

Dr. Paula F. Eagle, MD: A Compassionate Expert in Trauma and Addiction Treatment

Leading Psychiatrist Offers Innovative Solutions for Patients Struggling with Refractory Conditions



New York City, New York Mar 14, 2025 ([Issuewire.com](https://www.Issuewire.com)) - Columbia University is proud to announce the continued presence of Dr. Paula F. Eagle, MD, a distinguished psychiatrist specializing in trauma, addiction, and complex psychiatric conditions. With over 25 years of experience in the field, Dr. Eagle's

unique approach combines traditional psychoanalysis and psychopharmacology with innovative therapies such as EMDR, hypnosis, and art therapy.

Dr. Eagle's extensive training at Columbia-Presbyterian Medical Center, along with her certification in Psychoanalysis, has equipped her with the knowledge and skills necessary to treat patients who have struggled with refractory depression, self-destructive behaviors, and complex diagnoses. Her experience includes running an inpatient addiction program, where she discovered that many patients had underlying trauma histories and dissociation, leading her to develop a specialized focus on these critical areas.

"I believe that communication is the key to effective treatment," Dr. Eagle states. "Our teamwork is essential in building the trust and empathy necessary for developing healthy relationships. If you are experiencing anxiety and depression despite various treatments, or if you find yourself disconnected in relationships and unfulfilled by your accomplishments, I encourage you to reach out."

Dr. Eagle's holistic approach to mental health care emphasizes the importance of addressing not just the psychological aspects of a patient's condition but also the physical symptoms that may accompany mental health challenges. By incorporating techniques such as EMDR and hypnosis, she aims to provide patients with comprehensive care tailored to their individual needs.

As a Professor of Clinical Psychiatry at Columbia University, Dr. Eagle remains at the forefront of psychiatric education and research, continuously honing her skills and knowledge to better serve her patients. She offers consultations for individuals facing complex psychiatric conditions that have been difficult to diagnose and treat, ensuring that every patient receives the attention and care they deserve.

Learn More about Dr. Paula Eagle:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1659784-Paula-Eagle-Psychiatrist> or through Columbia University, <https://www.columbiapsychiatry.org/profile/paula-f-eagle-md>

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Source : Dr. Paula Eagle

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