

Hema Prabhu, M.A.

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CLINICAL STAFF

Hema is a doctoral candidate in clinical psychology at the University of Cincinnati. She has obtained training experience with children, adolescents, adults, older adults, and their families in various settings, including academic medical centers, inpatient/partial hospitalization facilities, intensive outpatient programs, university-based psychotherapy clinics, and telehealth services.

Hema's approach to therapy is primarily cognitive-behavioral, incorporating third-wave approaches when needed to encourage acceptance without judgment. She provides evidence-based treatment and has received training in Cognitive Behavioral Therapy (CBT), Trauma-Focused-CBT (TF-CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Radically Open DBT (RO-DBT), and Motivational Interviewing (MI). She works to stay up to date on current research through her involvement with professional organizations, including the American Psychological Association (Division 40) and the International Neuropsychological Society.

In her spare time, Hema enjoys going on walks with her dog, bouldering, and foraging for mushrooms.

To contact Ms. Prabhu, please feel free to email her at hemaprabhu@asapcincinnati.com.