



# DR. MUNIYA KHANNA

CLINICAL PSYCHOLOGIST, AUTHOR, RESEARCHER,  
CBT AND DIGITAL BEHAVIORAL HEALTH EXPERT

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## BIO

Dr. Khanna is an internationally recognized clinical psychologist, researcher, and digital health innovator. Her work has helped to establish the gold-standard treatment for pediatric anxiety and OCD worldwide.

As Founder and Director of the OCD & Anxiety Institute and former faculty at the University of Pennsylvania in the Department of Psychiatry, she contributed to landmark clinical trials that established gold-standard treatments, including CAMS (NEJM), the Pediatric OCD Treatment Study (JAMA), and the Family-Based Treatment of Early Childhood OCD Study (JAMA).

A pioneer in digital mental health, Dr. Khanna developed the first evidence-based e-learning programs for childhood anxiety, including Camp Cope-A-Lot and Child Anxiety Tales. These early programs helped establish the model for technology-enabled delivery of cognitive-behavioral therapy. From 2021–2025, Dr. Khanna served as Chief Digital Officer and Board Member of Lumate Health, where she led digital product strategy, platform development, and clinical innovation efforts designed to integrate evidence-based treatment models into telehealth delivery and digital care infrastructure.

Dr. Khanna's current work focuses on the next phase of behavioral health innovation: embedding clinical intelligence into digital care platforms. Her mission is to help behavioral health organizations scale high-quality care, support clinicians and patients with expert AI guidance, and prepare provider networks for outcomes-based reimbursement models.

Among her professional activities, she serves on the ABCT Digital Health Interventions Think Tank, ABCT Research and Development Advisory Board, has previously served on the APA Continuing Education Committee, and the Board of Division 53 (Society for Clinical Child & Adolescent Psychology). She is former Associate Editor of Cognitive & Behavioral Practice and Leader of the Child Anxiety Special Interest Group of ABCT.

Dr. Khanna graduated with Honors in Psychology from the University of Pennsylvania under Dr. Martin Seligman, her Ph.D. in Clinical Psychology from Temple University under the mentorship of Dr. Philip Kendall, and NIH-sponsored (T-32) postdoctoral fellowship at Columbia University under the mentorship of Dr. Anne Marie Albano.

On weekends you'll find Muniya at the squash courts cheering on her kids, Ishani at Cornell (19) and Sammy at the Haverford School (15) and planning family adventures with her incredibly smart and funny husband and biggest cheerleader, Vijay.