

Phillip Lee, MD, a Psychiatrist in Private Practice

Get to know Psychiatrist Dr. Phillip Lee, who serves patients in New York.



New York, New York City, Mar 5, 2021 ([Issuewire.com](https://www.issuewire.com)) - Dr. Lee is an empathic and straight-talking psychiatrist who is focused on results: feeling happier, having stronger relationships, and performing your best at work and play. In his private practice on the Upper East Side of Manhattan and in Greenwich, Connecticut, he specializes in helping patients with challenges in their personal and professional relationships; anxiety or depression, performance issues at work and in sports and the arts.

With over 30 years of experience, Dr. Lee uses an eclectic approach based on his prestigious academic training and practical, results-focused therapy. He is the Co-Head of Couples Therapy & an Assistant Clinical Professor of Psychiatry at Weill Cornell Medical Center of New York-Presbyterian Hospital in Manhattan, teaching and supervising all psychiatry residents in the practice of marital and couples therapy. He is also the Head of Sports Psychiatry where he teaches a brief and effective therapy to help professional and college and amateur athletes achieve peak performance.

In his professional experience, he is the psychiatric consultant for the best-selling coffee table books 'The Mind and The Brain'; wrote or edited the chapters on Cognitive Therapy, Behavior Therapy, Insight Oriented Therapy, and Sports Psychology in The Reader's Digest Guide To Life; is the principal author of 'Shrink Your Handicap', the essential sports psychiatry book focused on golf but applicable to all sports, public speaking, sex, business, and any other endeavor which calls for peak performance; and is

the co-author of marital treatment of the psychiatric inpatient and co-author of 'The Sixteen Greatest Marital Arguments' in the book of Bracketology.

Dr. Lee graduated with his Bachelor of Arts degree cum laude from Harvard University. He then went on to earn his medical degree from Yale University School of Medicine in 1980, after which he performed his residency at New York-Presbyterian Hospital/Weill Cornell Medical Center.

The doctor is board certified by the American Board of Psychiatry and Neurology (ABPN). The ABPN is a not-for-profit corporation dedicated to serving the professions of psychiatry and neurology.

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.

With numerous publications, seminars, podcasts, and media appearances to his credit, Dr. Lee is an expert in marital therapy. His new book, *Argument Addiction -- When You Win You Lose* is authored by himself and Dr. Diane Rudolph and available on Amazon and Kindle.

In the media, he has been interviewed on over 100 drive-by radio stations and is a sometime contributor to PGA Tour Radio. He has been quoted and interviewed in publications as diverse as Time Magazine and the New York Post on subjects as varied as marital conflict, Michael Jackson, and the World Series.

Learn More about Dr. Phillip Lee:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1268234-Phillip-Lee-Psychiatrist> or through his private practice, <https://philleemd.com/>

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