

Claudia A. Epelbaum, MD, a Psychiatrist in Private Practice

Get to know Psychiatrist Dr. Claudia A. Epelbaum, who serves patients in Brookline, Massachusetts.



New York City, Dec 30, 2020 ([IssueWire.com](https://www.issuewire.com)) - As a board-certified psychiatrist, Dr. Claudia Epelbaum focuses on emotional well-being, behavioral health, as well as the diagnosis and treatment of mental illnesses. Due to her secondary specialty in family practice, her approach is holistic with consideration of the whole individual, including their physical health, culture, preferences, and families.

Dr. Epelbaum is a Harvard-trained physician who offers both in-person and telehealth services at her private practice. She holds a medical license both in Massachusetts and California. Her modalities of treatment include psychopharmacology, psychoeducation (including lifestyle modifications, evidence-based use of natural dietary supplements, and sleep hygiene), and psychotherapy. She treats conditions such as anxiety (including OCD, panic disorder, and social anxiety), depression, sleep disorders, trauma-based disorders, ADHD, and adjustment disorders in the context of life transitions.

Dr. Epelbaum participated in the supervision and training of residents from 2006-2015 during her tenure as a clinical instructor of psychiatry at Harvard Medical School. Since 2012, Dr. Epelbaum has been affiliated with the Department of Psychiatry at Beth Israel Deaconess Medical Center. She served as Director of the Latino Mental Health Program at BIDMC from 2012 to 2015 and was honored with BIDMC's Latino Achievement Award for her achievements as leader of the Program. She has also worked on several projects as a Consultant in the fields of Mental Health, Immigration, Acculturation within the Department of Medicine, Disparity Research Unit at Massachusetts General Hospital.

Her professional background includes significant experience in academic as well as virtual and private practice settings. She is a TV and Radio Guest Speaker and Commentator, engaging the public on topics of cultural psychiatry and Latino mental health.

Working on increasing the general awareness about mental health and prevention, her focus is to decrease the stigma and target specific topics of interest requested by the viewers and the community in general. The goal is to create a captivating yet educational window to mental health, its different manifestations, and treatment.

Originally from Buenos Aires, Argentina, Dr. Epelbaum graduated Magna Cum Laude with her medical degree from the University of Buenos Aires Faculty of Medicine in 1996. She then completed a 3-year long residency training program at the Hospital Italiano in the specialty of Family practice, in affiliation with the University of Buenos Aires. Upon relocating to the United States, she completed her residency training in psychiatry at Harvard Medical School, graduating from the Longwood Psychiatry Residency Training Program in 2006.

A member of the Massachusetts Medical Society, 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 serving the professions of psychiatry and neurology.

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.

Health, education, and community development represent the main focus of Dr. Epelbaum's charitable engagements.

On a more personal note, she speaks both English and Spanish fluently. She practices mindfulness on a regular basis, loves to travel and learn from other cultures, and is an outdoor enthusiast.

Learn More about Dr. Claudia A. Epelbaum:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1274933-Claudia-Epelbaum-Psychiatrist>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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