

SUNITHA CHANDY, PSYD



Specialties:

- Stress
- Depression
- Trauma and PTSD

About: Sunitha has expertise in many forms of therapy and focus on creating a treatment that fits your unique needs. Everyone is different and working openly and honestly to address your goals is her aim. She is trained in interpersonal, CBT, DBT, Family Therapy, Mindfulness, Narrative, and Trauma Based Interventions. Sunitha is passionate about working with people to help them achieve their goals and make a difference in the world around them. She uses an assets based approach where the focus is both on skills to address the problem and skills you already have that will enable your success.

Education: Fuller School of Psychology

Insurances accepted: BCBS HMO- Loyola, BCBS HMO- Presense Health, Blue Choice, Blue Cross Blue Shield, BlueCross and BlueShield, Magellan, Out of Network