist Before Committing

Couples therapy only works when both partners feel safe and heard by the therapist. A clinician who feels right to one partner but not the other will have trouble building the trust needed for real change. Most good LA couples therapists offer a free or cheap first consultation to check this fit before you commit fully.

Match the Therapist's Training to Your Relationship's Specific Challenges

EFT works really well for emotional distance and attachment injuries. The Gottman Method has research backing for communication and conflict patterns. Imago helps couples with deep-rooted patterns from childhood. Picking a therapist whose training matches your main issue usually gives better results than choosing someone without confirmed couples expertise.

Clarify Whether Couples Therapy or Individual Therapy Is the Right Entry Point

If one partner has untreated mental health struggles, anxiety, ADHD, depression, or PTSD, that are seriously driving relationship problems, individual psychiatric help may need to happen at the same time as or before couples therapy for real progress to start. Talking about this directly with any couples therapist before you book is a smart first step.

Ask About Session Frequency, Format, and Expected Duration Upfront

Couples therapy in LA usually costs \$150 to over \$300 per session, and most methods involve weekly sessions over three to twelve months. Some clinics also run intensive formats. Knowing the expected money and time investment before starting stops you from dropping out just when the work is starting to help.

Confirm That the Therapist Actively Affirms Your Relationship Structure

LGBTQIA+ couples, non-monogamous partnerships, neurodivergent relationships, and interracial or multicultural couples do best with a therapist who has specific training and experience with your relationship setup, not just a general statement of being inclusive. This affects both trust and how relevant the treatment methods will be.

Final Thoughts

The biggest regret among couples who finish therapy? Waiting too long to start. Most relationship therapists say couples who get help early, when patterns are still forming instead of set in stone, see better results with shorter treatment times.

Before you book, ask any therapist you're thinking about what methods they're formally trained in for couples work. Not all therapists who offer couples sessions have finished recognized couples-specific training, and the difference in outcomes matters.

If you're in relationship distress right now or feeling emotional pain because of relationship challenges, talking with a licensed mental health professional is a smart first step. The American Association for Marriage and Family Therapy (AAMFT) also runs a therapist locator for verified couples specialists.