

DR. MEENA GNANANSEKHARAN

Consultant Psychiatrist - Child Adolescent and Adult Psychiatry

Qualification

MBBS | MD Psychiatry | Residency in Adult Psychiatry and Fellowship in Child and Adolescent Psychiatry | Diplomat American Board of Psychiatry and Neurology | Diplomat American Board of Psychiatry and Neurology - Child and Adolescent Psychiatry

Overview

An excellent psychiatrist focusing on child, adolescent, and adult psychiatry is Dr. Meena Gnanasekharan. She brings over 20 years of expertise, exceptional background, and certifications to her practice. Dr. Meena has established herself as a leading authority on mental health because of her continuous uncompromised commitment to it. Dr. Meena is a highly sought-after consultant psychiatrist in Yeshwanthpur, Bangalore, having completed her studies at the prestigious University of South Dakota. Her areas of expertise include the treatment of psychotic illnesses, substance use disorders, trauma-related disorders, eating disorders, social anxiety, sleep disorders, and mood disorders such as Major Depressive illnesses and Bipolar Disorder Spectrum. She has exceptional expertise in managing psychiatric, eating, and sleep problems. Several mental health issues are under Dr. Meena's scope of practice. Thanks to her all-encompassing approach, she ensures everyone receives the finest help and care, from toddlers to adults. She is persistent that every person's

path to mental health is different, making a customised strategy essential. Dr. Meena's compassionate nature and deep understanding of her patient's needs create a safe space for growth and understanding. In the pursuit of complete integration of care, Dr. Meena ensures that her patients have access to a diverse team of professionals. No wonder she is considered the best psychiatrist doctor in Yeshwanthpur Bangalore. Dr. Meena Gnanasekharan strongly focuses on the value of holistic therapy because she understands how important it is to address all facets of well-being for mental health to be at its best. She combines techniques like yoga and meditation with a multidisciplinary team to provide her patients with complete therapy supporting their minds, bodies, and spirits. She has the prestigious honour of presenting the keynote talk at the prestigious 2nd World Congress on Psychiatry and Psychological Syndromes held in Spain. Dr. Meena, due to her outstanding accomplishments, which have attracted acclaim. These connections demonstrate her persistent commitment to being on the cutting edge of her industry and continuously giving her patients the most cutting-edge and efficient treatment alternatives. Dr. Meena excels in clinical practice and advances psychiatry through her compelling lectures and influential writings. Selecting Dr. Meena Gnanasekharan as your psychiatrist entails selecting a kind, knowledgeable medical expert who will lead you down the path to mental health. Dr. Meena will offer you complete and transformational mental health treatment thanks to her experience, holistic approach, and steadfast dedication to your needs. By entrusting Dr. Meena Gnanasekharan with your mental health journey, you may take the first step towards understanding and development.

Fellowship & Membership

- American Psychiatric Association (APA).
- American Academy of Child and Adolescent Psychiatry (AACAP).

Field of Expertise

- Mood Disorder: Dr.Meena aids in the treatment of Depressive disorders, and Bipolar Disorders. Treatment consists of medication management as well as psychotherapy with her experienced therapists. Including but not limited to Cognitive Behavioral Therapy, Insight Therapy, and Motivational Therapy. Her well-rounded team of individuals provide comprehensive and holistic care while treating patients.
- Anxiety Disorders: Dr.Meena aids in the treatment of Obsessive Compulsive Disorder, Panic Disorder, Social Anxiety and Generalized Anxiety Disorder. Treatment consists of medication management as well as Psychotherapy with her experienced therapists. Including but not limited to Exposure Therapy, Cognitive Behavioral Therapy, and Insight Therapy.
- Neurodevelopmental Disorders: Dr. Meena aids in the treatment of Attention Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, and Intellectual Disabilities. Treatment consists of medication management as well as psychotherapy with her experienced therapists. Treatment for this includes but is not limited to Behavior Modification Techniques, Attention Enhancing Skills, and Social Skills Building.
- Substance Use Disorders: Dr. Meena aids in the treatment of Alcohol-Related Disorders, Caffeine Related Disorders, Cannabis Related Disorders, Hallucinogen-Related Disorders, Opioid-Related Disorders, and Tobacco-Related Disorders. Treatment consists of medication management as well as psychotherapy with her experienced therapists. The treatment for which includes but is not limited to Addiction Counselling, Cognitive Behavioral Therapy, Motivational Therapy and Insight Therapy.
- Eating Disorders: Dr. Meena aids in the treatment of Anorexia

Nervosa, Bulimia Nervosa, and Binge-Eating Disorder. Treatment consists of medication management as well as psychotherapy with her experienced therapists. The treatment includes but is not limited to Cognitive Behavioral Therapy, Motivational Therapy.

Languages Spoken

- English
- Tamil
- Kannada
- Hindi

Awards & Achievements

- Future Leaders in Psychiatry Award- Emory University.

Talks & Publications

- Incidence of Depression in Antenatal and Postnatal women: A Cross-Section Study in A Private Hospital Setting In India. Gender Differences and Variability In Adult Attention Deficit/Hyperactivity Disorder and Repetitive Transcranial Magnetic Stimulation. Bovine Distal Pulmonary Arterial Media is Composed of a Uniform Population of Well- Differentiated Smooth Muscle Cells With Low Profliferative Capabilities- Published in 2003. Sustained Hypoxia Leads to the Emergence of Cells with Enhanced Growth, Migatory and Promitogenic Potential within the Distal Pulmonary Artery Wall- Published in 2009. Keynote Speaker at the 2nd World Congress on Psychiatry and Psychological Syndromes held on 11-12

November 2019 in Spain.