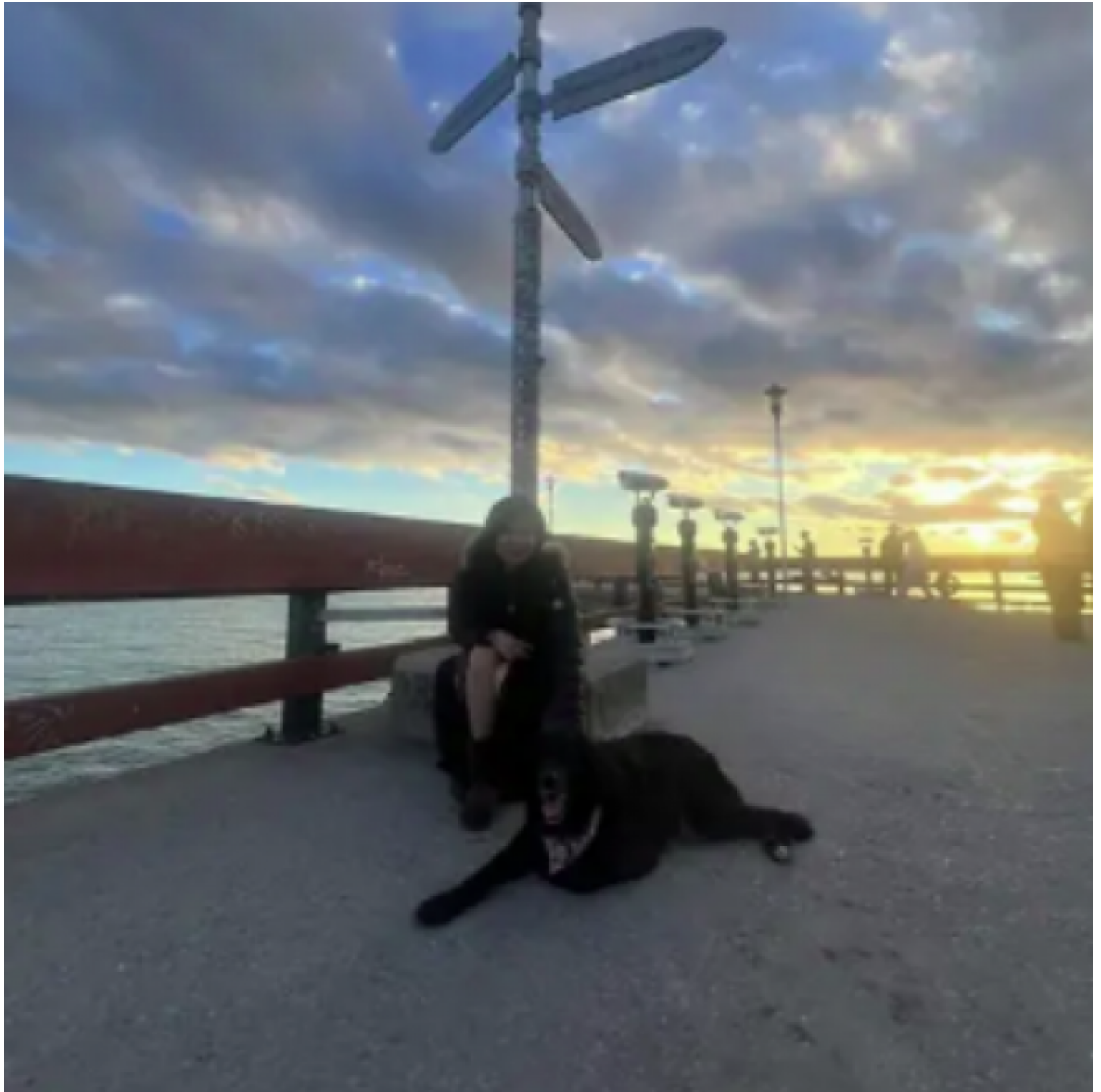


# America's Best in Medicine Profiles Cynthia Nguyen, MD: Brooklyn Psychotherapist Delivering Lifespan Mental Health Care

Compassionate Clinician Combines Cultural Sensitivity, Holistic Treatment, and Collaborative Care to Support Diverse Populations



**Brookhaven, New York Apr 14, 2026 ([IssueWire.com](https://www.issuewire.com))** - Cynthia Nguyen, MD, is a dedicated psychotherapist and mental health clinician providing personalized, compassionate care through her

private practice in Brooklyn, New York. Offering in-person sessions, remote services, and home visits, Dr. Nguyen is committed to meeting clients where they are—both physically and emotionally—while fostering safe, confidential spaces for open and honest expression. Her collaborative approach includes working closely with hospitals, clinics, and multidisciplinary specialists to ensure comprehensive, coordinated care.

Dr. Nguyen treats individuals across the lifespan, including children, adolescents, young adults, and seniors. Her clinical expertise spans a wide range of conditions, including obsessive-compulsive disorder (OCD), attention deficit hyperactivity disorder (ADHD), mood and eating disorders, autism spectrum disorders, substance use and addictions, as well as family and marriage therapy. She utilizes a variety of therapeutic modalities, including individualized and group therapy, guided breathwork, and traditional talk therapy, tailoring each treatment plan to the unique needs of her clients.

A defining aspect of Dr. Nguyen’s work is her emphasis on cultural and religious sensitivity. Drawing from her experiences working with diverse populations across multiple states and countries, she integrates an understanding of different cultural backgrounds, lifestyles, and belief systems into her care. “Meeting interesting people, traveling to different states and countries, and absorbing different cultures and demographics has been one of the most rewarding aspects of my work,” she shares.

Dr. Nguyen’s multidisciplinary approach includes collaboration with professionals such as speech pathologists and other healthcare providers to address complex and multifaceted client needs. Her experience working with nursing home residents and other vulnerable populations further reflects her commitment to delivering holistic care that prioritizes both mental and emotional well-being.

Currently, Dr. Nguyen is pursuing dual Bachelor’s degrees in Criminal Justice and Legal Studies at Berkeley College and a Bachelor of Science in Psychology at National University College, with plans to attend medical school in 2028. She is an active member of the Phi Theta Kappa Honor Society and the National Society of Leadership and Success (NSLS), and has earned multiple recognitions, including Dean’s List honors and a Certificate of Commendation as a New York Top Donor in 2022.

Beyond her professional achievements, Dr. Nguyen has dedicated over 150 hours to volunteer service, including two years supporting nursing home residents. Her continued commitment to service, education, and clinical excellence underscores her mission to improve the lives of individuals and families through compassionate, evidence-based mental health care.

### **Learn more about Dr. Cynthia Nguyen:**

Through her America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/cynthia-nguyen>

### **America’s Best in Medicine**

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Source : Dr. Cynthia Nguyen

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