

Board Certified Child & Adolescent Psychiatrist, Sheila Furey, MD, Pioneers a Holistic Approach to Cognitive Challenges

Revolutionizing Learning Interventions and Neuroplasticity at Train Your Brain MD in Richmond, Virginia



New York City, New York Aug 6, 2024 ([IssueWire.com](https://www.IssueWire.com)) - Dr. Sheila Furey, MD, a leading expert in child and adolescent psychiatry with over three decades of experience, is spearheading a groundbreaking initiative at Train Your Brain MD in Richmond, Virginia. Alongside her esteemed co-teacher, Rita Kamler-Hester, Dr. Furey is redefining the approach to cognitive challenges by integrating

medical, neurologic, psychological, and holistic methodologies.

With a relentless dedication to understanding the intricate needs of students across all age groups, Dr. Furey and her team at Train Your Brain MD provide unparalleled support and guidance to individuals seeking to enhance their cognitive abilities, self-confidence, and overall success. By combining Dr. Furey's extensive expertise in child and adolescent psychiatry with Rita Kamler-Hester's 25 years of experience, the duo offers a comprehensive approach that addresses a diverse range of learning challenges.

Scholastically, Dr. Furey completed medical school at Creighton University School of Medicine before undertaking an internship in a transitional year at Tufts University from 1992 to 1993. She then pursued a residency in psychiatry at Boston University Medical Center from 1993 to 1995, followed by a fellowship in child and adolescent psychiatry at the same institution from 1995 to 1997.

Dr. Furey's career trajectory has been marked by a relentless pursuit of innovative learning interventions that yield tangible results. Drawing inspiration from the transformative principles of neuroplasticity, she has championed the integration of the Arrowsmith Program to empower individuals with cognitive difficulties. Her holistic approach extends beyond traditional psychiatric medications, emphasizing the vital role of nutrition in optimizing brain health and function.

At Train Your Brain MD, Dr. Furey conducts in-depth diagnostic evaluations that encompass dietary assessments, nutrient analysis, and toxic exposure screenings. By fostering a deeper understanding of the multifaceted nature of cognitive challenges, she equips patients and their families with the knowledge and tools necessary to embark on a journey towards cognitive restoration and enhanced mental well-being.

Dr. Furey's unwavering commitment to empowering individuals with learning disabilities and cognitive impairments is reflected in her emphasis on neuroplasticity exercises that promote the development of executive function, attention, and memory skills. By advocating for alternative therapeutic approaches and personalized interventions, she strives to cultivate independence and long-term cognitive resilience in her patients.

As a trailblazer in the field of child and adolescent psychiatry, Dr. Sheila Furey's visionary approach at Train Your Brain MD is reshaping the landscape of cognitive health and well-being. Her dedication to innovation, personalized care, and holistic healing serves as a beacon of hope for individuals seeking transformative solutions to cognitive challenges.

Learn More about Dr. Sheila Furey:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2060412-Sheila-Furey-Adolescent-Psychiatrist> or through Train Your Brain MD, <https://www.trainyourbrainmd.org/>

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