

Lilit Abraamyan-Chaidez, Psy.D, a Psychologist with Rowan Center for Behavioral Medicine

Get to know Psychologist Dr. Lilit Abraamyan-Chaidez, who serves patients in Burbank, California.



New York City, New York Jul 27, 2022 ([IssueWire.com](https://www.issuewire.com)) - A licensed psychologist, Dr. Abraamyan-Chaidez sees patients at the Rowan Center for Behavioral Medicine in Burbank, California. She believes that stressors and difficulties in life are inevitable, and has the passion to work together in order to build coping mechanisms to utilize in the face of such challenges. She says that psychotherapy is about making a commitment to one's well-being and a readiness to take a step towards personal growth and exploration.

Taking a collaborative role, she gravitates towards an integrative approach while using evidenced-based interventions as a framework for therapy. She takes into consideration cultural background, family dynamics, and personal experiences to build upon a therapeutic relationship and believes a strong therapeutic relationship is a key factor in treatment.

Educated in the United States, Dr. Abraamyan-Chaidez received her undergraduate degree in Psychology from the California State University of Fullerton and her Master's and Doctorate degree in Clinical Psychology from The Chicago School of Professional Psychology-Los Angeles. While there, she presented at the American Psychological Association (APA) Convention in 2015, before completing her APA-accredited internship at the Institute for Multicultural Counseling and Education Services (IMCES).

Trained in cognitive behavioral therapy, trauma-focused cognitive behavioral therapy, and motivational interviewing, she has experience working primarily with the adult population. Her specialties include treatment of depression, anxiety, trauma, anger management, and difficulties in relationships/families. She uses mindfulness and guidance to raise self-awareness in order to identify personal patterns and understand how underlying beliefs of the self and others contribute to personal challenges. She works collaboratively to cultivate a healthier approach when reacting to and understanding one's environment.

Psychology is the science of behavior and the mind. It includes the study of conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope. Psychologists assess, diagnose, and treat the psychological problems and behavioral dysfunctions resulting from, or related to, physical and mental health. In addition, they play a major role in the promotion of healthy behavior, preventing diseases, and improving patients' quality of life.

Learn More about Dr. Lilit Abraamyan-Chaidez:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/82673537-Lilit-Abraamyan-chaidez-Psychologist>, or through Rowan Center for Behavioral Medicine, <https://www.rowancenterla.com/lilit-abraamyan-chaidez-psyd>

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Source : Lilit Abraamyan-Chaidez, Psy.D

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