

## About Behavioral Health Dallas

Thank you for taking the time to learn about our practice! Behavioral Health Dallas is a mental wellness practice that offers an interdisciplinary, comprehensive approach to mental health services for women and everyone in their family. We provide individual and group therapy services to children, adolescents, adults and couples. Both telehealth and in-person services are offered and services are out-of-network.

### Some of our specialty services include:

#### Women's Health

- Maternal Mental Health  
*perinatal mood disorders, infertility, infant loss, maternal-child attachment*
- Women's Psychiatry Clinic  
*short-term interdisciplinary psychiatric care*
- Virtual Postpartum Support Group  
*coping and support from professionals and positive peers*

#### Child and Family Health

- Couple Therapy  
*marital conflict, communication, physical and emotional intimacy*
- Child and Adolescent Therapy  
*infant mental health, anxiety, depression, adjustment to stressors*
- Parenting Consultation/Training  
*parent training workshops, individual consultation*

#### Adult Mental Health

- General Mental Wellness  
*anxiety, depression, trauma, life adjustment, grief*
- Health Concerns  
*coping with chronic illness, oncology, diabetes, GI issues, improved adherence*

## How Are We Different?

Many providers market a women's health specialty, but few in Dallas have the expertise, knowledge, clinical and research experience to back up that claim. At Behavioral Health Dallas we are proud to provide quality care from specialized clinicians. So, what sets us apart?

- Accessible services with 5 therapy providers, 1 psychiatrist, and an easy-to-use telehealth platform
- All providers hold specialty certifications in Maternal Mental Health
- An in-house psychiatric clinic meeting the needs of high-risk patients without the long wait time
- An in-house infant and child mental health specialist
- An interdisciplinary team approach to care for the whole family
- Providers with advanced training and unique experience in maternal-child health (e.g., inpatient antepartum, postpartum, NICU, parenting research and publications, and faculty appointments at various institutions)

## How to Make an Appointment

You may call us directly at our office 214-383-8145 or email us at [info@behavioralhealthdallas.com](mailto:info@behavioralhealthdallas.com) to set up an appointment. Physicians may fax a referral to our office 972-845-1089 (fax) or give our information directly to patients. We'll return your call within 24 hours.



## Our Providers



**Katie Sardone, PhD**  
Licensed Psychologist  
BHD Owner and Founder



**Yaprak Harrison, MD, PhD**  
Psychiatrist



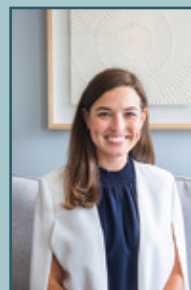
**Aysha Najjab, PhD**  
Postdoctoral Fellow



**Anna Thomas, PhD**  
Licensed Psychologist  
BHD Training Director



**Priscilla Rogers-Fahy, PsyD**  
Licensed Psychologist



**Margaret Vadiee, MA, PhD**  
Postdoctoral Fellow



**Samantha Siegel, MS, MEd**  
Licensed Professional Counselor

