

Monica Dhingra, MD, a Psychiatrist with Bergen New Bridge Medical Center

Get to know Psychiatrist Dr. Monica Dhingra, who serves patients in Paramus, New Jersey.



New York City, Sep 5, 2020 ([IssueWire.com](https://www.issuewire.com)) - Dr. Dhingra is a trusted psychiatrist appointed Director of the Psychiatric Residency Training Program at Bergen New Bridge Medical Center in Paramus, New Jersey.

Recognized as one of the largest and most well respected programs in the area, it is designed to give the residents clinical experience in adult, geriatric, addiction, and child psychiatry as well as to provide sound theoretical and clinical training and to establish a foundation for future specialization. The educational philosophy of the Psychiatric Residency Training Program is eclectic with a variety of diagnostic and treatment approaches. The interdisciplinary nature of the clinical department introduces the trainees to a wide range of well-grounded theories and therapies. The residents, under the guidance and supervision of experienced faculty, gain a broad clinical expertise in the care and treatment of a diversified patient population.

After earning her Bachelor of Medicine, Bachelor of Surgery degree from Lady Hardinge Medical College in India in 1994, Dr. Dhingra relocated to the United States to further her education. She performed her residency in psychiatry at Bergen Regional Medical Center in 2003, followed by her fellowship in geriatric psychiatry at the Albert Einstein College of Medicine in 2004.

Subsequent to her education, the doctor attained board certification in 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.

A member of the American Psychiatric Association and the New Jersey Psychiatric Association, Dr. Dhingra also serves as a board-certified adult and geriatric psychiatrist at Christian Health Care Center in Wyckoff and Wayne, New Jersey.

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.

Among her numerous accolades, Dr. Dhingra is the recipient of Patients' Choice Award (2012, 2016, 2018), Compassionate Doctor Recognition (2012, 2016, 2018), and On-Time Doctor Award (2016, 2018).

She is fluent in both English and Hindi.

Learn More about Dr. Monica Dhingra:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2941467-Monica-Dhingra-Psychiatrist> or through Bergen New Bridge Medical Center, <https://www.newbridgehealth.org/staff-members/monica-dhingra-md/>

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Your Health Contact

clientservice@yourhealthcontact.com

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