

Joann Ng, MD, a Psychiatrist in Private Practice

Get to know Psychiatrist Dr. Joann Ng, who serves patients in Santa Barbara, California.



New York City, New York Dec 6, 2023 ([Issuewire.com](https://www.Issuewire.com)) - Dr. Ng is a California-licensed psychiatrist who sees patients at her private practice, with offices in Santa Barbara and Solvang.

Her approach involves gaining a multifaceted understanding of her patients, aiming to assist them in effectively managing stressors associated with symptoms. Dr. Ng is dedicated to providing optimal treatments, coupled with support, guidance, and contemporary evidence-based practices. Her methodology is results-oriented, and holistic, and combines cognitive and humanistic psychotherapy styles, incorporating the judicious use of Eastern and Western-informed medicine when necessary.

Acting as a consultant for The Dunn School in Los Olivos, Dr. Ng conducts psychiatric evaluations and medication assessments for students on campus. In addition, she places emphasis on mind-body interventions and possesses additional training in utilizing medical hypnosis and guided imagery for addressing quality-of-life issues such as psychosomatic concerns, pain management, pre/post-surgery, stress reduction, TMJ, relaxation training, and ego strengthening.

Her hospital affiliations include Goleta Valley Cottage Hospital, Santa Barbara Cottage Hospital, and Santa Ynez Valley Cottage Hospital.

After graduating with her Medical Degree from the Icahn School of Medicine at Mount Sinai, Dr. Ng went on to complete internship and residency training at Harbor-UCLA Medical Center in L.A. She is well-trained in Eastern and Western medicine approaches to mental health and has been educated in a broad range of psychotherapy modalities.

Board-certified in adult psychiatry, Dr. Ng has been a Diplomate of the American Board of Psychiatry and Neurology (ABPN) since 2006. The ABPN is a not-for-profit corporation dedicated to serving the professions of psychiatry and neurology.

In her professional journey, Dr. Ng served as the Director of the Adult Attention-Deficit/Hyperactivity Disorder Clinic at North Shore-Long Island Jewish Medical Center in New York City from 2006-2007. Following that, she became the Founding Medical Director of the Harbor-UCLA Wellness Center from 2007-2009 and has maintained a solo private practice since 2009.

As an active member of the Central Coast Medical Association, the California Medical Association, the American Psychiatric Association, and the Southern California Psychiatric Society, Dr. Ng continues to contribute to the field of 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.

In her free time, Dr. Ng enjoys traveling to new places, reading about expanding consciousness, practicing qigong/ yoga, and writing in her garden.

Learn More about Dr. Joann Ng:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/569681-Joann-Ng-Psychiatrist> or through her website, <https://www.joannngmd.com/>

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