

PHYSICIAN SPOTLIGHT



There are so many children, teens and families who are struggling with behavioral challenges, and Tara Sjuts, PhD, wants these families to know that they are not alone.

“When you’re in it, you often feel like you’re the only one who has these problems,” she said. **“But they are so much more common and universal than people think.”**

Sjuts, who is a child and adolescent psychologist, has been working at Columbus Psychiatry Clinic since December 2021. She grew up in Columbus and graduated from Scotus Central Catholic School, where she took her first psychology class and loved it.

In her practice, Sjuts spends most of her time assessing and treating children and teens for childhood mental and behavioral health disorders. She performs testing for attention-deficit/hyperactivity disorder (ADHD) and autism, and offers individual and family therapy for many different concerns.

“I love what I do because I get to work with kids and their parents every day, helping to make things go a little more smoothly for families,” she said. **“I love teaching kids and parents new skills, helping parents and kids hear and understand each other a bit better, offering perspective, and helping strengthen relationships. My favorite part of my job is seeing kids overcome anxieties, seeing smiles I haven’t gotten to see before, and seeing parents carry less stress and worry about their kids. It’s an honor to help families feel comfortable sharing the hardest parts of their stories with me.”**

Sjuts and her husband, Jake, have three children. She says that Jake is the person who has influenced her most in her life. **“We’ve been together since we were 17, and he’s been the biggest support,”** she said. **“He’s the best teammate I could imagine having.”**

In her free time, Sjuts enjoys spending time with her friends and family, going for walks, and enjoying the outdoors when the weather cooperates. She says that lifting weights, practicing yoga, and prayer keep her balanced.

**Tara Sjuts,
PhD**

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