

Eileen A. Zhivago, MD, a Psychiatrist with Cohesive Health and Wellness

Get to know Psychiatrist Dr. Eileen A. Zhivago, who serves patients throughout the State of New Jersey.



New York City, New York Dec 6, 2021 ([Issuewire.com](https://www.issuewire.com)) - A board-certified psychiatrist, Dr. Zhivago is the Founder of Cohesive Health and Wellness, with office locations in Westfield and Allendale, New Jersey. She specializes in treating adults, children, adolescents, and their families to help them better

understand and manage important challenges in their lives. She takes a conservative yet modern approach in her strategies aimed to ensure the most positive outcomes for her patients.

“I’m a huge believer in reducing the stigma of mental health—there’s no shame in walking into a doctor’s office to get a strep test when you’re feeling under the weather, and the same should apply when seeking help to improve yourself emotionally and psychologically” expressed Dr. Zhivago.

A native of Romania, she graduated with her medical degree from Victor Babes University of Medicine and Pharmacy. After relocating to the United States, she completed her residency in psychiatry at Rutgers, New Jersey Medical School where she also served as Chief Resident. She then pursued her fellowship training in child and adolescent psychiatry at Mount Sinai-St. Luke’s Roosevelt Hospital Center in New York City.

Following her training, the doctor attained board certification in psychiatry and child & 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.

Upholding her relationship with the academic field, Dr. Zhivago serves as a Clinical Assistant Professor at Rutgers, New Jersey Medical School, and as a Clinical Instructor at Mount Sinai Hospital Center.

An active member of the American Psychiatric Association, and the American Academy of Child and Adolescent Psychiatry, her scientific work has been published in the Journal of Neuropsychiatry and Clinical Neurosciences and the American Journal of Psychiatry Residents Journal. She has also given presentations at the American Psychiatric Association, the American Medical Association, and the Institute of Psychiatric Services.

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.

As a testament to her success, Dr. Zhivago was named among New Jersey’s Favorite Kids’ Docs in 2020.

Learn More about Dr. Eileen A. Zhivago:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/83845619> or through Cohesive Health and Wellness, <https://www.cohesivehealthandwellness.com/dr-eileen-zhivago-md>

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