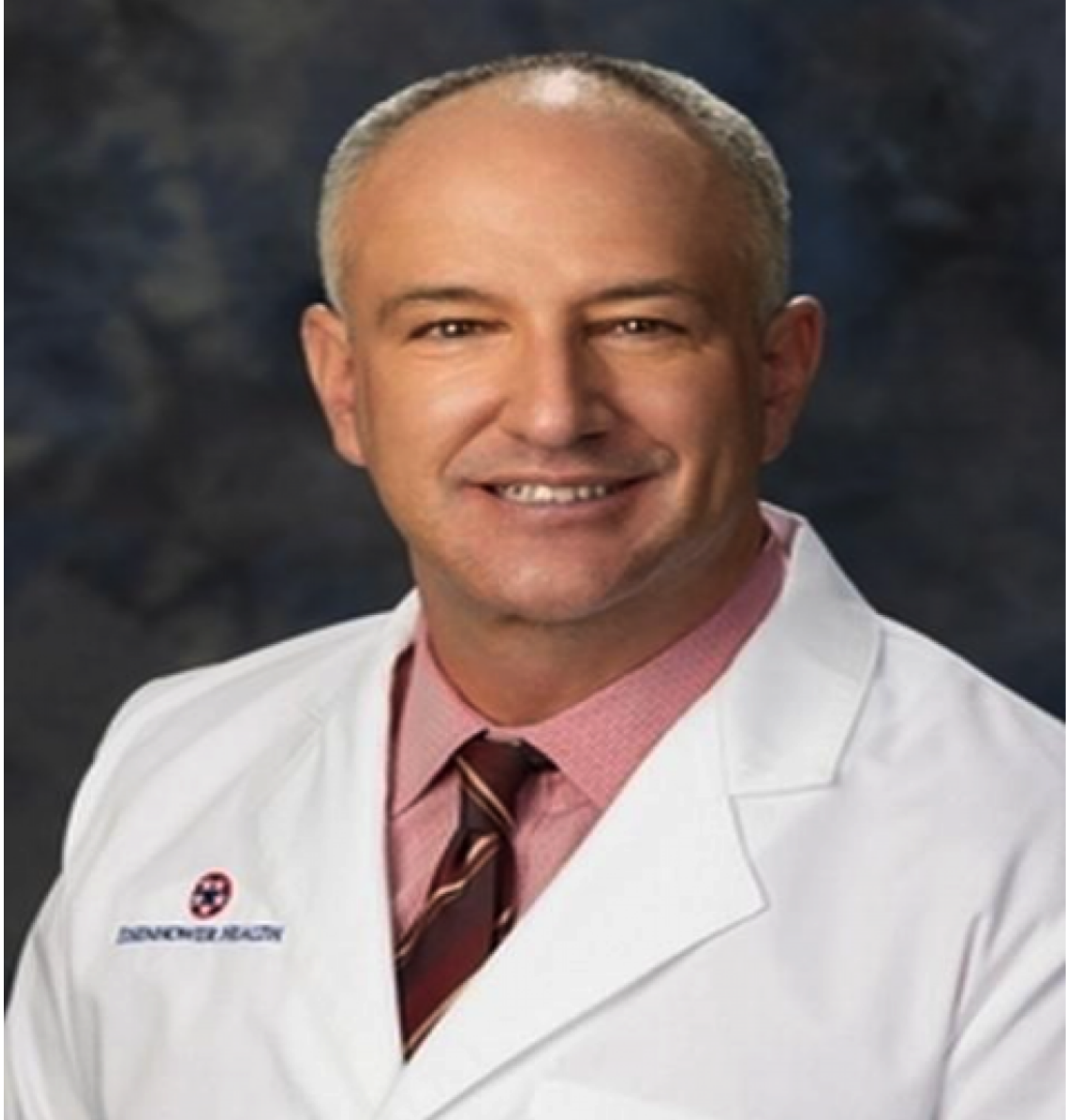


David L. Spiggle, MD: Pioneering Compassionate Care at Eisenhower Behavioral Health Clinic

Experienced Addiction Psychiatrist Addresses Community Mental Health Needs in Rancho Mirage, California



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Behavioral Health Clinic is proud to spotlight David L. Spiggle, MD, a board-certified psychiatrist in both adult psychiatry and addiction medicine. With a commitment to improving mental health outcomes, Dr. Spiggle is dedicated to providing individualized care to patients struggling with mild to moderate mental health symptoms at the clinic located on the main campus of Eisenhower Medical Center.

Established in 2013, Eisenhower Behavioral Health was developed in response to the growing mental health care needs of the community. The clinic offers a comprehensive outpatient behavioral health program that emphasizes a holistic and interdisciplinary approach. Dr. Spiggle works alongside a team of board-certified psychiatrists, nurse practitioners, psychologists, licensed clinical social workers, registered nurses, and other support staff, all focused on helping patients achieve their highest level of daily functioning.

Dr. Spiggle earned his Medical Degree from the University of Louisville School of Medicine in Kentucky. He completed his residency training at Boston University School of Medicine and further honed his expertise through a fellowship at Harvard Medical School's Massachusetts General Hospital. His extensive training equips him with the skills necessary to address the complex interplay between mental and physical health.

Inspired by an uncle who was a physician, Dr. Spiggle's passion for medicine began at an early age. Initially pursuing veterinary medicine, he quickly realized that his true calling lay in human health. "I found the psyche to be very complex and intriguing," Dr. Spiggle explains. "Our physical well-being is very tied to our mental health." This understanding drives his treatment philosophy, which focuses on empowering patients through positive behavioral strategies.

At the Eisenhower Behavioral Health Clinic, Dr. Spiggle collaborates with patients to establish strategies that promote present-focused well-being. Techniques such as cultivating gratitude, self-compassion, altruism, and other positive focusing behaviors are integral to his practice. "I aim to help patients feel better in the present while working towards long-term recovery," he states.

Learn More about Dr. David L. Spiggle:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1934248-David-Spiggle-Psychiatrist> or through Eisenhower Health, <https://eisenhowerhealth.org/provider/?action=detail&drNo=51057>

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Source : David L. Spiggle, MD

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