

## Ruzanna Ohanjanian, Ph.D., a Clinical Psychologist in Private Practice

Get to know Dr. Ruzanna Ohanjanian, who serves patients throughout the State of California, in-person and online.



**New York City, New York Nov 3, 2023 ([Issuewire.com](https://www.issuewire.com))** - Dr. Ruzanna Ohanjanian is a California-licensed clinical psychologist who specializes in addressing mental health challenges and assisting individuals in managing their mental well-being.

Practicing in the heart of Silicon Valley, she offers her services to busy professionals and their families from Mountain View, Los Altos, Sunnyvale, Cupertino, and San Jose areas. She conducts diagnostic evaluations, consultations, and psychotherapy for individuals, couples, and families, both in the office and via video conferencing.

As a professional psychologist, Dr. Ohanjanian assesses and treats patients using a range of therapeutic techniques, with Psychodynamic therapy (PDT), Cognitive Behavioral Therapy (CBT), Dialectical Therapy (DBT), and Acceptance and Commitment Therapy (ACT) being the most common approaches. She also performs neuropsychological assessments and psychological evaluations. People typically seek out her help when they have been grappling with enduring challenges such as depression, anxiety, stress, job-related burnout, or relationship issues. They seek her expertise in personal and executive coaching, leadership training, and corporate consulting.

"My approach might be somewhat different each time, depending on my client's unique situation and personal history. I tailor the treatment to your needs and goals, combining insight-oriented, solution-focused, and multicultural perspectives. I prefer reliable evidence-based interventions that allow for collaboration between client and therapist."

With a solid educational background, Dr. Ohanjanian received her Ph.D. in Child Psychology from the National Academy of Sciences in Moscow, Russia. Following her doctoral studies, she pursued postdoctoral training in Clinical Psychology at the University of California, San Francisco Medical Center, enhancing her expertise in the field.

Throughout her career, Dr. Ohanjanian has held notable academic positions, including that of Associate Professor of Psychology at Yerevan State University and the Clinic of Neurosis in Armenia. Her academic contributions have been complemented by a rich history of clinical and supervisory roles, with significant engagements at the Department of Mental Health of the City and County of San Francisco, the Mid-Peninsula Family and Children Services in Palo Alto and San Jose, and the Outpatient Psychiatry Department at Mount Zion Hospital and UCSF Medical Center in San Francisco.

Besides her academic and clinical work, Dr. Ohanjanian has actively participated in various professional organizations, serving as a member of the Multi-disciplinary Committee on Cultural Awareness, the Psychological Disaster Intervention Team, and the FEI Behavioral Health Crisis Management Team. She is a member of the American Psychological Association, the Psychological Association of the SF Bay Area (BAPA), and a longstanding board member of the Armenian Medical Association of the Bay Area (AHABA).

After the tragic events of September 11th, Dr. Ohanjanian was among the professionals featured on a live hotline at the KGO TV Channel 7 studio of the San Francisco Bay Area, where she provided her expertise and assistance during a critical moment of national tragedy.

In the realm of teaching and public speaking, Dr. Ohanjanian has an extensive track record with over 30 professional publications and presentations. These contributions showcase her expertise and willingness to share knowledge with peers and audiences. She continues to conduct workshops, training sessions, and seminars customized for a wide range of groups and organizations, underscoring her dedication and commitment to promoting learning and professional growth across diverse communities.

On a more personal note, Dr. Ohanjanian speaks English, Armenian, and Russian. In her spare time, she enjoys painting and playing the piano.

Psychology is the science of behavior and 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 significant role in promoting healthy behavior, preventing diseases, and improving patients' quality of life.

**Learn More about Dr. Ruzanna Ohanjanian:**

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/2414568-Ruzanna-Ohanjanian-Psychologist> or through her website, <https://www.dr-ruzanna.com/>

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**Media Contact**

Your Health Contact

[clientservice@yourhealthcontact.com](mailto:clientservice@yourhealthcontact.com)

Source : Ruzanna Ohanjanian, Ph.D.

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