## Dr. Sofia Noori

Newark, New Jersey 07103

Phone: 203-208-8228

Web:

https://www.psychologytoday.com/us/psychiatrists/sofia-noori-newark-nj/876171

## **Summary**

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## **Description**

I'm passionate about helping survivors recover from trauma, and absolutely love caring for patients. I take a relational, warm, and supportive approach to your treatment. Also, I am a board-certified, UCSF and Yale trained adult psychiatrist with expertise in the treatment of trauma. I'm the Co-founder of Nema Health, a telehealth practice that offers effective and research-backed care for trauma survivors. We currently offer Cognitive Processing Therapy (CPT), a first-line treatment endorsed by the National Center for PTSD. 90% of our patients experience clinical improvement in their trauma symptoms.

