

## **Rowena Francisco, MD, a Psychiatrist with Hidden River**

Get to know Psychiatrist Dr. Rowena Francisco, who serves patients in New Jersey.



**New York City, New York Feb 7, 2023 ([Issuewire.com](https://www.issuewire.com))** - A highly experienced and well-respected psychiatrist, Dr. Francisco sees patients at Hidden River in Chester, New Jersey. She treats a wide range of mental health issues, including eating disorders, anxiety, OCD, ADHD, PTSD, substance abuse, bipolar disorder, and developmental disorders such as autism, schizophrenia, and schizoaffective disorder.

Upholding an integrated approach to treatment, she combines medication with a variety of therapeutic methods such as CBT, DBT, psychodynamic therapy, behavioral modification, and family and individual therapy. In addition, she places emphasis on holistic remedies like meditation, mindfulness, diet, sleep hygiene, positive self-talk, and coping skills. Her ultimate goal as a psychiatrist is to help her patients lead meaningful, productive, and happy lives.

Before embarking on her professional journey, Dr. Francisco earned her medical degree from the University of the East Ramon Magsaysay Memorial Medical Center in the Philippines. Upon relocating to the United States, she completed a residency in pediatrics at Newark Beth Israel Medical Center, followed by a residency in psychiatry at UMDNJ and a fellowship in child/adolescent psychiatry at the Robert Wood Johnson Medical Center.

Licensed to practice medicine in both New Jersey and California, the doctor is a Diplomate of 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.

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. Francisco was voted as one of America's Top Psychiatrists by the Consumers' Research Council of America.

### **Learn More about Dr. Rowena Francisco:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2235271-Rowena-Francisco-Psychiatrist> or through Hidden River, <https://hiddenriverhealing.com/staff/dr-rowena-francisco/>

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## **Media Contact**

Your Health Contact

clientservice@yourhealthcontact.com

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