



**Sheena Karnani**

Zip Code: 00000

Zip Postal: 00000

Language: Hindi, English

Populations Treated: Couples, Seniors, Adults, Adolescents/Teens

Organization: St. John's Cathedral Counselling Service

Treatment Options: Phone Consultations, Telehealth, In Office

Disorders Treated & Specialty: Other, Trauma, Suicidal Ideation, Substance Abuse, Stress, Social Anxiety Disorder, Sleep Disorders, Separation Anxiety, Self-Harm, Agoraphobia, Body Focused Repetitive Behaviors, Body Dysmorphic Disorder, Bipolar Disorder, BIPOC, Behavioral Issues, Attention-Deficit/Hyperactivity Disorder, Anxiety, Anger Management, Borderline Personality Disorder (BPD), Chronic Illness, Depression, Eating Disorders, Emotional Disturbance, Family Conflict, Generalized Anxiety Disorder (GAD), Hoarding, Intrusive Thoughts, Irritable Bowel Syndrome (IBS), MDD, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Postpartum, Posttraumatic Stress Disorder (PTSD)

Treatment Methods: EMDR, Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Exposure Therapy, Mindfulness, Other

Payment Options: Accepts Some Insurance, Accepts Credit Cards

Address1: 10F, Two Chinachem Plaza

Address2: 68 Connaught Road Central

Website: <https://www.sheenakarnani.com/>

City: Central

State/Providence: NA

Country: Hong Kong (China)

Degree: PSYD

Email: [dr.sheena.karnani@gmail.com](mailto:dr.sheena.karnani@gmail.com)

Office Phone: 25257207

Cell Phone: +852 93770041

Professional focus: Psychologist

#### ABOUT

?Certified Gottman ?Couples Therapist Certified EMDR Therapist Certified Clinical Trauma Professional Level II: Complex Trauma Certified Addiction Counsellor (APCCAP)

#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

EMDR

Exposure Therapy

Mindfulness

Other

#### POPULATIONS TREATED

Adolescents/Teens

Adults

Couples  
Seniors

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anger Management  
Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Behavioral Issues  
BIPOC  
Bipolar Disorder  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Borderline Personality Disorder (BPD)  
Chronic Illness  
Depression  
Eating Disorders  
Emotional Disturbance  
Family Conflict  
Generalized Anxiety Disorder (GAD)  
Hoarding  
Intrusive Thoughts  
Irritable Bowel Syndrome (IBS)  
MDD  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Postpartum  
Posttraumatic Stress Disorder (PTSD)  
Self-Harm  
Separation Anxiety  
Sleep Disorders  
Social Anxiety Disorder  
Stress  
Substance Abuse  
Suicidal Ideation  
Trauma  
Other

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#### PAYMENT OPTIONS

Accepts Credit Cards  
Accepts Some Insurance



## ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

### Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

### If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept insurance.

**Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.*

*The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.*

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## HELPFUL LINKS

**ADAA Website**

<https://adaa.org/>

**Tips and Questions About How to Choose a Therapist That's Right for You**

<https://adaa.org/finding-help/treatment/choosing-therapist>

**5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

**Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTSD, OCD and more!**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**ADAA's Free Mental Health Webinars**

<https://adaa.org/resources-news/from-adaa-experts/webinars>

**Mental Health Personal Stories**

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

**ADAA Free Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

**Join a Free ADAA Online Peer-to-Peer Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!**

<https://youtu.be/Eq3zOzbfGoU>