

Caroline B. Ahlers, MD, a Psychiatrist with Caroline Ahlers, MD, LLC

Get to know Psychiatrist Dr. Caroline B. Ahlers, who serves patients in Falls Church, Virginia.



New York City, Oct 9, 2020 (IssueWire.com) - Dr. Ahlers is a results-oriented psychiatrist, with the goal of treatment being remission of symptoms and optimal functioning. Her private practice - Caroline Ahlers, MD, LLC - is conveniently located in Falls Church, Virginia.

In a collaborative effort, she treats adults and adolescents (13 years old and older) with a wide range of psychiatric conditions, including mood and anxiety disorders, obsessive-compulsive disorder, personality disorders, eating disorders, male depression, ADHD, and psychotic disorders. She is able to provide pharmacological management and/or psychotherapy services, depending on an individual's needs. She also frequently collaborates with Irena Sarovic, LPC (at the same location) if she feels that a patient's psychotherapy needs would be better suited through Ms. Sarovic's expertise while seeing Dr. Ahlers for pharmacological management.

"My approach to the patient is "human to human," in contrast to maternalist or authoritarian. I believe that if a psychiatrist or therapist can not be human themselves, there is no hope of connecting with another individual. Boundaries are a very important component of my philosophy -- as all people, young and old -- need them to feel safe and secure" as stated by Dr. Ahlers.

She is on the medical staff of the Inova Fairfax Hospital and serves on the faculty of the George Washington University School of Medicine and Health Sciences as a Clinical Instructor in Psychiatry and Behavioral Sciences. She has a research background across multiple scientific disciplines, including psychiatry, medical informatics, engineering, and chemistry.

Prior to entering the field of medicine, Dr. Ahlers enjoyed her previous career as an engineer in the high-tech industry. After earning her medical degree from Ross University School of Medicine in 2006, she went on to perform her residency in psychiatry at MedStar Georgetown University Hospital. This was followed by a research fellowship at the National Institutes of Health.

Subsequent to her training, she attained board certification in psychiatry through the American Board of Psychiatry and Neurology (ABPN). The ABPN is a not-for-profit corporation dedicated to promoting high-quality patient care for the public through the initial and continuing certification of psychiatrists and neurologists.

Psychiatry is the medical specialty devoted to the diagnosis, prevention, and treatment of mental disorders. These include various maladaptations related to mood, behavior, cognition, and perceptions. Psychiatrists evaluate, diagnose, and treat patients with mental, emotional, and behavioral disorders. They conduct thorough psychiatric evaluations, develop treatment plans, prescribe medication, and evaluate treatment results.

Considering psychiatry as a form of art and science, Dr. Ahlers has been the recipient of a number of awards and honors, including Patients' Choice Award (2013, 2014, 2015, 2018) and Compassionate Doctor Recognition (2013, 2018).

On a more personal note, she is a mother to 3 beautiful daughters - who very much inspire her work -- particularly that involving the adolescent population.

Learn More about Dr. Caroline B. Ahlers:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/81865904-Caroline-Ahlers-Psychiatrist> or through Caroline Ahlers, MD, LLC, <https://www.novapsychiatrist.com/about>

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