Christopher Varghese, Psy.D. is a postdoctoral resident in Florida. He is a clinician at NBI providing individual and group therapy, in addition to psychoeducational testing.

Dr. Varghese has specialized training in treating obsessive compulsive disorder (OCD), depression, social anxiety, generalized anxiety, trauma, and cultural and diversity related concerns. He completed rotations throughout his graduate school career in Nova Southeastern University’s OCD and related disorders clinic as well as at ChildNet providing therapeutic services to children and families and provided therapeutic services for adults and older adults at an adult daycare in Miami. He completed his internship at the University of Memphis providing individual therapy, group therapy, psychological assessment, and couples counseling to college age-students.

Dr. Varghese primarily uses cognitive behavioral, and acceptance and commitment therapy-based techniques throughout treatment. His focus includes integrating ERP in a variety of different ways, best tailored for the client. Dr. Varghese also provides psychoeducational and testing that may be used for appropriate treatment recommendations.