

Kathy A. Gallardo, MD, PhD, a Child, Adolescent, and Adult Psychiatrist with Alaska Psychiatric Solutions

Get to know Psychiatrist Dr. Kathy Gallardo, who serves patients in Juneau, Alaska, and throughout the state.



New York City, New York Aug 10, 2023 ([Issuewire.com](https://www.issuewire.com)) - A devoted child, adolescent, and adult psychiatrist, Dr. Gallardo tends to patients at Alaska Psychiatric Solutions. She strives to create a safe and welcoming environment, and encourages patients to openly discuss their concerns and participate in developing their treatment plans. She considers each patient's unique background, personal narrative, and history as essential components of their health and wellness plan.

Back in the early days of her academic career, she earned her medical and neuroscience doctorates from the University of California, Irvine, where she integrated scientific, clinical, and leadership skills to promote human health effectively. Her dedication to excellence led her to pursue further post-graduate training at the prestigious Yale New Haven Hospital, where she completed her psychiatric internship and residency.

However, Dr. Gallardo's thirst for knowledge and her desire to make a significant impact in the field of psychiatry did not stop there. She sought to expand her expertise and understanding of neurodevelopment and behavior, and as a result, she undertook a combined clinical and research Child and Adolescent Psychiatry Fellowship at the esteemed National Institute of Mental Health (NIMH) and Children's National Medical Center (CNMC).

Her commitment to excellence is evident in her certifications as a Diplomate of the American Board of Psychiatry and Neurology (ABPN) in both general psychiatry and child & adolescent psychiatry. 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.

Beyond her extensive clinical experience, Dr. Gallardo has over two decades of expertise in providing expert medical and psychiatric support to elite teams, analyzing leadership in the national security community, and consulting with senior U.S. diplomats on management strategies. Her knowledge extends to organizational behavior, inter-agency collaboration, and disaster response and management. She is not only a seasoned practitioner but also a distinguished author and co-author, with numerous peer-reviewed articles published in scientific journals. Additionally, she has been privileged to share her wealth of knowledge through extensive lectures in her areas of expertise.

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. Kathy Gallardo:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/220760-Kathy-Gallardo-Psychiatrist> or through Alaska Psychiatric Solutions, <https://www.alaskapsychiatricolutions.com/>

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