

Barbara Lampert, MD, FASAM, a Psychiatrist with Michael's House

Get to know Psychiatrist Dr. Barbara Lampert.



New York City, New York Dec 29, 2023 ([Issuewire.com](https://www.issuewire.com)) - She entered Medical School knowing she'd pursue a career in psychiatry, a lifelong interest of hers. She got her MD degree at Downstate Medical School, did her internship at Georgetown University, and her Residency was completed at UCLA in Los Angeles. She was Board Certified in Psychiatry in 1987.

After completing her residency she joined the newly opened Center for Mood Disorders in Los Angeles, a true state-of-the-art practice specializing in cutting-edge psychopharmacologic and therapeutic treatment of mood disorders. The clinicians were all graduates of the UCLA psychiatric program. She also opened a private practice in Los Angeles and was an Assistant Clinical Professor at UCLA.

A growing interest in teaching and academia led to a move to Santa Fe, New Mexico where she joined the faculty of The University of New Mexico Medical School in Albuquerque and opened the first Affective Disorders Clinic, teaching psychiatric residents and treating severely ill patients. She opened a private practice in Santa Fe as well, and in addition, joined a Dialectic Behavior Therapy Consultation Team where she met weekly with team members for years. In addition, she was trained in Eye Movement Desensitization and Reprocessing (EMDR).

After many years in Santa Fe, she relocated to Palm Springs, California in 2008, taking a position at Michael's House, a highly respected rehab facility treating co-occurring disorders. She had seen the rates of substance dependence in her Mood Disorder patients and her interest in the growing epidemic of addiction fueled her decision to begin a serious study of addiction. She took and passed the American Board of Addiction Medicine's first examination in Addiction Medicine in 2011.

She is now doing telepsychiatry and hopes to combine her knowledge of various forms of psychotherapy with her unique skills as a psychopharmacologist. In particular, she hopes to help patients dealing with prolonged grief. The trauma of the losses many experienced during the pandemic, the political instability around the world, the losses from gun violence, spousal abuse, sex trafficking of children, racism, anti-Semitism, and drug overdoses; these catastrophes have now manifested in increased suicides, depression, and intolerable grief.

Learn More about Dr. Barbara Lampert:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/3190228-Barbara-Lampert-Psychiatrist>

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