



Anxiety and Panic Disorder

Interview with Irene Yaymadjian, PsyD, LMFT

Irene Yaymadjian, PsyD, LMFT is a Licensed Marriage and Family Therapist with a Doctorate in Clinical Psychology from The Chicago School of Professional Psychology. Dr. Yaymadjian is trained in Jungian psychodynamic psychotherapy, in her private practice Dr. Yaymadjian works primarily with women suffering from postpartum depression, self-esteem issues, & individuals struggling with addiction and trauma related disorders. Dr. Yaymadjian's dissertation focused on "The Possible Relationship Between Jungian Personality Types and Burnout Risk Levels Among Psychotherapists." From this she developed a self-care prevention workshop where she volunteers her time and conducts trainings for mental health professionals across the country. Dr. Yaymadjian is the founder of Hillside Wellness Center, a nonprofit organization in Sherman Oaks dedicated to providing affordable mental health services to individuals and families in need. She completed her internship at the Maple Counseling Center in Beverly Hills and continued her studies at various residential treatment centers while building Hillside for the community. Dr. Yaymadjian is passionate about helping her community and especially working with mothers and new parents who are in need of support and guidance. In addition, she is an adjunct professor at Pepperdine University and Pacific Oaks College, where she teaches Addiction and Substance Use, Law and Ethics, Diagnostic Skills, Theories, and Practicum ready courses to Masters and Doctoral students.

Dr. Vicken Sepilian is a Reproductive Medicine specialist and is the founder and director of American Fertility Specialists Medical Group. He is double board-certified in Reproductive Endocrinology and Infertility, as well as Obstetrics and Gynecology. Dr. Sepilian has been an active member of the Armenian American Medical Society (AAMS) holding multiple leadership positions, including serving as the President from 2009 to 2013. Dr. Sepilian served as the Chairman of the 11th Armenian Medical World Congress and currently is the President of the Armenian Medical International Congress (AMIC), a nonprofit organization with chapters all over the world, with the aim of coordinating global efforts in improving healthcare in Armenia. Passionate about community education, in 2008, Dr. Sepilian launched the "Your Health" educational TV program aimed at sharing with the community the latest and most important healthcare topics. Since 2008, the show has been making house calls to tens of thousands of viewers helping educate them on preventative care and healthy lifestyles. In 2010, Dr. Sepilian, alongside other civic leaders and the former Mayor of the City of Glendale co-founded the Glendale Health Festival. Dr. Sepilian worked closely with city and state officials and local hospitals to organize this large-scale event with the aim to improve the health of the community. Dr. Sepilian is a strong

believer that success and wealth are measured by life's experiences and human interactions and that true happiness and purpose are achieved by giving. Cherished memories include debates about life and death with Dr. Jack Kevorkian, delivering pens to students in villages in Sri Lanka and teaching chess to orphans in Nepal.