



Dr. Lynn Ianni
(Lynn EE-ah-knee)

Lynn Ianni, PhD, MFT, conducts brief, interactive psychotherapy and EMDR with individuals, couples, and families, utilizing teletherapy approaches as well as maintaining a private practice in California and Washington.

After graduating from college at the age of 19 and completing her Master's Degree in Psychology from the University of Notre Dame at the age of 21, she has continued practicing psychotherapy for more than 35 years with a broad spectrum of clients. She specializes in improving self-esteem, relationship issues, communication skills, trauma resolution, domestic violence, child custody, sexual abuse, effective conflict resolution strategies, lifestyle transitions, anxiety and depression, high conflict divorce, codependency, grief and loss, OCD, vocational counseling and health psychology.

In addition to being a prominent individual and relationship therapist, Dr. Ianni has appeared as an expert witness and provided witness preparation and trial consulting services for law firms on civil and criminal matters. She appears regularly as a guest expert on local and national television, news, and media. She also provides psychological consultation for television, film, and media, and authors and contributes to articles for educational institutions and literature. Dr. Ianni has presented at national conferences and to general audiences, facilitating workshops and speaking on the topics of introductory and advanced communication skills, relationship dynamics, vocational planning, effective conflict resolution, and interview skills.

Dr. Ianni is an interactive, solution-oriented psychotherapist. Her therapeutic approach is to utilize individualized eclectic methodologies and modalities, including EMDR and mindfulness, to help clients effectively address and resolve

personal life challenges. She integrates complementary and multi-disciplinary techniques to offer a highly supportive, personalized and individualized approach, tailored to each client. With compassion and understanding, she works with each person to help them build on their strengths and attain the personal growth and goals they are committed to accomplishing.