

## **PRANA PSYCHOTHERAPY RESOURCES**

**Note: Below is a list of some psychotherapy providers working with the South Asian communities in Alameda, San Francisco, San Mateo and Santa Clara counties. PAMF does not sponsor or endorse any of these providers, nor does PAMF guarantee the accuracy of the information contained in this list.**

### **Alzak Amlani, Ph.D.**

#### *Locations:*

220 S. California Ave. Ste. 120, Palo Alto, CA 94306

3821 23rd St, San Francisco, CA 94114

#### *Contact Information:*

650-325-8393 and 415-205-4666

#### *On working with the South Asian community:*

I have worked as a psychologist with the Indian community for more than 15 years and for 10 years have written the "Dear Doctor" column in *India Currents* magazine addressing various psychological issues and themes of acculturation within the South Asian community in the United States.

#### *Types of clients seen:*

Individuals, couples and families

#### *Description of therapeutic style:*

My work includes short-term psychotherapy for issues such as anxiety, depression, relationship conflicts and stress. I also work long-term for those seeking deeper exploration to resolve longstanding personality issues and patterns as well as grief, trauma and addressing significant life changes.

### **Kalpana Asok, MFT of therapeutic of therapeutic**

#### *Location:*

Cupertino, CA

#### *Contact Information:*

408-808-1490     [www.kalpanaasok.com](http://www.kalpanaasok.com) or [www.calmtherapy.com](http://www.calmtherapy.com)

#### *On working with the South Asian community:*

I am from India, and have lived in the United States for more than 20 years. I enjoy working with South Asian people, value the collective cultural pride in our heritage, and I appreciate the struggle to maintain the social and familial connections of an older way of living even in this country. I

understand Tamil, Kannada and Hindi, although I communicate mostly in English.

*Types of clients seen:*

Individuals and couples

*Description of therapeutic style:*

Brief therapy as well as longer-term work

### **Shubha Herlekar, MFT**

*Locations:*

550 Hamilton Ave. Suite 308; Palo Alto, CA 94301  
Emerald Hills (near downtown Woodside & Redwood City)

*Contact Information:*

650-299-9908      [www.shubhaerlekar.com](http://www.shubhaerlekar.com)

*On working with the South Asian community:*

I look at transmissions of family, religious and cultural beliefs through the generations (and across continents) and help my patients negotiate the unique pulls of these on their own lives. I often work with South Asian women facing infertility (PCOS) and perinatal/post-natal issues that come with cultural overlays and with men in helping them to better manage stress and prevent the negative impact of anxiety and depression as they bridge their public and private worlds.

*Types of clients seen:*

Individual adults and adolescents with family consultations

*Description of therapeutic style:*

Psychoanalytic work adapted to the particular capacities of each patient and our joint decisions in how to proceed at each stage of treatment.

### **Mytrae Meliana, M.F.T.**

*Location:*

2161 Union St., San Francisco, CA 94123

*Contact Information:*

415-226-1312      [www.mytraemeliana.com](http://www.mytraemeliana.com)

*On working with the South Asian community:*

Mytrae Meliana is a licensed psychotherapist in private practice in San Francisco. She grew up in India and has an intimate knowledge of its

culture and the challenges faced by first- and second-generation immigrants.

*Types of clients seen:*

Adult individuals and couples

*Description of therapeutic style:*

Her approach integrates Western depth psychology with Eastern spiritual wisdom.

### **Seema Pai, Psy.D.**

*Location:*

39833 Paseo Padre Parkway, Ste E, Fremont, CA 94538

*Contact Information:*

925-209-3920 and 510-440-8278

<http://Therapists.PsychologyToday.com/rms/47566>

*On working with the South Asian community:*

I have experience in working in the mental health field in India. My background in Indian sociology and knowledge of multicultural issues specific to South Asian immigrants in the United States often helps to understand mental health from a social and cultural perspective.

*Types of clients seen:*

I offer psychotherapy and psychological testing (in English only) services to individuals and families (not couples). I work with children (3 years and older) and adults.

*Description of therapeutic style:*

Predominantly Cognitive Behavioral Therapy – brief treatment with a focus on positive change/acceptance. I refer out appropriately to professionals practicing DBT, EMDR and psychodynamic psychotherapy.

### **Ranjan Patel, Psy.D., MFT**

*Location:*

Burlingame, CA

*Contact Information:*

650-692-5235     [www.drranjanpatel.com](http://www.drranjanpatel.com)     [drranjanpatel@gmail.com](mailto:drranjanpatel@gmail.com)

*On working with the South Asian community:*

I have more than 25 years experience working with South Asian clients. I begin by trying to understand my client's inner world and unique South Asian values/mores: extended family dynamics, anxiety about stigma of seeking psychotherapy. I don't impose Western notions of 'psychological health,' nor do I assume my client's cultural reality, seeking instead to collaborate on the healing process.

*Types of clients seen:*

Adult individual and couples

*Description of therapeutic style:*

I do solution-oriented, directive brief therapy as well as longer-term depth/insight, and interpretive work. Contingent on client needs, I use a wide variety of psychotherapeutic modalities: cognitive/behavioral, mindfulness-based stress reduction techniques, psychodynamic/interpersonal and systems.

### **Sharon Pereira, MFT**

*Location:*

1059 El Monte Ave. Suite B, Mountain View, CA 94040

*Contact information:*

650-964-6993      [www.siliconvalleypsychotherapy.com](http://www.siliconvalleypsychotherapy.com)

*On working with the South Asian community:*

I spent the first 22 years of my life in India. Now, as part of the South Asian community of psychotherapists in the Bay Area, I provide culturally sensitive professional psychotherapy.

*Types of clients seen:*

Individual adults, children, couples and families

*Description of therapeutic style:*

Cognitive Behavioral approach

### **Khenu Singh, M.D.**

*Location:*

322 Clement St. (between 4th and 5th Avenues), San Francisco, CA

*Contact Information:*

415-221-4900      [www.khenusinghmd.com](http://www.khenusinghmd.com)

*On working with the South Asian community:*

As a second-generation Indo-American, I draw from personal experience and depth analytic work in holding exploratory space for unique issues of identity, family and development that South Asian patients each struggle with in their own ways. In addition to working with issues related to trauma, loss, relationship, life meaning and so on (tasks typical in psychotherapy), I believe my Jungian orientation allows room for spiritual experiences, practices and development that are often (though not always) part of my South Asian patients' lives.

*Types of clients seen:*

Adult individuals

*Description of therapeutic style:*

I am an integrative psychiatrist with a warm and related style, who practices Jungian and depth psychotherapy – in particular, I specialize in working with dreams, finding they can help us know what to focus on and in managing obstacles towards deeper and more authentic living.

**Sushma S. Trivedi, MFT**

*Location:*

2875 Middlefield Road, Suite # 8, Palo Alto, CA 94306

*Contact Information:*

408-206-9066      [www.sushmatrivedi.com](http://www.sushmatrivedi.com)

*On working with the South Asian community:*

First-hand experience with the Indian and American cultures, and my work in academia and high-tech industry, along with my professional training as an MFT, help me in understanding the mindset of the Silicon Valley high-tech professionals of South Asian backgrounds.

*Types of clients seen:*

Children, adolescents, individuals, couples and families

*Description of therapeutic style:*

My orientation is a combination of psychodynamic and humanistic-existential approaches.