

## Dr Sushila Srivastava

MSc (Counseling & Psychotherapy), MSc (Psychology), MA (Child Development & Family Relations), PhD 35+ Years Experience

Hospitals



Doctor's Working  
Weekdays  
Mon - Sat

Doctor's Working  
Hours  
10:00 - 14:00



Call Now



Book Appointment

## Overview

Dr. Sushila Srivastava is a highly esteemed psychologist with over 35 years of dedicated experience in the field of mental health. Based at Apollo Hospitals Greaves Road in Chennai, she has built a reputation for her compassionate approach and commitment to patient well-being. Dr. Srivastava holds multiple advanced degrees, including an M.Sc. in Counseling and Psychotherapy, an M.Sc. in Psychology, and an M.A. in Child Development and Family Relations, culminating in a Ph.D. that underscores her extensive knowledge and expertise. This robust educational foundation equips her to address a wide range of psychological issues, making her a trusted resource for individuals seeking support and guidance. Dr. Srivastava specializes in various areas of psychology, including anxiety disorders, depression, family therapy, and child psychology. Her clinical focus is not only on diagnosing and treating mental health conditions but also on fostering resilience and promoting overall emotional well-being. She employs evidence-based therapeutic techniques tailored to each patient's unique needs, ensuring a personalized and effective treatment plan. Dr. Srivastava believes in creating a safe and nurturing environment where patients feel comfortable expressing their thoughts and emotions, which is essential for effective therapy.

Her warm demeanor and empathetic listening skills help build strong therapeutic alliances, empowering patients to navigate their challenges with confidence. As a valued member of the Apollo Hospitals team, Dr. Sushila Srivastava embodies the hospital's commitment to providing comprehensive and compassionate care. Her extensive experience and dedication to her patients align seamlessly with the hospital's mission to enhance the health and well-being of the community. Whether working with individuals, couples, or families, Dr. Srivastava is passionate about making a positive impact on her patients' lives, guiding them toward a path of healing and personal growth. With her expertise and the supportive resources available at Apollo Hospitals, patients can trust that they are in capable hands as they embark on their journey to mental wellness.

## Frequently Asked Questions