

AlignED Care[®]

Eating Disorders & Mental Health Center

Virtually in California
In-person in Encino

Alyshia Marcelletti, AMFT, APCC *they/them*

I believe therapy is where we collaborate to co-create a space for you to show up and work on your goals with support and care. In my work, I center you as the expert in your lived experience exploring your unique identity for a holistic approach to our work together. I work from the belief that increasing your awareness empowers you to make choices that feel right for you from an intentionally responsive place rather than a reactive one. I bring a social justice lens to recognize the systems we navigate and their impact on us and our journey. I work primarily from a Relational Gestalt and psychodynamic approach while incorporating tools from other modalities such as polyvagal theory to meet individual needs. I have experience working with BIPOC, LGBTQIA+, and neurodivergent individuals as well as experience working with substance abuse, trauma, anxiety, depression, grief, self-esteem, and identity development through times of transition. My goal is to support people in their goals in working towards their definition of wellness.



Registered Associate MFT #147455 & Registered Associate PCC #16932,
Supervised by Robyn Caruso, LMFT #80168, CEDS-S #4246-C

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