

Dr. Navidi is a licensed clinical psychologist with over 15 years of active membership in the American Society of Clinical Hypnosis (ASCH), where he is also an ASCH-approved consultant. He is a co-founder and past president of the Northern Virginia Society of Clinical Hypnosis, demonstrating his longstanding commitment to the field.

In the last four years, Dr. Navidi has dedicated himself to training mental health providers in advanced hypnotic techniques specifically designed to treat gastrointestinal (GI) disorders and chronic pain. His expertise in this area is further evidenced by his role as a founder of GI Psychology, a private practice focused on helping patients with these conditions. At GI Psychology, he oversees training and outreach, ensuring the highest standards of care and education.

Dr. Navidi is a respected speaker, having delivered talks on GI disorders and chronic pain at prestigious institutions such as the UNC School of Medicine, George Mason University, Georgetown University, and INOVA. His insights have also been shared through various podcasts, television appearances, and the Virginia Academy of Nutrition and Dietetics.