

Sandhya R. Chinala, MD, a Psychiatrist in Private Practice

Get to know Psychiatrist Dr. Sandhya R. Chinala, who serves patients in Princeton, New Jersey.



New York City, New York Feb 1, 2022 ([IssueWire.com](https://www.IssueWire.com)) - A board-certified psychiatrist, Dr. Chinala works with patients at her private practice in Princeton, New Jersey. An affiliate of LifeStance Health, her practice is geared towards providing psychopharmacology and psychotherapy to functional individuals. She helps children, adolescents and adults with clinical depression, anxiety disorders, ADHD, OCD, PTSD, and a variety of other mental health and wellness issues. She believes in comprehensive, careful evaluation and systematic plans for treatment.

Born and raised in India, she was always passionate about learning different languages and cultures. At the age of ten, she was able to communicate in 4 different languages. At the age of eighteen, she moved to Moscow, Russia to embark on her studies. Following completion of her medical education at the Russian State Medical University in 2003, she returned to India and worked there for about 10 years.

After relocating to the United States, she completed her residency in psychiatry from the Harlem Hospital Center in 2019. She served as Chief resident during her 4th and final year of residency, and was rewarded with outstanding resident awards for 3 consecutive years.

Aspiring to acquire clinical skills in working with children, adolescents, and their families to facilitate early intervention and preventive measures that would help a great deal in treating and preventing psychopathology, Dr. Chinala attended a fellowship in child and adolescent psychiatry at the Rutgers-Robert Wood Johnson Medical School, graduating in June 2021. During her training period, she got an opportunity to teach medical students and participate in various research projects.

In good standing with a number of professional organizations, she is a proud member of the American Psychiatric Association, and the American Academy of Child & Adolescent Psychiatry.

Psychiatry is the medical specialty devoted to the diagnosis, prevention, and treatment of mental disorders. These include various maladaptations related to mood, behavior, cognition, and perceptions. Psychiatrists evaluate, diagnose, and treat patients with mental, emotional, and behavioral disorders. They conduct thorough psychiatric evaluations, develop treatment plans, prescribe medication, and evaluate treatment results.

On a more personal note, Dr. Chinala enjoys traveling, cooking, and learning to speak new languages. She also donates her time to organizations working for women empowerment.

Learn More about Dr. Sandhya R. Chinala:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/84661637-Sandhya-Chinala-Psychiatrist> or through LifeStance Health,

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