

Dr. Elizabeth Thy Nguyen, MD, ABPN, Psychiatric Physician in Texas

Get to know the psychiatrist, Dr. Elizabeth Thy Nguyen, MD, ABPN, who sees patients in-person in Houston and via telehealth in Texas.



New York, New York City, Oct 1, 2021 ([Issuewire.com](https://www.Issuewire.com)) - A board-certified adult psychiatrist, Dr.

Nguyen is a medical doctor who specializes in diagnosing and treating mental disorders.

Her areas of clinical expertise include depression, anxiety, panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, adjustment disorder, and bereavement/grief.

Dr. Nguyen is an astute clinician. She is keen on conducting thorough psychiatric evaluations, examining the interplay of mental disorders with social factors and cultural influences. She has a holistic approach to treating patients, and believes in using medications when indicated. When evaluating patients, Dr. Nguyen may also refer patients to a psychologist, therapist, or licensed counselor for “talk therapy”, the combination of medications and therapy optimizes patient outcome.

Regarding her educational background, Dr. Nguyen received her extensive medical and psychiatric residency training from UTHealth University of Texas Health Science Center at Houston, an integral part of The Texas Medical Center, best known as the largest medical center in the world. After earning her medical degree from UTHealth, she was accepted into the rigorous 4-year residency training program at UTHealth’s Department of Psychiatry and Behavioral Sciences.

Dr. Nguyen is fully licensed and is board-certified by the American Board of Psychiatry and Neurology (ABPN). She will be taking appointments in her practice starting November 1, 2021: www.MyMindSetMD.com. She believes in evidence-based, physician-led, patient-focused care. Her practice model is a combination of direct patient care (DPC) and concierge.

Before seeing patients in her practice, Dr. Nguyen served as an Assistant Professor within the UTHealth Department of Psychiatry and Behavioral Sciences’ Harris County Psychiatric Center, one of the largest psychiatric hospitals in the world, where she worked with a multidisciplinary team to provide psychiatric care. In addition, she trained and provided mentorship to a vast group of third-year medical students, fourth-year medical students, and resident physicians.

In addition to being a psychiatric physician, Dr. Nguyen is a certified Life Coach. She received her certification from The Life Coach School. The Life Coach School program by Brooke Castillo is certified by the International Coaching Federation (ICF).

Dr. Nguyen is proficient in the Vietnamese language. Dr. Nguyen and former co-residents produced a popular TV series in Vietnamese on psychiatric disorders with the goal to educate the public on mental illnesses and decrease stigma in the Vietnamese community. She also co-hosted a monthly live radio show for Saigon Houston 900AM.

Learn More about Dr. Elizabeth Thy Nguyen:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/259198-Elizabeth-Nguyen-Psychiatrist> or through her website at www.MyMindsetMD.com

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Source : Dr. Elizabeth Thy Nguyen, MD, ABPN

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