

Sunstone Psychiatry for Women Expands Team to Increase Women's Mental Health Care Capabilities

Christina Penderghest, CRNP, joins Sunstone, bringing more than 12 years of extensive clinical experience and a holistic approach to women's mental health

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-- Sunstone Psychiatry for Women is excited to announce that Christina Penderghest, CRNP, has joined the practice, expanding its clinical team and further strengthening its commitment to providing thoughtful [mental health care for women](#).

Christina brings a wealth of experience in psychiatric care with a holistic approach to mental health and emotional well-being. She has worked alongside Sunstone Psychiatry for Women's co-founders Dr. Morgan Lewis and Dr. Jessica Benson for several years and was previously part

of the Women's Emotional Wellness Center through Main Line Health for more than a decade. A Psychiatric Certified Registered Nurse Practitioner, Christina earned a bachelor's degree in neuroscience from Kenyon College and completed her nursing education at the University of Pennsylvania School of Nursing. Her clinical background includes community-based mental health programs, general and intensive outpatient services, partial hospitalization programs, inpatient psychiatric care, and residential treatment. This breadth of experience allows Christina to understand each patient within the larger context of her life, relationships, health, and individual treatment needs.

Christina's addition to the practice reflects Sunstone Psychiatry for Women's growth and dedication to creating a supportive environment where women can receive personalized



Dr. Morgan Lewis, left, and Dr. Jessica Benson, right



Sunstone Psychiatry for Women Logo

treatment throughout different stages of life. Sunstone was founded to deliver purposeful, evidence-based [women's psychiatric care in Philadelphia](#) and beyond.

About Sunstone Psychiatry for Women

Sunstone Psychiatry for Women offers personalized, compassionate psychiatric care that supports women's mental health and emotional well-being throughout major life transitions and hormonal changes. Through [online psychiatry](#) services, the Pennsylvania practice provides psychiatric evaluations, medication management, and psychotherapy to help women navigate perimenopause, pregnancy, postpartum, and mental health challenges.

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