

John A. Zagat, M.D.: A Trusted Expert in Psychiatry at New York Psychiatry + Therapy, P.C.

Providing Comprehensive Care for Patients of All Ages



New York City, New York Aug 14, 2025 ([Issuewire.com](https://www.issuewire.com)) - New York Psychiatry + Therapy, P.C. is proud to announce that Dr. John A. Zagat, a double board-certified physician specializing in child, adolescent, and adult psychiatry, is continuing his dedicated service at the practice. With a deep commitment to enhancing mental health care, Dr. Zagat has been an integral part of the team, offering comprehensive psychiatric evaluations, individual and family therapy, and medication management to

patients in New York and surrounding states.

Dr. Zagat possesses a unique understanding of the challenges faced by individuals grappling with learning difficulties and attention deficit disorders. His extensive experience allows him to guide adolescents and adults in overcoming obstacles that may impact their education and career trajectories. "I believe that everyone has the potential to thrive, and I am committed to helping my patients realize their goals," said Dr. Zagat.

Academically, he earned his undergraduate degree from Vassar College, a premedical degree from Columbia University, and his medical degree from New York University School of Medicine. He completed his General Psychiatry residency and Child & Adolescent Psychiatry fellowship at Thomas Jefferson University Hospital.

Before pursuing a career in medicine, Dr. Zagat garnered valuable insights working in the marketing sector of his family's business. This background allows him to connect with clients in high-pressure careers, particularly those contemplating career changes or seeking further education later in life. "Navigating transitions can be daunting, but I aim to offer support and strategies that empower my patients to succeed," he added.

A pioneer in telemedicine, he is licensed to provide online therapy services across Connecticut, New Jersey, New York, and Pennsylvania. He recognizes the importance of telehealth in improving access to mental health care. "With telemedicine, we can reach more individuals who need support, regardless of their location," he stated.

Prior to joining New York Psychiatry + Therapy, Dr. Zagat served as an attending psychiatrist at the Behavioral Health Center at Westchester Medical Center and held a position as an assistant clinical professor at New York Medical College. His previous roles included leading the tele-mental health department and providing psychiatric support to regional healthcare facilities.

Learn More about Dr. John A. Zagat:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/82885334-John-Zagat-Neurologist> or through New York Psychiatry + Therapy, <https://www.nyptherapy.com/john-a-zagat-m-d>

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Source : John A. Zagat, M.D.

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