

Christopher Sandoval, M.A.

Staff Therapist | In-Person and Telehealth

Hello I am Bilingual (English/Spanish) Licensed marriage and family therapist based in California. I am happy to be a part of your journey in navigating life's difficulties.



Prior to being a therapist, I worked in the hospitality industry for many years, which has helped me to understand the many challenges my client's encounter. I received my Bachelors and Master's degrees from Brandman University while working full time. I am a Los Angeles local that has enjoyed living in the IE area for the past 10 years. I have worked in community mental health and private practice settings, serving different populations from children to veterans. In my free time I can be seen walking my dogs or gardening.

I am trained in Interpersonal psychotherapy and EMDR. I take great joy in working with individuals of all ages who are seeking to better manage ASD, ADHD, trauma, anxiety, grief and depression. I tailor my approach to my client's needs and lead with the perspective of meeting my client where they are at. Given the person-centered approach I take I have seen my clients of different backgrounds meet their goals. I work with the life span from age 5 to 65. My more recent focus has been working with Men's issues, first responders and trauma management. I make the effort to see and validate my client's experience.