



Aamani Chava, MD
2nd Year Child & Adolescent Psychiatry Fellow

Hi, I'm Aamani, one of the second-year child and adolescent psychiatry fellows. I grew up in the New York/New Jersey area and never thought I would leave the tristate. However, after finishing up my residency at Bergen New Bridge Medical Center in New Jersey, as I began interviewing and broadened my search along the East Coast, I found myself exposed to a variety of different programs. UVM and the Vermont Family Based Approach was one that stood out as it that resonated with my philosophy of practice with its approach to patient care with evidence-based treatment that focuses on the family as a unit and utilizes wellness as a resource for patients, families, and staff.

As I approach my second year at UVM, I can completely attest that my first impressions were right. This is a program that practices what it preaches as I have been able to continue to develop as a clinician, expand my academic interests in teaching and research, and create a great balance between work and family.

In my spare time, I love to explore all that Burlington has to offer in regards to the variety of restaurants, outdoor activities like hiking and skiing (I am very much still an amateur!), and the copious amounts of wineries and breweries! Because of our flexible schedule, I have the opportunity to go back to NY/NJ to visit my friends and family often as well as travel the world!