

Jessica Beachkofsky, MD, a Psychiatrist with Beach Health MD

Get to know Psychiatrist Dr. Jessica Beachkofsky, who serves patients from Florida via telehealth.



New York City, New York Jul 19, 2023 ([IssueWire.com](https://www.issuewire.com)) - A board-certified psychiatrist, Dr. Beachkofsky is the Owner of Beach Health MD, a virtual psychiatric practice for Florida residents. Recognizing the importance of a holistic approach to mental health care, she understands that each individual's unique circumstances, medical conditions, and complex histories must be taken into account. She is particularly dedicated to serving individuals navigating major life transitions, such as college graduation, relocation, or parenthood.

In her clinical role, she specializes in positive psychiatry, but her training extends to various therapeutic modalities, including cognitive behavioral therapy, mindfulness, supportive and insight-oriented therapy, and psychodynamic psychotherapy. Her primary goal is to empower patients to make informed decisions about their treatment, aligning with their personal values, whether it involves medication, therapy, or a combination of both. She finds her work most rewarding when patients actively engage in their mental wellness journey, with the ultimate aim of graduating from care when they feel ready.

A native of Florida, Dr. Beachkofsky pursued her undergraduate degree in Biomedical Science at University of South Florida, Tampa. She then obtained her medical degree from the Uniformed Services University F. Edward Hebert School of Medicine in 2008 and completed her residency in psychiatry at the University of Texas Health Science Center at San Antonio in 2012.

With an unwavering commitment to her specialty, Dr. Beachkofsky has been board-certified in 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.

In order to remain up to date in her field, Dr. Beachkofsky is an active member of the American Psychiatric Association and the Florida Psychiatric Society. She has over a decade of service in the military and has gained invaluable expertise, from overseeing an inpatient psychiatric unit as the medical director to teaching within the graduate medical education system and caring for outpatients in virtual clinics.

Passionate about teaching, she currently provides talks and educational resources to boost collaboration between therapists and psychiatrists through a website called Brain Bites with Dr. B. She previously taught within the graduate medical education system (medical students, interns, residents) and provided training and collaboration within different mental health disciplines.

Optimistic, engaging, and outcome-oriented, Dr. Beachkofsky approaches her practice philosophy with a wealth of knowledge and insight. She recognizes that personal growth and transformative change require dedication and hard work. Her passion lies in partnering with patients to help them unlock their full potential and optimize their mental well-being.

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.

On a more personal note, Dr. Beachkofsky attributes her successes to creativity and grit! She has excellent people and communication skills and loves to come up with innovative and effective ways to get things done. She can also stick with it when things get tough because she has an optimistic outlook!

Learn More about Dr. Jessica Beachkofsky:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/647883-Jessica-Beachkofsky-Psychiatrist> or through Beach Health MD, <https://beachhealthmd.com/>

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