

Amy Mulroy, MD, a Psychiatrist in Private Practice

Get to know Psychiatrist Dr. Amy Mulroy, who serves patients in San Antonio, Texas.



with patients at her private practice in San Antonio, Texas. She specializes in depression, anxiety, trauma & PTSD, OCD, bipolar disorder, addiction, and relationships. She believes for treatment to be successful it is essential for the doctor and the patient to be honest, open-minded, and willing to engage in the treatment plan outlined together.

Born and raised in Texas, she obtained her undergraduate degree in Microbiology at Texas A&M University in College Station and received her medical degree from The University of Texas Medical School in San Antonio. She was elected to the prestigious Alpha Omega Medical Honor Society and received the Distinguished Holt Leadership Award for excellence in leadership. She became licensed to practice medicine in the state of Texas in 1994.

Subsequently, Dr. Mulroy completed her internship and residency in psychiatry at The University Health Science Center at San Antonio, where she received Outstanding Recognition during her residency and was the recipient of the Pfizer Outstanding Resident Award.

Directly out of residency, she was an Assistant Professor in the Department of Psychiatry at the University Health Science Center at San Antonio where she was Co-Director of the Behavioral Science and Psychopathology courses for medical students. She was also an attending physician at the University of Texas Health Mood Disorder Clinic and Psychotherapy Service and worked in clinical research studying Alzheimer's Disease at the UT Health Psychiatry Department.

In 2001, Dr. Mulroy left academic medicine for private practice which she managed part-time while also managing a household and children. From 2004 to 2012, she was active in pharmaceutical research and served as the Principal Investigator of numerous studies of psychopharmacological treatments in many psychiatric conditions. In 2012, she left clinical research to concentrate on her patients in an outpatient practice setting where she began to utilize a balanced approach to treat the whole patient: body, mind, and spirit. She also started her mental health blog - Crazy Truth - in 2020, in order to promote education and understanding of mental illness and the medical and holistic treatments available.

On a professional level, she was an active member of the Physician's Health and Rehabilitation (PHR) Committee for the Bexar County Medical Society (BCMS) from 2011 until 2019. She seeks to promote recovery in the medical community as well as with the patients she treats.

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. Amy Mulroy:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/161753-Amy-Mulroy-Psychiatrist>, or through her website, <https://amymulroymd.com/the-doctor>

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