

Leigh Harrington, MD, MPH, MHSA: Transforming Lives Through Compassionate Care

Dedicated to Empowering Individuals to Overcome Challenges



New York City, New York Jun 18, 2024 ([IssueWire.com](https://www.IssueWire.com)) - A multi-talented physician, psychiatrist,

therapist, trainer, and coach, Dr. Harrington works with patients at her private practice in Davis, California.

Born and raised in a close-knit midwestern town, her passion for healthcare and mental wellness was ignited at a young age. After completing her medical studies in Michigan, she ventured to California in 2003, where she immersed herself in the field of psychiatry. Her training at Stanford, under the mentorship of Dr. David Burns, profoundly influenced her approach to psychotherapy, personal growth, and empowerment.

As Chief Resident at Stanford, Dr. Harrington honed her skills and knowledge, paving the way for a successful career in mental health services. Her tenure as the medical director for mental health services in Yolo County exemplifies her commitment to improving the well-being of her community. Additionally, her contributions as a Volunteer Clinical Faculty at UC Davis Department of Psychiatry underscore her dedication to teaching and mentorship.

Beyond her professional achievements, she finds joy in her role as a mother to two daughters. Balancing the demands of parenthood with a thriving career, she exemplifies resilience and compassion in all aspects of her life. Her commitment to personal growth extends beyond her work, as she embraces new experiences such as learning to play the guitar and exploring the beauty of nature through hiking, biking, and swimming.

On a more personal note, Dr. Harrington's journey is a testament to the transformative power of compassion and empathy. Grateful for the unwavering support of her friends, family, and mentors, she continues to inspire those around her with her dedication to helping individuals achieve their full potential. Through her work and personal experiences, she embodies the essence of living a life filled with purpose, love, and empowerment.

Learn More about Dr. Leigh Harrington:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2748277-Leigh-Harrington-Psychiatrist>, through TEAM Therapy Training, <https://www.teamtherapytraining.com/about> or through her website, <http://www.leighharringtonmd.com/>

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