

Robert Bruce Cowan Jr., MD, a Psychiatrist & Psychotherapist in Private Practice

Get to know Psychiatrist & Psychotherapist Dr. Robert Bruce Cowan Jr., who serves patients in Greenwood Village, Colorado.



New York City, Nov 24, 2020 (Issuewire.com) - Top psychiatrist and psychotherapist, Dr. Cowan Jr., sees patients at his private practice in Greenwood Village, Colorado. He provides services such as psychotherapy with or without medication management, psychiatric evaluation and medication management when psychotherapy is not desired or indicated, independent medical evaluations, and second opinion consultations.

Seeing individuals, couples, and families, he focuses on the clinical areas of anxiety disorders, attention deficit disorder, bipolar disorder, cognitive disorders, developmental disabilities, depression, psychosis, relationship issues, sexual concerns, work concerns, and weight gain secondary to psychotropic medications.

Back in the early days of his academic career, Dr. Cowan Jr. graduated with his Bachelor of Arts degree from the University of Michigan in 1967. He then went on to graduate with his medical degree from the New York University Grossman School of Medicine in 1971.

As for his training, he completed his internship in pediatrics at Lincoln Hospital. This was followed by a residency in psychiatry at the University of Colorado and the University of Michigan, and a fellowship in consultation liaison psychiatry at the University of Michigan. He also completed The Physicians in Management Series (3 weeks) through the American College of Physician Executives.

Licensed to practice medicine in Colorado and Texas, the doctor is board-certified 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.

Having been in practice for over three decades, Dr. Cowan Jr. has been an inpatient medical director, department chairman, teacher, and supervisor. He has worked in the areas of geriatrics and developmental disabilities as well as major mental illness with a focus on eliminating and/or reducing excessive or unnecessary medications.

Among his various positions included: Full-Time Assistant Professor at the University of Texas Medical Branch (1979-1982); Board Member and Chairman of Karis, Inc. Residential Halfway House (1983-1987); Volunteer Assistant Clinical Professor at the University of Colorado (1986-1995); Medical Director for Psychiatric Services & Department Chairman at St. Joseph Hospital (1987-1997); and Quality Consultant for Psychopharmacology at Harmony Pointe Care Center.

In addition, Dr. Cowan Jr. was on staff at Cottonwood Care Center (1992-2016); Mercy Seniors Clinic (1993-1995); Total Long-Term Care Project (1993-1996); Laradon Hall (1993-2001); Community Care Programs (1994-2006); Wellness Treatment Center (Intensive Outpatient Treatment 303-777-0303); and Colorado Assessment and Treatment Center (1998-1999).

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.

Psychotherapy is the use of psychological methods, particularly when based on regular personal interaction with adults, to help a person change behavior and overcome problems in desired ways. Psychotherapists help people to overcome stress, emotional and relationship problems or troublesome habits.

Outside of the office, Dr. Cowan Jr. enjoys gardening, golfing, skiing, as well as coaching swimming, baseball, and softball. He also teaches Elder and Christian Education (elementary and adult), and serves as Chairman of the Public Information Committee of the Colorado Psychiatric Society.

Learn More about Dr. Robert Bruce Cowan Jr.:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1861343-Robert-Cowan-psychiatrist-Littleton-CO-80122> or through his private practice, <https://www.bobcowanmd.com/>

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