

Aleksandra Phillips, MD: Compassionate leader in child & adolescent psychiatry at Harvard Square–Smith Campus Center.

Pioneering Mental Health Care for Young People and Their Families



Cambridge, Massachusetts Oct 14, 2025 ([Issuewire.com](https://www.issuewire.com)) - Aleksandra Phillips, MD, is a seasoned child and adolescent psychiatrist at Harvard Square – Smith Campus Center, where she provides

compassionate, evidence-based mental health care to young people and their families. With years of clinical experience, Dr. Phillips tailors each treatment plan to meet the unique emotional, developmental, and psychological needs of her patients. She treats a broad spectrum of conditions, including depression, anxiety, obsessive-compulsive disorder (OCD), eating disorders, bipolar disorder, personality disorders, insomnia, and attention deficit disorder (ADD). Her approach blends medication management with psychotherapy and psychosocial support, ensuring that each child or teen receives comprehensive, personalized care.

Dr. Phillips received her Medical Degree from the University of Belgrade Faculty of Medicine in 1991 before relocating to the United States to further her training. She completed her residency in psychiatry and a fellowship in child and adolescent psychiatry at Tulane University School of Medicine in 2002 and 2003, respectively. As a board-certified specialist in child and adolescent psychiatry by the American Board of Psychiatry and Neurology (ABPN), Dr. Phillips is adept at diagnosing and treating a wide range of mental health conditions affecting children and teenagers.

Dr. Phillips is dedicated to fostering a safe and supportive environment where patients can freely express their concerns and work toward recovery. Her patient-centered approach emphasizes collaboration with families and other healthcare providers to ensure optimal outcomes for each young person she treats. "My exposure to Tibetan medicine made me question my ego and gave me a different approach to my patients," Dr. Phillips explains. "Mahayana Buddhism is about serving others; your goal in life is to relieve the suffering of others. Since I was 4 years old, my goal has been to be a doctor—I have the best job in the world."

Every day, Dr. Phillips looks forward to her work, stating, "I have the privilege of people telling me their problems. Being able to support people, some of whom are in a position to change the world, is a cool feeling. You have to listen to the patient really well—anything they say can help you make the proper diagnosis. I like to give my patients options, but ultimately they need to know I'm the sounding board, listening, answering questions, offering choices, and presenting the pros and cons of each option."

Dr. Phillips' ultimate goal is to empower her patients to become their best selves, enabling them to pursue the activities that bring them joy and fulfillment. Her commitment to holistic mental health care positions her as a leading figure in the field, fostering brighter futures for the youth of today.

Learn More about Dr. Aleksandra Phillips:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/3371506-Aleksandra-Phillips-Psychiatrist> or through Harvard University Health Services, <https://huhs.harvard.edu/directory/aleksandra-phillips-md/>

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Source : Dr. Aleksandra Phillips

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