

Elena Bruck, MD, a Psychiatrist in private practice

Get to know Psychiatrist Dr. Elena Bruck, who serves patients in New York City, New York.



New York City, Jan 11, 2021 ([IssueWire.com](https://www.issuewire.com)) - Dr. Bruck is an established psychiatrist who diagnoses and treats patients at her own private practice in New York City, New York, which she launched in 2006. As such, she provides psychopharmacology, psychotherapy, and based-on-hard-science guidance on lifestyle modification that may significantly improve patients' well-being.

Prescribing medications and offering individual psychotherapy, Dr. Bruck believes in treatment that takes into account the whole person with their psychiatric, psychological, social, and spiritual issues. Her aim is to foster hope and insight, decrease suffering, and help her patients achieve more freedom through personal growth.

Having been practicing psychiatry for over two decades, she has staff memberships at several local hospitals, including NYU/Bellevue and Mount Sinai Beth Israel, where she is physician-in-charge of the ACT Program; and the Zirinsky Center for Bipolar Disorder at Mount Sinai Beth Israel, where she is an attending physician. She also serves as an Assistant Professor of Clinical Psychiatry at the Icahn School of Medicine at Mount Sinai.

Back in 1996, Dr. Bruck earned her medical degree from the Medical University of Vienna. Upon relocating to the United States, she went on to serve her residency at Beth Israel Deaconess Medical Center in 1999. This was followed by a fellowship in geriatric psychiatry at the same educational venue in 2003, and an additional fellowship in psychoanalysis at the New York Psychoanalytic Institute.

Considering herself “privileged to serve as science’s small vehicle of change”, the doctor has published in the fields of psychotherapy research, dementia, and seasonal affective disorders. She is also a published novelist, which aids in her understanding of the creative processes and human nature.

Furthermore, she 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.

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.

Having lived in Moscow, Vienna, and New York for many years, Dr. Bruck appreciates the beauty and relativity of all things human and can provide treatment in Russian, German, and English. She attributes her success to her love for her patients, her genuine interest in their needs, as well as her love for science and psychiatry.

Outside of the office, she enjoys reading, writing, listening to music, spending time with her family, and living in New York City. Her favorite professional publications include The American Journal of Psychiatry and The American Journal of Community Psychology.

Learn More about Dr. Elena Bruck:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/8137187-Elena-Bruck-Psychiatrist> or through her private practice,

<https://www.ebruckmd.com/AboutMe.en.html>

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