

Dr. Pamela A. Pappas Enhances Psychiatric & Mental Health Care in Scottsdale, AZ

Board-certified psychiatrist brings compassionate, evidence-based coaching and mentoring services to physicians across the lifespan



New York City, New York Jul 9, 2025 ([Issuewire.com](https://www.Issuewire.com)) - Pamela A. Pappas, MD, FAPA, is a distinguished psychiatrist dedicated to addressing a wide range of mental health needs in the Scottsdale community and across the nation. Committed to compassionate care and clinical excellence, she has expanded her skills as a transformational coach and mentor to physicians who want support in navigating personal and professional stress, burnout, moral injury, career transitions, and leadership roles in their practices and larger organizations.

Dr. Pappas earned her medical degree and completed her residency in Psychiatry, earning board certification and fellowship status with the American Psychiatric Association (FAPA). Her core training covers all psychiatric conditions, including various types of trauma response. She is also fellowship-trained in Consultation-Liaison Psychiatry and Integrative Medicine, and has extensive training and experience in meditation, Enneagram, and classical homeopathy as well. Dr. Pappas integrates all her expertise in supporting each physician's personal and professional goals.

Dr. Pappas is a firm advocate of mental well-being and professional development. She often leads community workshops about the spiritual understanding and relief of stress in our human lives, how this impacts our human psychology, and appreciating the deep resources within us all. She also helps her clients translate these resources into wise, effective actions in their lives and work. As a full-time Personal and Executive Coach, she serves physicians of all specialties at every stage of their careers—from early practice through retirement and beyond.

Dr. Pappas recently closed her formal medical practice to support more physicians through and beyond the current burnout pandemic, which she sees as a call for transformation rather than a dead end for anyone. Providing confidentiality, deep listening, and compassion to all her coaching clients, she conducts most of her sessions through secure online platforms. Local clients may also choose to meet in her Scottsdale office.

Dr. Pappas's work empowers her colleagues, encourages compassion and collaboration in Medicine, and helps to cultivate the next generation of psychiatrists in Arizona and the US. All of this facilitates health and well-being for patients too.

Learn More about Dr. Pamela A. Pappas:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1616143-Pamela-Pappas-Psychiatrist>

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Source : Dr. Pamela A. Pappas

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