

Ulka Sardar, CDCA

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CLINICAL STAFF

Ulka is a Holistic Therapist with a certificate in Substance Abuse Counseling and holds a Chemical Dependency Counseling license in the state of Ohio. She feels blessed to belong to two great nations, having worked for 10 years in Mumbai, India as a General Physician with a specialty in Integrative Medicine, and then journeying to America, making Cincinnati her home for the past 14 years.

Before joining the ASAP team, Ulka was successful in implementing her Holistic Therapeutic programming for the inpatient units of a behavioral health hospital in Cincinnati. She is also a certified instructor of Empowered Relief (Stanford University) for chronic pain management with reducing opioid medication and dependency, as well as reducing anxiety, depression, fatigue, and sleep disturbances.

Ulka finds true joy working with adolescents, youth, and adults while using her passion, skills, and belief in holistic healing.