

Topic:
Causes of Depression, Symptoms and Treatment

Guest:
Shushan Khachatryan, MS, MFTI

Shushan Khachatryan is psychotherapist providing therapy to individuals, couples, families, and adolescents. Her experience includes but is not limited to the treatment of depression, anxiety, trauma, substance disorders, and a variety of other conditions. Shushan helps individuals cope with life's challenges such as, death of a loved one, domestic violence, family/relationship problems, addiction issues, chronic illness, unemployment, etc. In addition to being a compassionate psychotherapist, Shushan has presented at conferences and to general audiences speaking on a variety of mental health topics in order to help bring awareness about mental health to the community. Shushan has received numerous awards and recognitions for her work such as, California Legislature Assembly Certificate of Recognition by Assembly Member Roger Hernandez for her outstanding service and steadfast dedication in ensuring families and community members receive therapeutic program assistance and for her continued efforts in providing residents with a supportive and safe environment for a full recovery. Shushan has also received a recognition by Baldwin Park City Council, Mayor Manuel Lozano, in recognition of her collaboration and dedication to the residents and community members, as well as for her work to educate families on mental health awareness and for the out-patient services she provides to the community. Shushan is an interactive, cognitive behavioral and solution-focused therapist who is also experienced in psychodynamic therapy and uses it depending on the client's needs. Her therapeutic approach is to provide support and practical feedback to help clients effectively address personal life challenges. She integrates complementary methodologies and techniques to offer a highly personalized approach tailored to each client. With compassion and understanding, she works with each individual to help them build on their strengths and attain the personal growth they are committed to accomplishing.





Vicken Sepilian, MD, FACOG

"Your Health" host Dr. Vicken Sepilian is a current board member and Past President of the Armenian American Medical Society. He is board-certified in Reproductive Endocrinology and Infertility, as well as Obstetrics and Gynecology. He completed his residency in Obstetrics and Gynecology at Drexel University College of Medicine in Philadelphia and his fellowship in Reproductive Endocrinology and Infertility at the University of Texas. Dr. Sepilian currently practices in Los Angeles and in Glendale.

Featuring physicians and health care professionals whose areas of practice cover the entire spectrum of allied health care, "Your Health" is a dynamic resource for viewers interested in improving their health. The program emphasizes the importance of preventative care, and focuses on how people can maintain a healthful lifestyle. The program provides an opportunity for the Armenian community to address their concerns with the counsel of bi-lingual health care professionals. It also provides viewers with information about the Armenian American Medical Society (AAMS) and its activities in California and Armenia. The AAMS encourages individuals to contact local social workers to learn whether they are eligible for health insurance. AAMS doctors and nurses encourage their patients to get the insurance they deserve, and to see a physician regularly for the care that they need.