

Sherry Nourian, PsyD, a Child, Adolescent, Individual, and Family Psychologist in Private Practice

Get to know Psychologist, Dr. Sherry Nourian, who serves patients in Tarzana, Woodland Hills, Calabasas, and adjacent areas in the San Fernando Valley.



New York City, New York Nov 21, 2023 ([IssueWire.com](https://www.IssueWire.com)) - Dr. Nourian is a child, adolescent, individual, and family psychologist providing telehealth and in-home services in the San Fernando Valley.

With specialized training in birth to five mental health and development, she extends her expertise to preschools and daycares, providing Infant and Early Childhood Mental Health consultation. This includes training and support for teachers, caregivers, children, and families, ensuring optimal developmental growth for attending infants, toddlers, and preschoolers.

While various approaches to psychotherapy exist, all hinge on the establishment of a trusting relationship with the therapist and ongoing open communication to facilitate desired change. Consequently, relationships are the core of Dr. Nourian's treatment philosophy.

With the pillars of her treatment being relationship, regulation, and reflection, Dr. Nourian addresses issues such as parent-child and family relationships, infant and early childhood mental health, child and adolescent development, disruptive and oppositional behaviors, attention deficit/hyperactivity, anxiety, depression, adjustment to life transitions, trauma and traumatic stress, as well as domestic violence and abuse.

In her practice, Dr. Nourian predominantly utilizes scientifically based approaches such as play therapy, cognitive behavioral therapy, and reflective practice. Her interactive approach involves active participation in treatment, providing feedback and recommendations.

Dr. Nourian earned her Bachelor of Arts Degree in Psychology from the University of California, Irvine. She continued her academic journey by obtaining a Master's Degree in Marriage and Family Therapy with a specialization in Child Studies from Antioch University in Los Angeles, followed by her Doctor of Psychology Degree from The Chicago School of Professional Psychology.

Among her professional affiliations include the American Psychological Association and the California Psychological Association.

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 major role in the promotion of healthy behavior, preventing diseases, and improving patients' quality of life.

Learn More about Dr. Sherry Nourian:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/3018579-Sherry-Nourian-Psychologist> or through her website, <https://www.drsherrynourian.com/>

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