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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.