

Christina Herring, MD, a Psychiatrist in private practice

Get to know Psychiatrist Dr. Christina Herring, who serves patients in Bryn Mawr, Pennsylvania.



New York City, Sep 11, 2020 ([Issuewire.com](https://www.issuewire.com)) - As a trusted psychiatrist, Dr. Herring specializes in the treatment of adults and teenage patients (youth over 12) with psychiatric disorders and pain management issues. She has been in private practice in Bryn Mawr, Pennsylvania since 1990.

There, she works with patients struggling with depression, anxiety, PTSD, OCD, ADD/ADHD, grief,

relationship and gender related issues, sleep disorders, weight issues, and chronic pain (limited to medical management). Her practice is also specialized in peak performance for athletics, academics, and music, and in maximizing cognitive function for optimal health and stress reduction.

A believer in the 'uniqueness' of each patient, Dr. Herring customizes the care of each patient to meet their individual needs. Appreciating that each person responds differently to treatment, she tailors care based on a variety of options. She evaluates her patients psychiatrically, physically, as well as neurologically in order to provide treatment incorporating psychotherapy, cognitive behavior therapy, TMS therapy, biofeedback, neurofeedback, and pain management. Her objective is to apply the right therapy so that each patient experiences a significant improvement in his or her quality of life and enjoyment of life, in a timely manner.

Throughout her academic career, Dr. Herring attended medical school at the Medical College of Pennsylvania, where she received the Prize of Psychiatry. She also did her residency in psychiatry at the Medical College and served as Chief Resident.

Following her training, she attained board certification in psychiatry and pain medicine by the American Board of Psychiatry and Neurology, 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.

Nowadays, she is serving on the Admission Committee at Jefferson Medical College, and supervises residents at Drexel University College of Medicine. She is also seeing patients at The Zabrecky Institute of BioMedicine in Villanova.

Psychiatry is the medical specialty devoted to the diagnosis, prevention, and treatment of mental disorders. These include various maladaptations related to mood, behavior, cognition, and perceptions. Psychiatrists evaluate, diagnose, and treat patients with mental, emotional, and behavioral disorders. They conduct thorough psychiatric evaluations, develop treatment plans, prescribe medication, and evaluate treatment results.

Learn More about Dr. Christina Herring:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2503267-Christina-Herring-Pain-Management-Specialist> or through her private practice, <http://christinaherring.com/>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Christina Herring, MD

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