

Lori A. Sidman, MD, a Psychiatrist who trained at NewYork-Presbyterian/Weill Cornell Medical Center

Get to know Psychiatrist Dr. Lori A. Sidman, who serves patients in New York, New York.



New York City, Nov 13, 2020 ([IssueWire.com](https://www.issuewire.com)) - Dr. Sidman is an established psychiatrist who is fascinated by the relationship between the mind, body, and brain. Her goal is to help her patients to feel physically and emotionally fulfilled and to work collaboratively with her colleagues to help patients who are suffering from emotional and mental distress. Dr. Sidman currently does not accept health insurance.

She trained at NewYork-Presbyterian/Weill Cornell Medical Center, an 862-bed medical center in New York, New York. It is consistently recognized as a leader in medical education, groundbreaking research, and innovative patient care.

As a therapist and Columbia-trained psychoanalyst, Dr. Sidman relies on the therapeutic process to empower her patients and help alleviate their suffering. She specializes in anxiety, depression, women's mental health such as postpartum depression, grief, trauma, work/life balance, and life transitions.

In addition to supportive and insight-oriented therapy (or a combination of the two therapies depending on the needs of the patient), she believes in an integrative approach emphasizing: attention to exercise, sleep, nutrition, meditation, and overall wellness. When necessary, she will use medication alongside therapy.

At the start of her academic career, Dr. Sidman graduated Magna Cum Laude / Justice Brandeis Scholar from Brandeis University. As a sophomore in college, she was selected for the prestigious Medical/Humanities Program at Mount Sinai. After college, she graduated from the Icahn School of Medicine at Mount Sinai in 2001.

Furthering her education, she completed her internship and residency in psychiatry at NewYork-Presbyterian Hospital. This was followed by fellowship training at the Columbia University Center for Psychoanalytic Training and Research, receiving her certificate in psychoanalysis.

A member of the American Psychoanalytic Association, she is board-certified in psychiatry by 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.

Learn More about Dr. Lori A. Sidman:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1244728-Lori-Sidman-Psychiatrist> or through NewYork-Presbyterian, <https://doctors.nyp.org/lori-a-spechler-sidman-md/50-east-78th-street>

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