

Sheena Sukhai, LCSW
Clinical Psychotherapist

Education & Training:

Sheena earned her Master's degree in Social Work from Adelphi University with a concentration in adolescent and family therapy. Following graduate school, she completed numerous clinical trainings and became certified in several evidence-based family treatment models. Her commitment to continued education has allowed her to integrate a range of therapeutic modalities to support youth and families from diverse backgrounds.

Professional Experience:

With over a decade of experience, Sheena has worked extensively throughout Orange County supporting children and families in efforts to promote permanency and family preservation. Her leadership was instrumental in launching two clinical preventive programs within the county. She has also supervised clinicians in both engagement strategies and clinical best practices. After gaining administrative experience across several agencies, Sheena transitioned to full-time private practice to return to what she finds most meaningful—providing direct, impactful therapy to the community.

Clinical Focus:

Sheena specializes in working with adolescents and families, with additional training in trauma-informed care, LGBTQ-affirming therapy, Cognitive Behavioral Therapy (CBT), and systemic family interventions grounded in second-order change. Her approach is compassionate, evidence-based, and rooted in creating safe, collaborative therapeutic relationships.