

## Kourosch Dini, MD, a Psychiatrist in Private Practice

Get to know Psychiatrist Dr. Kourosch Dini, who serves patients in Chicago, Illinois.



**New York, New York City, Aug 20, 2021 ([IssueWire.com](https://www.IssueWire.com))** - A trusted psychiatrist, Dr. Dini works with patients and families at his private practice in downtown Chicago. His interests include meditation, psychoanalytic psychotherapy, focus issues for those with and without ADHD – adolescent and adult, creativity, time and task management, attention management, productivity vs procrastination, finding meaningful work, career development, relationship development, and executive function skills.

Trained extensively in several modalities of therapy, his treatment is tailored to the individual, comprising both talk therapy and/or medication management. He also works with clients who benefit from simultaneous medication management and therapy.

In the past, he has worked as an inpatient unit director at Aurora Lakeshore Hospital in Chicago and has experience working in residential schools, as well as adult inpatient and outpatient centers.

Regarding his educational background, Dr. Dini graduated from the Integrated Science Program at Northwestern University and the University of Illinois College of Medicine at Chicago. He trained in adult psychiatry at the University of Illinois at Chicago and in child and adolescent psychiatry at the University of Chicago. He then continued his training at the Institute for Psychoanalysis in Chicago.

Subsequent to his education, he attained board certification in psychiatry & child and adolescent 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.

An award-winning author, Dr. Dini is a proud member of the American Academy of Child and Adolescent Psychiatry, the American Psychiatric Association, and the American Psychoanalytic 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.

In addition to his psychiatric and psychoanalytic practice, Dr. Dini has established himself as a foremost leader in productivity, workflow, time, and task management, having published several books and a course. He has spoken at numerous events and companies including MacWorld, The Data Science Conference, Groupon, and more.

#### **Learn More about Dr. Kourosch Dini:**

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/318540-Kourosch-Dini-Adolescent-Psychiatrist> or through his website, <https://www.kouroschdinimd.com/about/> or [BeingProductive.org](https://BeingProductive.org)

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