Mensana Collaborative

A Healthy Mind In A Healthy Body

GETTING STARTED WITH MENSANA

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Dear Patient,

Thank you for your interest in Mensana Collaborative. We're currently accepting new patients and are glad you've reached out.

At Mensana, our goal is to provide thoughtful, personalized, and evidence-based mental health care in a setting that values time, collaboration, and clinical excellence. We've created this welcome packet to introduce our approach, answer common questions, and help you understand what to expect as you consider care with our practice.

Mental health is an essential part of overall well-being. The phrase *mens sana in corpore sano*, "a healthy mind in a healthy body," reflects our belief that emotional, cognitive, and physical health are deeply interconnected. Whether you are seeking support for yourself or a family member, our role is to meet you where you are and help guide you forward with clarity and care.

Our work is grounded in a few core principles. We tailor our approach to each individual, recognizing that no two patients or clients are the same. We collaborate closely with patients and clients, and, when appropriate, their families and other providers and professionals, ensuring that care is both comprehensive and aligned. We also remain committed to best practices, staying current with evolving standards in psychiatric and therapeutic care so that treatment decisions are informed, precise, and effective.

Our clinical approach integrates careful diagnostic assessment with a range of evidence-based treatments. We provide medication management and therapeutic modalities such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Exposure and Response Prevention (ERP), Supportive Parenting for Anxious Childhood Emotions (SPACE), Mindfulness, Acceptance-Based Strategies, and other psychodynamic and supportive therapies. We work with children, adolescents, and adults across a variety of conditions, with particular focus on anxiety, autism spectrum disorder, OCD, ADHD, mood disorders, perinatal mental health, and transition care, among others.

As part of our admission process, our team gathers basic information to understand your needs before scheduling a complimentary fifteen-minute phone consultation with the appropriate provider. This conversation allows us to determine whether Mensana is the right fit and to answer any initial questions you may have. After the consultation call, if we decide to move forward together, we will guide you through the next steps of scheduling a comprehensive initial evaluation and setting up access to our electronic medical record system.

It is truly a privilege to do this work. Supporting individuals and families through complex and often challenging moments is something we approach with both seriousness and gratitude.

If you have any questions as you review this brochure, please do not hesitate to contact our office at 831.293.7300. Our team is available Monday through Thursday and is always happy to assist you.

I look forward to the possibility of working together.

All the Best,

Rebecca I. Katz, MD

Rebecca I. Katz, M.D.
ABPN Double Board Certified: Child & Adolescent and Adult Psychiatrist
Medical Director and CEO

Rebecca Iza Katz, M.D., Psychiatrist, APC, is a California-based Professional Corporation DBA Mensana Collaborative.

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Mensana Collaborative Adult Psychiatry Services

Comprehensive Psychiatric Evaluation: Up to 90 minutes

An initial evaluation to develop a thorough understanding of the patient's history, current concerns, strengths, and treatment goals. After the evaluation, a separate 30-minute follow up appointment is scheduled to review clinical impressions, discuss recommendations, answer questions, and determine next steps together. Evaluations may also be requested for consultation or second-opinion purposes.

Medication Check: Up to 15 minutes

A focused follow-up appointment for established patients who are clinically stable and require minor medication adjustments as clinically appropriate.

Medication Management: Up to 30 minutes

A follow-up appointment to support continued progress through more in-depth medication management, ongoing treatment assessment, and, when appropriate, brief psychotherapy.

Medication Management + Psychotherapy: Up to 60 minutes

A follow-up appointment that combines medication management with in-depth psychotherapy, allowing time to address ongoing symptoms, explore underlying emotional and behavioral patterns, and support meaningful progress toward treatment goals.

Psychotherapy: Up to 45 minutes

Individual, couple, and family in-depth psychotherapy only appointments with a psychiatrist to explore underlying emotional and behavioral patterns and to support meaningful progress toward treatment goals. Scheduled on an as needed basis.

Additional Time: Every additional 15 minutes

Billed in fifteen-minute increments, additional time may be added to any appointment type when clinically necessary and agreed upon by the patient prior to or during the appointment.

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Mensana Collaborative Psychotherapy Services (All Ages)

All psychotherapy services listed below are provided by a Licensed Marriage and Family Therapist and may be conducted in person or via telehealth as clinically appropriate.

Individual Psychotherapy: 60-minute (session + clinical documentation)

- Focused on the individual's emotional well-being, mental health symptoms, personal growth, coping skills, and life challenges
- Designed to improve insight, emotional regulation, resilience, effective coping strategies, and progress toward individualized treatment goals
- May address concerns such as anxiety, depression, stress, relationship difficulties, life transitions, trauma, self-esteem, and behavioral challenges among other topics

Couples Psychotherapy: 60-minute (session + clinical documentation)

- Focused on relationship dynamics, communication patterns, conflict resolution, emotional connection, and mutual understanding
- Designed to improve relationship satisfaction, strengthen communication skills, foster healthy attachment, and support shared treatment goals
- May address concerns such as relationship distress, recurring conflict, life transitions, parenting differences, intimacy concerns, trust issues, and premarital or marital challenges

Family Psychotherapy: 60-minute (session + clinical documentation)

- Focused on family relationships, communication patterns, roles, boundaries, and interactions that impact individual and family functioning
- Designed to improve understanding, strengthen family relationships, reduce conflict, enhance problem-solving, and support treatment goals
- May address concerns such as behavioral challenges, parent-child conflict, adjustment to life transitions, family stressors, and support for psychiatric treatment

Group Psychotherapy: 60-minute (session + clinical documentation)

- Focused on therapeutic growth through guided interaction, shared experiences, psychoeducation, and skill development within a group setting
- Designed to improve insight, interpersonal effectiveness, emotional regulation, coping skills, and social support
- May address concerns such as anxiety, depression, stress management, social functioning, life transitions, and other clinically relevant topics based on the group's focus