

# Dr Aarthi Radhika Inuganti

MBBS, MS (Developmental Psychology Marriage & Family Therapist), Registered Play Therapist

25 + Years experience



Dr Aarthi Radhika Inuganti is a top Psychologist in Chennai at Apollo Children Hospital Chennai. Book appointment online with Dr Aarthi Radhika Inuganti at Ask Apollo.

## Hospitals

[Apollo Children's Hospital, Chennai](#)

## Doctor's Working Weekdays

Thu - Sat

## Doctor's Working Hours

11:00 -15:00

## **Doctor's Slot Timings**

TUE - 11:00 -15:00 THU - 11:00 -15:00 SAT - 11:00 -15:00 TUE - 11:00 -15:00 THU - 11:00 -15:00 SAT - 11:00 -15:00

## **Overview**

Dr Aarthi Radhika Inuganti is a distinguished Psychology based at Apollo Children Hospital Chennai. With an impressive 25 years of experience in the medical field, she has dedicated her career to providing exceptional healthcare services to patients. She holds Master of Science, Developmental Psychology Eastern Washington University, Spokane, WA. March 1996 Master of Arts, English Literature Kakatiya University, India, April 1992 Bachelor of Arts, Sociology Stella Maris College, Madras University, India, June 1990, showcasing her extensive training and commitment to medical excellence. She is proficient in multiple languages, ensuring effective communication with a diverse range of patients.

She is known for her patient-centric approach, emphasizing the importance of understanding each patient's unique needs and medical history. Her expertise encompasses a wide range of conditions related to Psychology, enabling her to deliver precise diagnoses and treatments. She ensures that patients receive care tailored to their individual health requirements.

In her practice, Dr Aarthi Radhika Inuganti goes beyond treatments by educating patients about their health conditions. This empowers individuals to take active roles in managing their health and making informed decisions. By fostering a supportive and understanding environment, she builds trust and ensures long-term health management strategies for patients.

Dedicated to staying updated with advancements in her field, Dr Aarthi Radhika Inuganti actively collaborates with other healthcare professionals to provide comprehensive care. Her commitment to improving health outcomes continues to leave a lasting impact on the lives of her patients, solidifying her reputation as a trusted name in Psychology.

## **Experience**

### **Part-time Consultant Psychologist, Apollo Children's Hospital, Chennai**

(since June 2010 - ongoing)

- Working with children and families to deal with various psychosomatic complaints, fears and anxieties such as phobias, school refusal.
- Part of the weight management program assist children identify and work on reducing emotional eating and increasing compliance with treatment plan.
- Working with the PICU team to support families after and during trauma.
- Also support staff with counseling as needed when referred by their supervisors.

### **Part-time Consultant Psychologist, Apollo Hospital, Chennai Liver Transplant Team (June 2015 - ongoing)**

- Evaluation of recipients prior to transplant utilizing SIPAT and other tools as required.
- Living Donor Evaluation as per requirements.
- Work with patients and families to support them pre and post transplant to ensure treatment compliance. To deal with anxieties, stress, etc., as related to the adjustment to the diagnosis, subsequent surgery and adjustment post transplant.

### **Part-time Consultant Psychologist, Fortis Malar Hospital, Chennai (January 2009 until 2010)**

- Worked children and adults both with inpatients and outpatients.
- Worked with doctors to support the progress and recovery of our patients.
- Director, Hathaway Sycamores Child and family Services, a joint commission accredited facility (JACHO).

### ***A Non-Profit agency, South Pasadena, CA January 2002 - August 2008***

- The program was entitled "Therapeutic Behavioral Services" and provided Behavior Modification Support and Training to children and caregivers of children from the 3 to 21 years to assist them reduce the risk of Psychiatric Hospitalization or to assist clients return to living in the community.
- As the Director of the Program responsible for a Department with over 75 staff and developing and implementing budget plans to ensure we meet a budget of 5.6 million dollars. We had the largest program of its kind in Los Angeles with strong clinical oversight and we ensured that overall client expense was the

lowest in the county.

- In addition we developed two smaller programs to work with clients in Non-Public schools with DMH approved Psychiatric Diagnosis.
- Ensured that our program and staff adhered to state guidelines and also met JACHO standards. Our agency is one of two agencies in Los Angeles that is JACHO accredited.
- Worked closely with our HR Department to recruit, trained and hire staff to meet the various needs of the Department. Developed and provided ongoing trainings Department wide as the need arose.

### **Therapist. South Bay Bright Future.**

*A foster family agency, Harbor City, CA June 2001 – January 2002.*

- Identify children's needs/goals and develop appropriate treatment plans.
- Provide weekly counseling for up to 15 children placed in treatment foster homes. And assist in the ongoing training of foster parents.
- Work with DCFS and other community agencies to identify appropriate resources available to meet children's needs.
- Assist with family reunification goals.

### **Therapist. The Grace Home for Waiting Children.**

*A Foster Family Agency, Los Angeles, Ca. February 1996 – January 1999.*

- Identify children's needs then develop and implement appropriate treatment plans.
- Provide bi-weekly in home counseling for the child and foster parent training as required.
- Assist in recruiting and identifying appropriate foster homes that meet the licensing requirements and aid in the training of foster parents to work with children with various emotional and behavioral problems.
- **Therapist. Lutheran Social Services, Spokane, WA.**

*Internship leading to a full time position in July '95, April 1994 - December 1995.*

- Work experience with an exclusive clientele of sexually aggressive and reactive youth.
- Complete intakes and assessments on clients, also develop and ensure successful execution of treatment plans.
- Provide ongoing therapy, support and training to the treatment foster families and biological families of the clients.

## **Awards**

- Awarded certificate for appreciation for significant contribution and outstanding performance in EGF106708 ( ALTTO ).

## **Research and Publication**

### **Research**

- Entitled “Cohesion and adaptability in abusive families”, this study used the Kinetic family Drawing and the Faces III, assessment tools, the results of the two tests were compared. A parent (caregiver) and a child from each family were evaluated. An attempt was also made to view differences between adult and child perceptions.
- Worked with Dr. Appleton, Professor at Eastern Washington University, on a cross cultural study, to explore children story telling, art and poetry across three continents Africa, America and India with a grant funded by USAID. After comparing and contrasting the artwork from the different countries, the data was analyzed to identify cross-cultural themes and assess the similarities and differences.
- Worked with Dr. Appleton on another cross-cultural study using an art therapy technique, “The Rosebush” to view its impact on children across Indian and American cultures.
- Spring '94, worked with Dr. Appleton on a project titled “Exceptional artist program” at the Spokane Art School, WA.

## **Special Interests**

- Cognitive Behavior modification

## **Membership**

- Licensed Marriage and Family Therapist #MFC 3751
- Registered Play Therapist # T390 (inactive status, both)

## **List of Treatments**

Doctors Treatment

[Past Life Regression Therapy](#)

[Pranic Psychotherapy](#)

[Psychotherapy Adult](#)

[Psychotherapy For Couples](#)

[Sensory Integration Therapy](#)

[Sex Therapy](#)

[Sexual Therapy](#)

[Stress Treatment](#)

## **List of Conditions Treated**

Doctors Condition

[Stress](#)

[Stress Management](#)

[Stress Management Counselling](#)

[Stress Management Specialist](#)

[Stomach Cancer](#)

[pre-marital-counselling](#)

[relationship-counselling](#)

[Psychometric Testing](#)

[Psychoanalysis](#)

[Psychoanalysis To Mourning](#)  
[Psychoanalysis To Suicide](#)  
[Psychological Diagnosis Adult And Child](#)  
[Psychological Problems](#)  
[Psychological Services](#)  
[Psychomotor](#)  
[Psychosexual Problems](#)  
[Adult Counselling](#)  
[Disorders of Sexual Differentiation](#)  
[Sexual Disorders](#)  
[Sexual Weakness](#)  
[Anxiety Disorder Counselling](#)  
[Family Problems](#)  
[Concentration Problems](#)  
[Child And Adolescent Problems](#)

## **Frequently Asked Questions**

### **Where does Dr. Aarthi Radhika Inuganti practice?**

Dr. Aarthi Radhika Inuganti currently practices at Apollo Children Hospital, located in Chennai.

### **Who is Dr. Aarthi Radhika Inuganti?**

Dr. Aarthi Radhika Inuganti is a highly experienced Psychologist with over 25 years of expertise in the field. She is known for providing exceptional patient care and advanced medical treatments.

### **Why do patients choose Dr. Aarthi Radhika Inuganti?**

Patients trust Dr. Aarthi Radhika Inuganti for her expertise, patient-centric approach, and commitment to providing the highest standard of care. She is well-versed in the latest medical advancements and ensures personalized treatment for every patient.

## **What is Dr. Aarthi Radhika Inuganti's specialization?**

Dr. Aarthi Radhika Inuganti specializes in Psychology, with expertise in Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Group Therapy, Stress Management Programs.

## **What are Dr. Aarthi Radhika Inuganti's medical qualifications?**

Dr. Aarthi Radhika Inuganti holds prestigious qualifications, including Master of Science, Developmental Psychology Eastern Washington University, Spokane, WA. March 1996 Master of Arts, English Literature Kakatiya University, India, April 1992 Bachelor of Arts, Sociology Stella Maris College, Madras University, India, June 1990.

## **How many years of experience does Dr. Aarthi Radhika Inuganti have?**

Dr. Aarthi Radhika Inuganti has over 25 years of experience in the medical field, treating various conditions related to Psychology.

## **How can I book an appointment with Dr. Aarthi Radhika Inuganti?**

You can book an appointment with Dr. Aarthi Radhika Inuganti through:  
Online: Visit [<https://www.apollohospitals.com/book-doctor-appointment/>](<https://www.apollohospitals.com/book-doctor-appointment/>) to schedule an appointment.