

Imran Posner, MD, a Psychiatrist with Positive Mind & Body

Get to know Psychiatrist Dr. Imran Posner, who serves patients in Bala Cynwyd, Pennsylvania.



New York City, Sep 17, 2019 ([IssueWire.com](http://www.IssueWire.com)) - Dr Posner is a board-certified psychiatrist who is currently serving patients at Positive Mind & Body in Bala Cynwyd, Pennsylvania. Positive Mind & Body is a private practice for psychotherapy that includes a team of experienced medical professionals specializing in offering evidence-based treatments for depression, behavioural issues, anxiety, mood disorders, post-traumatic stress disorder, eating disorders, weight problems, relationship problems, and a full host of other mental health issues. They work to create self-awareness and develop new behavioural patterns to help each patient achieve their life goals. "I prefer to take a holistic approach, stressing the importance of spiritual and emotional health in one's well-being while also using vitamins and supplements to complement the use of more traditional psychiatric medications. Balance is essential in the treatment and in one's life" as stated by Dr Posner.

Dr Posner is also an attending physician at Devereux Children's Behavioral Health Center in Malvern, Pennsylvania. There, he and the clinical team provide psychiatric care to numerous patients and families who have been admitted to the hospital for crisis management, behavioural dyscontrol, mood difficulties, and many other issues. Dr Posner is quite familiar with the stressors of everyday life on the Main Line and in Philadelphia, having grown up in Lower Merion.

Dr Posner earned his medical degree from Drexel University College of Medicine in Philadelphia, Pennsylvania. He then went on to complete his residency in adult psychiatry at Tufts University in 2008, followed by his fellowship in child & adolescent psychiatry at the Children's Hospital of Philadelphia in 2010.

Dr Posner is board-certified in both psychiatry and child & adolescent psychiatry by the American Board of Psychiatry and Neurology (ABPN). The ABPN is a not-for-profit corporation dedicated to promoting high-quality patient care for the public through the initial and continuing certification of psychiatrists and neurologists.

Psychiatry is the medical specialty devoted to diagnosing, preventing, and treating mental disorders. These include various maladaptations related to mood, behaviour, cognition, and perceptions. Psychiatrists are medical doctors, unlike psychologists, and must evaluate patients to determine whether their symptoms are the result of a physical illness, a combination of physical and mental ailments, or strictly psychiatric. They are qualified to assess both the mental and physical aspects of psychological problems. "As a child, adolescent, and adult psychiatrist, I am uniquely qualified in using a biopsychosocial formulation to observe and evaluate the factors that may be affecting someone while also being aware of any medical problems that could be present and not yet diagnosed" as stated by Dr Posner.

Learn More about Dr Imran Posner:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/915602-Imran-Posner-Adolescent-Psychiatrist> or through Positive Mind & Body, <http://www.positivemindandbody.com/about-us/dr-imran-posner/>

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