



Suma Chand

Zip Code: 63127
Zip Postal: 63127-1946
Language: English, Hindi
Populations Treated: Adults, Seniors, Couples
Organization: St Louis University
Treatment Options: In Office, Telehealth
Disorders Treated & Specialty: Trauma, Trichotillomania, Suicidal Ideation, Body Dysmorphic Disorder, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Bipolar Disorder, Chronic Illness, Depression, Emetophobia, Hoarding, MDD, Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Sleep Disorders, Social Anxiety Disorder, Stress
Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness, Other
Payment Options: Accepts Some Insurance, Accepts Medicare
Address1: 9520 Fringe Ct
City: Saint Louis
State/Providence: Missouri
Country: United States
Home Email: sumapchand@gmail.com
Degree: PhD
Preferred Pronouns: she/her/hers
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Professional focus: Psychologist

ABOUT

Dr Suma Chand is a Clinical Psychologist specialized in Cognitive Behavior Therapy. She has received training in Cognitive Behavior Therapy (CBT) from the Beck Institute for Cognitive Therapy and Research, Philadelphia. She is a diplomate and fellow of the Academy of Cognitive Therapy. She has worked in a number of countries including India, Malaysia, the United Kingdom and Oman before moving to the United States. She is currently working in the Department of Psychiatry in the St Louis University School of Medicine as a Professor. She is actively involved in the training of Psychiatry Residents in CBT as well as in providing CBT services to a wide range of patients.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Dialectical Behavioral Therapy (DBT)
Exposure Therapy
Intensive Exposure Therapy Protocols
Mindfulness
Other

POPULATIONS TREATED

Adults
Couples
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Bipolar Disorder
Body Dysmorphic Disorder
Chronic Illness
Depression
Emetophobia
Hoarding
MDD
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
Sleep Disorders
Social Anxiety Disorder
Stress
Suicidal Ideation
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Medicare
Accepts Some Insurance



ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.

We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.

If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.

Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.

Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take 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.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

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 Chose 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 Depression, MDD, PTSD, OCD and Suicide

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

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 Support Community

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

Meet ADAA's Institutional Members

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

For Therapists: Watch ADAA's Find Your Therapist Video

<https://youtu.be/Eq3zOzbfGoU>