

Rebecca Megan Gibbons, PMHNP-BC, Launches Integrative Psychiatric Mental Health Practice in Harrison, New York

Holistic, evidence-based & patient-centered care for anxiety, depression, trauma, and life transitions



New York City, New York Jun 25, 2025 ([Issuewire.com](https://www.issuewire.com)) - Rebecca Megan Gibbons, a distinguished Board-Certified Psychiatric Mental Health Nurse Practitioner (PMHNP-BC) with advanced certifications in integrative mental health (CIMHP), emergency nursing (CEN), and NY-SAFE, is proud to announce the opening of her private practice located at 600 Mamaroneck Avenue, Suite 400, Harrison, NY. Gibbons brings a comprehensive, whole-person approach to mental healthcare by integrating medication management, psychotherapy, nutrition, mind-body wellness, and life coaching into tailored

treatment plans.

Informed by her academic achievements—holding degrees from the College of New Rochelle (BSN), Long Island University (MSN), Pace University (CAGS, PMHNP-BC), and currently pursuing a PhD in Integrative & Functional Nutrition at Saybrook University—Gibbons combines clinical expertise with a passion for holistic healing. As a certified sexual assault examiner and trauma/emergency nurse, she is well-equipped to support individuals facing a wide array of psychiatric and life-stress challenges.

Gibbons specializes in treating all ages, from teens to elders, and addresses issues including ADHD, anxiety, depression, OCD, relationship struggles, self-esteem concerns, and trauma, particularly in first responders and survivors of sexual abuse. Clients can expect individualized care plans crafted through dynamic psychotherapy modalities such as CBT, emotionally focused therapy, and motivational interviewing, along with medication oversight and lifestyle interventions to promote sustainable wellness.

Appointments are available both in-person and via telehealth in Westchester County. Insurance is accepted through Aetna, Cigna/Evernorth, Medicare, Optum, Oscar Health, Oxford, UnitedHealthcare, and out-of-network clients can receive superbills for reimbursement. Currently accepting new clients, Gibbons is dedicated to providing accessible and affordable mental health services in a supportive, non-judgmental environment.

“As your partner in mental health,” says Gibbons, “my goal is to meet you where you are—addressing not only symptoms, but the full spectrum of your physical, emotional, and spiritual wellbeing. Together, we’ll build on strengths to navigate life’s obstacles and foster real growth.” To schedule an appointment or join the waitlist, contact Rebecca M. Gibbons at (914) 848-1112 or visit her website.

Learn More about Dr. Rebecca Megan Gibbons:

Through his/her findatopdoc profile, <https://www.findatopdoc.com/85023850-Rebecca-Gibbons-Nurse>, or through todaysnewyou.com

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Source : Dr. Rebecca Megan Gibbons

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