YOUR THERAPY NOOK

CHILD, TEEN & PLAY THERAPY • SAN JOSE & REDWOOD CITY

FOR REFERRING PROVIDERS

FOR PEDIATRICIANS, SCHOOL COUNSELORS, THERAPISTS & FAMILY LAW

A child and teen practice you can *hand a family to.*

Your Therapy Nook is a child and teen therapy practice in San Jose and Redwood City. We see children and teens ages 3 to 17, and the parents who love them. **Hannah Ly, LMFT**, founded the practice, trains every therapist on the team, and reviews every case weekly, so a family gets the same approach whoever they see. A child's behavior is communication, so we work with what's driving it. **Connection before correction.**



- **Ages 3 to 17** — Children & teens only
- **Weekly sessions** — In person at 2 offices
- **Parent coaching** — Every four weeks
- **Private pay** — Superbills provided

How we work

Child-led play therapy, ages 3 to 10

The child leads and we follow. Sand tray, figures, art, and storytelling let kids show us what they can't yet put into words. Nobody makes a four-year-old talk about their feelings.

Teen therapy, ages 11 to 17

Drawing, games, and real conversation, not a clipboard and a list of questions. Brainspotting when it fits. Teens decide what gets shared with their parents.

Parent coaching every four weeks

Built into every case, without the child in the room. We share what we're seeing, suggest what to try at home, and keep parents on the team. It isn't optional.

Training on our team: Synergetic Play Therapy, Brainspotting, AutPlay, attachment and trauma, adoption and foster care.

What we see most

- Anxiety & worry
- Divorce & two-home families
- Big feelings & anger
- Trauma
- Foster & adoption
- Depression
- School stress & perfectionism
- Autism & neurodivergence
- LGBTQ+ youth

Good to know

- **Every family starts with a free 15-minute call with Hannah.** Same-day and next-day calls available.
- **In person only**, with after-school and evening appointments.
- **Spanish-speaking families:** therapy and parent coaching fully in Spanish at our San Jose office.
- **We don't bill insurance.** Families get superbills for out-of-network reimbursement.

Refer elsewhere for: psychological testing or evaluations, custody evaluations or court letters, care that needs more than weekly outpatient, or in-network insurance billing.



Hannah Ly
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Founder & Clinical Director
San Jose & Redwood City



Sabrina Yglesias
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Licensed Therapist
San Jose • English & Spanish



Bailey Verhulst
ASW #141620
Associate Therapist
San Jose & Redwood City

How to refer

Point the family to our website. They book a **free 15-minute call with Hannah**, and she matches them with the right therapist. No referral form needed on your end. Not sure about fit? Just call or email us.

yourtherapynook.com • (408) 461-5935 • hello@yourtherapynook.com

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Hannah Ly, Licensed Marriage and Family Therapist, LMFT #129711. Sabrina Yglesias, Licensed Marriage and Family Therapist, LMFT #165681. Bailey Verhulst, Registered Associate Clinical Social Worker, ASW #141620, is supervised by Hannah Ly, LMFT #129711. Employed by Clarity with Therapy Family Counseling, PC.