

Carlos J. Carrera, MD, DLFAPA, a Psychiatrist with Berkshire Medical Center

Get to know Psychiatrist Dr. Carlos J. Carrera, who serves patients in Pittsfield, Massachusetts.



New York, New York City, Aug 2, 2021 (IssueWire.com) - A trusted psychiatrist, Dr. Carrera is in practice with Berkshire Medical Center, a 298-bed community teaching hospital in Pittsfield, Massachusetts.

Prior to his current endeavours, he spent more than two decades refining his expertise in two related areas: the interface of mental health and addictions, and the medical management and administration of mental health services. As an Associate Chief of Staff for the Mental Health and Behavioral Sciences Service of the Phoenix VA Health Care System, he planned, developed, coordinated, directed, and evaluated the operational aspects of a large integrated mental health program and community-based outpatient clinics. He also provided a variety of mental health services to both veterans and active military personnel. These included outpatient, inpatient, residential rehabilitation, and consultative services.

Academically, Dr. Carrera received a Bachelor of Science from the University of Puerto Rico, graduating cum laude. He then went on to earn a Master of Science from the same institute of higher education and his medical degree from the Ponce School of Medicine. He fulfilled his internship requirements at Hospital De Damas and his residency at Boston University Medical Center, choosing psychiatry as his profession primarily because of his fascination with the human brain and behavior, but also because he grew up with a sister who is disabled.

Subsequent to his education, the doctor attained board certification in psychiatry through 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.

A Distinguished Life Fellow of the American Psychiatric Association (DLFAPA), Dr. Carrera is a lifetime member of the Fulbright Association, as well as an active member of the Arizona Psychiatric Society, the American College of Physician Executives, the American Medical Association, and the American College of Healthcare Executives. He also supports the Office of HIV Psychiatry, a program of the American Psychiatric Association.

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.

When asked to identify the most gratifying aspect of his career, Dr. Carrera replied that receiving training in ecological science and oceanography was instrumental in helping him understand systems and how they all connect; this has proved invaluable to him in providing health care at both individual and population levels.

His numerous accomplishments over the years including having been awarded a Fulbright Scholarship in Brazil. In recent years, Dr. Carrera has been appointed as an examiner for the Malcolm Baldrige National Quality Award twice and has also served as an examiner for the Carey Quality Award. He attributes his success to having a long-term vision to provide the best quality care to his patients and to

continue pursuing personal and professional improvement.

On a more personal note, he speaks both English and Spanish.

Learn More about Dr. Carlos J. Carrera:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3580416-Carlos-Carrera-Psychiatrist> or through Berkshire Medical Center, <https://www.berkshirehealthsystems.org/dr-carlos-carrera-md-psychiatry-behavioral-health>

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