

Dr. Christine J. Markow, MS, PhD, Advances Holistic Behavioral Medicine in Pennsylvania

Veteran Clinical Health Psychologist Deepens Impact Through Integrative Care and Community Leadership



Bushkill, Pennsylvania Oct 2, 2025 ([IssueWire.com](https://www.issuewire.com)) - With nearly three decades of clinical experience, Dr. Christine J. Markow, MS, PhD, is reinforcing her commitment to holistic mental health care by leading The Center for Integrative Behavioral Medicine. As a Clinical Health Psychologist serving both pediatric and adult populations, she continues expanding access to evidence-based treatment that addresses both psychological and physical health together, integrating her expertise in cognitive behavioral therapy and systems-oriented care.

Dr. Markow holds a PhD in Clinical Health Psychology and an MS in Clinical Psychology, both earned from Drexel University. Before that, she completed undergraduate studies in psychology and pre-medicine at the University of Vermont. Over her extensive career, she has developed specialized training in treating anxiety and depressive disorders, stress management, chronic pain, rare medical conditions, and eating disorders. Her therapeutic approach revolves around the principle that each client actively participates in designing a treatment plan tailored to their goals, expanding insight and resilience in the process.

At The Center for Integrative Behavioral Medicine, Dr. Markow leads an interdisciplinary staff in delivering comprehensive services rooted in mind-body integration. Her leadership promotes both direct therapy and clinician mentorship, ensuring high standards of care and continuity for clients. She also contributes to academic settings, having served as an adjunct professor in clinical psychology programs, and remains engaged in professional organizations like the American Psychological Association and the Pennsylvania Psychological Association.

Over the years, Dr. Markow's dedication to community and excellence has been recognized with multiple honors including "Best of Newtown" awards and inclusion among Pennsylvania's "Top Docs." Her work extends beyond the therapy room through philanthropic involvement in causes like the Christopher & Dana Reeve Foundation and animal welfare initiatives. Looking ahead, Dr. Markow aims to foster advances in integrative behavioral medicine, expand research into mind-body health connections, and advocate for accessible mental health support in her region and beyond.

Learn More about Christine J. Markow, MS, PhD:

Through her <https://www.findatopdoc.com/doctor/3082893-Christine-Markow-Psychologist>

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