

Shirley Rajan, MD, a Psychiatrist with The Rajan Center for Family Wellness

Get to know Psychiatrist Dr. Shirley Rajan, who serves patients in Springfield, New Jersey.



New York City, New York Jul 6, 2022 ([Issuewire.com](https://www.issuewire.com)) - A board-certified and fellowship-trained psychiatrist, Dr. Rajan tends to patients at her private practice - The Rajan Center for Family Wellness - in Springfield, New Jersey. Her experience enables her to offer effective outpatient, individualized, psychological care. She treats a number of mental health disorders, and provides a neutral ground to individuals, families, and couples.

The doctor specializes in treating teens and adults struggling with high-risk self-harm behaviors and chronic suicidality, focused on improving the management of emotions and decreasing impulsive, destructive behaviors through the use of multiple modalities including medication management. She also specializes in the treatment of eating disorders for teens and adults.

“I established the Rajan Center for Family Wellness because I believe a comprehensive assessment, a working alliance with clients and families, and collaboration with all treatment providers should be the foundation of any treatment. I am a dual board-certified adult and child-adolescent psychiatrist with extensive experience in treating patients with complex emotional and behavioral challenges. I am well adept at addressing issues ranging from depression to ADHD, to behavioral issues, to struggles with addiction. I believe in balancing multiple psychotherapeutic modalities with psychopharmacology”

expressed Dr. Rajan.

Pertaining to her educational pursuits, she received a dual Bachelor of Science degree with honors from Rutgers University studying Psychology and Neuroscience. She then went on to complete her residency in psychiatry and fellowship in child & adolescent psychiatry at the University of Massachusetts, where she gained extensive training in solution-focused therapy, motivational interviewing, cognitive behavioral therapy, and dialectical behavioral therapy.

An authority in her field, Dr. Rajan is board-certified in psychiatry and child & adolescent psychiatry by the American Board of Psychiatry and Neurology (ABPN). The ABPN is a not-for-profit corporation dedicated to promoting high-quality patient care for the public through the initial and continuing certification of psychiatrists and neurologists.

After completing her education, she served as the Associate Medical Director of a Partial Hospital (PHP) and Intensive Outpatient (IOP) Adolescent Dialectical Behavioral Program at Princeton House Behavioral Health. She then worked in an inpatient eating disorder unit and outpatient eating disorder PHP/IOP.

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. Shirley Rajan:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2903976-Shirley-Rajan-Psychiatrist>, or through The Rayan Center for Family Wellness, <https://rajanfamilywellness.com/>

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Source : Shirley Rajan, MD

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