



# **Sheela Raja, PhD**

## **Licensed Clinical Psychologist**

Dr. Raja is a Clinical Psychologist and an Associate Professor at the University of Illinois at Chicago. She has a passion for making evidence-based psychology accessible. Dr. Raja loves working with the media to translate the latest psychological research and practice into practical suggestions to help improve the quality of people's lives. Most importantly, she is the mom of two girls who give meaning and purpose to all of her personal and professional work.

### **Expert Guest Contributor**

- CNN/HLN
- ABC-Chicago
- CBS-Chicago
- WGN-Chicago

### **Quoted Expert**

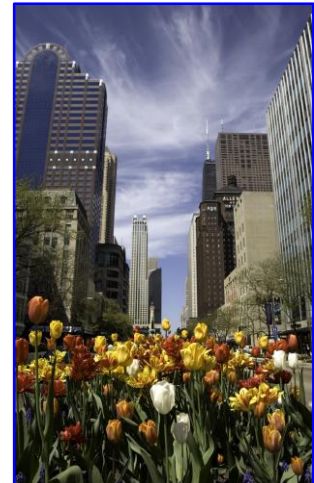
- Print: Prevention, Family Circle, Weight Watchers Magazine, Marie Claire, Esquire, Cosmopolitan
- Online: cnn.com, foxnews.com, nbcnews.com, huffpost.com

### **Education & Background**

- PhD from the University of Illinois at Chicago
- Internship and post-doctoral training at the National Center for Post-Traumatic Stress Disorder, Boston, MA.
- Published in numerous peer reviewed journals
- Author of *Overcoming Trauma and PTSD, The Sexual Trauma Workbook for Teen Girls, The PTSD Survival Guide for Teens* (New Harbinger Press)
- Highly sought after keynote speaker on stress management and post-traumatic stress
- Alum of Women's Media Center Training Program, New York

### **Breaks down difficult topics with intelligence and empathy**

- PTSD, Violence, and Trauma
- Stress Management, Health & Wellness
- Parenting and Raising Healthy Children
- Sexual Assault and Abuse
- Depression and Anxiety
- Eating Disorders
- Substance Abuse



### **Contact Information**

Email [sheelaraja@gmail.com](mailto:sheelaraja@gmail.com) Website [www.sheelaraja.com](http://www.sheelaraja.com) Twitter @sheelaraja

***Making Psychology Accessible***