

Gina Kilberg, MA, LMFT: Empowering Connections and Healing Through Therapy

A Compassionate Ally for Individuals, Couples, and Families Who Wish to Gain a Better Understanding of Their Own Experience



New York City, New York May 9, 2025 ([Issuewire.com](https://www.issuewire.com)) - Gina Kilberg, MA, LMFT, is a Licensed Marriage and Family Therapist in private practice at her Sherman Oaks-based office. With a wealth of experience and a deep commitment to emotional healing and mental wellness, Gina provides warm and

connected support to individuals, couples, and families facing a wide range of challenges. Gina specializes in the treatment of Attachment Trauma, cPTSD, and Codependency, and helping families impacted by a High-Functioning Autism Spectrum Diagnosis.

"Therapy is a brave choice," Kilberg says. "It's one of the greatest gifts we can give or receive. My decision to leave the entertainment industry and pursue this path was purposeful. I felt a deep calling to help others navigate the internal and external chaos that often disrupts connection, meaning, and presence in our lives."

Gina believes that as humans, we are hard-wired with a need for deeply felt connections, just like the body needs food and water to flourish and survive. Feeling valued and finding a sense of belonging are both essential human needs. Even with the best of intentions, feelings of love and attachment can be elusive, sometimes leaving us disconnected, applicable to both neurodivergent and neurotypical. That deficit can be profound. She provides a warm, empathic, and collaborative space to explore, feel, and put words to these powerful emotions that have often been neglected. She strives to help others begin healing by attending to these feelings to be able to move forward to a more connected and joyful life.

Her professional journey began in the entertainment industry, where she served as a studio executive. However, her passion for therapy led her to pivot her career, motivated by a desire to empower others to understand themselves and the complex emotions that live within us all. Holding a Master's degree in Psychology from Phillips Graduate University and is a proud California Association of Marriage and Family Therapists (CAMFT) member, Kilberg is and continues to advocate for a mindful, compassionate, and emotionally attuned approach to healing.

With over 11 years of experience in the mental health field, Kilberg's work is deeply informed by both her personal evolution and professional expertise. She brings a nuanced understanding of trauma, with a particular focus on cPTSD, which is complex trauma experiences that significantly impact an individual's capacity for self-connection and meaningful relationships with others.

Additionally, as a proud mother of a child with HFASD, Gina brings invaluable personal experience and empathy to her practice. She understands the emotions and complexities that arise when a parent suspects their child may be struggling. "The feelings are intense and transformative," she shares, acknowledging the logistical challenges parents face, from coordinating therapies to managing educational needs. Her innovative approach consists of a deep understanding and judgement-free zone, making her an invaluable resource for those navigating the often-overwhelming landscape of neurodivergency.

Kilberg has contributed her time as a volunteer at Teen Line, a peer-to-peer mental health support program affiliated with Cedars-Sinai Medical Center, where she worked with teens navigating crises and emotional challenges.

Learn More about Gina Kilberg:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85023493-Gina-Kilberg-Counselor-Therapist> or through her website <https://ginakilberg.com/>

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