



Sheenie Ambardar

Zip Code: 90212

Zip Postal: 90212-4801

Language: English, Hindi

Populations Treated: Adults, Seniors, LGBTQI

Organization: The Happiness Psychiatrist®

Treatment Options: Group Therapy, Home Visits, Telehealth, Phone Consultations

Disorders Treated & Specialty: Specific Phobias, Trauma, Trichotillomania, Social Anxiety Disorder, Anxiety, Agoraphobia, Attention-Deficit/Hyperactivity Disorder, Bipolar Disorder, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Depression, Eating Disorders, Generalized Anxiety Disorder (GAD), Hoarding, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD)

Treatment Methods: Psychopharmacology, Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Interpersonal Therapy (IPT), Medication Management, Mindfulness

Payment Options: Accepts Credit Cards

Address1: 324 S Beverly Dr

Address2: Ste 232

Website: <http://www.happinesspsychiatrist.com>

City: Beverly Hills

State/Providence: California

Country: United States

Degree: MD

Preferred Pronouns: she/her/hers

Email: drambardar@happinesspsychiatrist.com

Office Phone: 666-8058

Telehealth: California

Professional focus: Psychiatrist

ABOUT

Welcome! Dr. Ambardar is a Stanford-educated, 'Top Doctor' and 'Compassionate Doctor' Award Winner 5 years in a row. Her unique treatment method blends modern medicine with Eastern spirituality for the optimal benefit of her patients. Dr. Ambardar uses low-dose psychiatric medications in conjunction with an eclectic blend of psychotherapeutic modalities including psychodynamic therapy, interpersonal therapy, solution-focused therapy, cognitive-behavioral therapy, outdoor walking therapy, group therapy, meditation, and Kundalini Yoga. She also offers convenient gene testing to help illuminate which medications may work best in your treatment. At our concierge telehealth practice, you will have direct communication with *only* Dr. Ambardar at all times and access to evening, weekend, and next-week appointments.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Interpersonal Therapy (IPT)

Medication Management

Mindfulness

Psychopharmacology

POPULATIONS TREATED

Adults
LGBTQI
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Bipolar Disorder
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Eating Disorders
Generalized Anxiety Disorder (GAD)
Hoarding
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Specific Phobias
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards



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.

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.

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

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>