

Jessica Carbajal, MD, a Psychiatrist with Resilience Psychiatry, PC

Get to know Psychiatrist Dr. Jessica Carbajal, who serves patients in East Setauket, New York.



New York City, New York Jun 1, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Carbajal is a dual board-certified child, adolescent, and adult psychiatrist whose areas of expertise include ADHD, mood disorders, trauma, and anxiety. She works alongside Ricardo Cáceda, MD, Ph.D. & Elizabeth Wexler, LMSW at Resilience Psychiatry, PC.

Doing in-person and telehealth (online) visits in the state of New York, Dr. Carabjal does psychiatric evaluations, consultations, psychopharmacological (medication) management, and psychotherapy. She believes that an integrative and individualized approach can help children and adolescents overcome depression and anxiety, and develop his/her capabilities to achieve their goals and to live a healthy and fulfilling life.

“Navigating healthcare systems can be challenging and frustrating. I believe that a direct, open, and compassionate approach brings the ideal environment for children to overcome depression, anxiety, and other challenges that life throws. After many years working in academia and private practice, I found that in conjunction with medications and/or therapy, the active participation of families is crucial for my patients to improve. Medications and therapy are great modern tools to improve mental illness, but not enough. Active and open communication with patients and families often makes the difference between a successful and failed treatment” expressed Dr. Carbajal.

Educated in Peru, she attended medical school at Universidad Peruana Cayetano Heredia, School of Medicine. She then relocated to the United States, completing her residency in psychiatry at the Icahn School of Medicine at Mount Sinai in New York, where she served as chief resident.

Furthering her training, Dr. Carbajal completed her fellowship in child and adolescent psychiatry at the University of Miami Miller School of Medicine/Jackson Memorial Hospital.

Since then, she has worked in academia and private practice. More recently, she has served as an Assistant Professor in the Department of Psychiatry at Stony Brook University.

Seeking to improve each patient’s quality of life, Dr. Carbajal is board-certified in child and adolescent psychiatry & adult 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.

Progressing in her profession, she is an active member of the American Academy of Child and Adolescent Psychiatry.

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. Jessica Carbajal:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/540886-Jessica-Carbajal-Adolescent-Psychiatrist>, or through Resilience Psychiatry, PC, <https://resilience-psychiatry.com/who-we-are>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey toward optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Jessica Carbajal, MD

[See on IssueWire](#)