

Division of Pediatric Dermatology & Vascular Anomalies Center

Pediatric Psychology Services



We are here to help!

At CHLA's Division of Pediatric Dermatology and Vascular Anomalies Center (VAC), we know that health problems can affect feelings, behaviors, and daily life. Our Pediatric Psychology Services help patients and their families work through behavioral health issues with skin and vascular anomalies (blood vessel conditions).



What is our goal?

During their medical journey, we want to help children and families feel:

- Empowered
- Supported
- Confident

What services do we offer?

Psychology Consultation

This is a quick visit to understand your child's needs and give tailored recommendations.

Outpatient Therapy

We offer different tools and therapies such as:

- Cognitive Behavioral Therapy.
- Acceptance and Commitment Therapy.
- Tools to help with relaxation and mindfulness.
- Training to help manage tough behaviors for parents or caregivers.
- Trainings to help build social skills, problem-solving skills, and manage emotions.
- Strategies (ways) to motivate lifestyle change and healthy behaviors.
- Therapy to help with body image, self-esteem, and confidence.

How can you connect with us?

Talk to your Dermatologist (skin doctor) or VAC Team for a referral or more information.

When should you reach out to us?

- Trouble dealing with a new or existing medical diagnosis.
- Feeling nervous or worried in social situations (like at school or when with a group of friends or family).
- Worrying about what other people think.
- Feeling nervous or worried about how you and your body looks.
- Feeling nervous or worried about medical visits or procedures.
- Issues with following a medical plan (like taking medicine or using skin care as prescribed).
- Medical stress, fear, or trauma.
- Issues with managing pain.
- Issues with sleeping well.
- Feeling stressed, worried, sad, or other issues related to a medical condition.
- Low self-esteem and confidence.

Pediatric Psychology, Vascular Anomalies Center, Dermatology

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