

Rebecca Short, DO, MPH, a Psychiatrist and Medical Director with Silicon Valley Behavioral Health

Get to know Psychiatrist Dr. Rebecca Short, who serves patients in California.



New York City, New York Aug 31, 2022 ([Issuewire.com](https://www.issuewire.com)) - Dr. Short is a board-certified adult psychiatrist who believes in using a whole-person approach to meet the mental health care needs of the individual. She is the Medical Director at Silicon Valley Behavioral Health, Integrated Clinical Neurosciences. She spends most of her time in offices in Corte Madera/Marin and San Francisco, California while using telehealth to see patients in Mountain View, Pleasanton or East Bay, and San

Jose.

As such, she treats a broad range of mental health disorders such as depression, anxiety, OCD, eating disorders, bipolar disorders, and personality disorders. She also takes a concerted approach to treating trauma-related disorders, eating disorders, and attention deficit hyperactivity disorders (ADHD).

Academically, Dr. Short completed a Bachelor of Science degree in both Nutritional Sciences and Life Science at Kansas State University. After working as a nutrition consultant in southern California for a year, she completed a Master of Public Health degree at Touro University. She then went on to pursue an osteopathic medical degree at the Western University of Health Sciences of the Pacific, where she ranked in the top 10% of her academic class. She completed her residency in psychiatry at the University of California Davis Medical Center in Sacramento and was Chief Resident in her final year.

During her residency, Dr. Short worked with two attending psychiatrists to create a program focused on promoting resilience, education, and support for patients recovering from trauma. She has extensive experience in practice areas related to trauma, women's health, eating disorders, neurodevelopmental disorders such as ADHD and ASD, LGBTQ+ mental health, and in working with professionals in the high-tech industry of the Bay Area.

A member of the American Psychiatric Association, she is board-certified in psychiatry by the American Osteopathic Board of Psychiatry and Neurology (ABPN). The AOBPN is an organization that provides board certification to qualified Doctors of Osteopathic Medicine (DOs) who specialize in disorders of the nervous system (neurologists) and to qualified DOs who specialize in the diagnosis and treatment of mental disorders (psychiatrists).

Dr. Short's areas of research include interventional psychiatry, psychedelic medicine, and ketamine-assisted treatment for PTSD.

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. Rebecca Short:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/84780884-Rebecca-Short-Psychiatrist>, or through Integrated Clinical Neurosciences, <https://www.siliconvalleytms.com/therapists/rebecca-short-do-mph/>

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