

## **Zana Dobroshi, MD, a Psychiatrist with Harlem Hospital Center and Queens College Psychological Center**

Get to know Psychiatrist Dr. Zana Dobroshi, who serves patients in New York, New York.



**New York, New York City, Sep 24, 2021 ([IssueWire.com](http://IssueWire.com))** - A top professional in the field of psychiatry, Dr. Dobroshi is an attending physician at Harlem Hospital Center and the Site Director at Queens College Psychological Center. Her clinical interests include public psychiatry, treatment of PTSD, childhood schizophrenia, and other severely impaired children in the public system.

Harlem Hospital Center has provided health care services to the residents of Harlem for 120 years. Currently, it is a Level I Trauma Center and has a successful tradition of training dentists, physicians, and surgeons.

An Albanian ethnic from the Republic of Kosovo, Dr. Dobroshi received her medical degree from the University of Belgrade Faculty of Medicine in Yugoslavia in 1972. Subsequently, she received her Doctor of Philosophy degree in Child Psychiatry with studies in Child Psychodynamics, Psychotherapy, and Creativity at the University of Zagreb Medical System in Croatia in 1982.

After relocating to the United States, she completed her residency training in adult, child, and adolescent psychiatry at University Hospitals in Cleveland, Ohio. In 1999, she completed a fellowship program in pediatric hypnotherapy and biofeedback, cognitive behavioral therapy, and stress management in the same institution. In 2010, she completed another two-year fellowship in child and adolescent public psychiatry at Columbia University, New York State Psychiatric Institute.

Subsequent to her education, the doctor attained board certification in psychiatry & child and adolescent psychiatry through 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.

With a passion for teaching, Dr. Dobroshi serves as an attending psychiatrist at NYC Children's Center where she teaches and supervises residents while helping with the development of research and evidence-based medicine during residency training. At the same time, she shares her extensive medical knowledge and insight with medical students by teaching Clinical Psychiatry at Columbia University College of Physicians and Surgeons. Besides active teaching, she supervises, advises, and mentors the residents at NYC Children's Center and Harlem Hospital Center.

In her professional experience, she continues to be a part of faculty at the Center for Mind-Body Medicine in Washington D.C. where she contributes to fieldwork with the traumatized populations in Kosovo, Jerusalem, and the Gaza Strip. She has also shared her time with UNICEF to reach out to the traumatized Albanian children and families post-political conflicts in Kosovo and Macedonia (1997) and has volunteered with Disaster Psychiatry Outreach in New York City ensuing 9/11 events.

With a vast history in both teaching and practicing, Dr. Dobroshi has served as an Associate Professor of Psychiatry at the University of Pristine, Kosovo while serving as Director of Child Psychiatry Ambulatory Care (1982-1985), Assistant Professor of Psychiatry at Case Western Reserve University in Cleveland where she was also an Attending Physician at the University's Hospital (1998-2000) and has served as an Assistant Clinical Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai where she also served as Medical Director of the Child Unit at Elmhurst Hospital (2000).

Furthermore, she was a Visiting Professor of Psychiatry in Chapel Hill, North Carolina (1985-1986) and

Visiting Professor for Child Advocacy with the International and World Health Organization in Kosovo, where she gained experience in teaching and supervising professionals and helping with the development of child psychiatry services (1999-2000).

Continuously advancing her efforts, Dr. Dobroshi is a proud member of the American Psychiatric Association, the International Adolescent Psychiatric Association, the American Child and Adolescent Psychiatric Association, the American Association of Directors of Psychiatric Residency Training, and the Albanian American Medical Association, where she serves as Co-Chair in the Board of Directors.

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.

Deservingly recognized by numerous awards for her outstanding work, Dr. Dobroshi has been named a Fellow of the American Psychoanalytic Association and in 2012, one of the Top Leading Physicians in the World. She holds multiple teaching awards including Child Psychology Residency training at Case Western University (1998), Harlem Hospital (2006, 2008, and 2011), and in the Division of Child and Adolescent Psychiatry at New York-Presbyterian University Hospital System (2011). She has also received the Patients' Choice Award (2018), On-Time Doctor Award (2018), and has been recognized for her Volunteer Activities in the Community by the Albanian American Women's Organization "Motrat Qiriazi".

#### **Learn More about Dr. Zana Dobroshi:**

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/8128253-Zana-Dobroshi-Psychiatrist> or through Harlem Hospital Center, <https://www.cumc.columbia.edu/harlem-hospital/fellowship-programs/child-psychiatry/faculty>

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