

Sarah J. Herts, DO, a Psychiatrist in Private Practice

Get to know Psychiatrist Dr. Sarah J. Herts, who serves patients in Baltimore, Maryland.



New York, New York City, Mar 6, 2021 ([Issuewire.com](https://www.issuewire.com)) - Dr. Herts is a trusted psychiatrist accepting new patients for medication management and psychotherapy in Baltimore, Maryland. She treats adults who are suffering from depression, anxiety, bipolar disorder, addiction, PTSD, OCD, ADHD, and personality disorders.

Treating individuals and couples, the types of therapy that she offers include acceptance and commitment, cognitive-behavioral, culturally sensitive, dialectical, integrative, motivational interviewing, psychodynamic, and supportive.

Easily reached and responsive to patients' needs, Dr. Herts provides a collaborative, comprehensive, and holistic approach with a life story at its center. She values continuity of care with other providers and seeks involvement from loved ones when appropriate and permitted by the patient.

"If medications are indicated, I aim to streamline your regimen by prescribing the fewest medications at the lowest effective doses. Potential side effects are taken seriously and are always discussed in detail prior to choosing a regimen. Instead of a one size fits all approach, I tailor psychotherapy to fit your preferences and personality" expressed the doctor.

Academically, Dr. Herts graduated with her Doctor of Osteopathic Medicine degree from the West Virginia School of Osteopathic Medicine in 2011. Upon graduation, she went on to perform her residency in psychiatry at the University of Maryland / Sheppard Pratt.

With a commitment to excellence, she is a Diplomate of the American Osteopathic Board of Neurology and Psychiatry (AOBNP). The AOBNP is an organization that provides board certification to qualified Doctors of Osteopathic Medicine (DO) who specialize in disorders of the nervous system (neurologists) and to qualified Doctors of Osteopathic Medicine who specialize in the diagnosis and treatment of mental disorders (psychiatrists).

In addition to serving as a psychiatrist at Sheppard and Enoch Pratt Hospital, Dr. Herts is a clinical research investigator at Pharmasite Research, Inc. As such, she has worked on numerous clinical trials of investigational treatments for central nervous system disorders, including major depression, treatment-resistant depression, obsessive-compulsive disorder, bipolar disorder, ADD/ADHD, and migraine headache.

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. Sarah J. Herts:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2854824-Sarah-Herts-Psychiatrist> or through Pharmasite Research, Inc., <https://www.pharmasiteresearch.com/meet-the-doctors-clinical-trials-study-research-baltimore-maryland>

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clientservice@yourhealthcontact.com

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