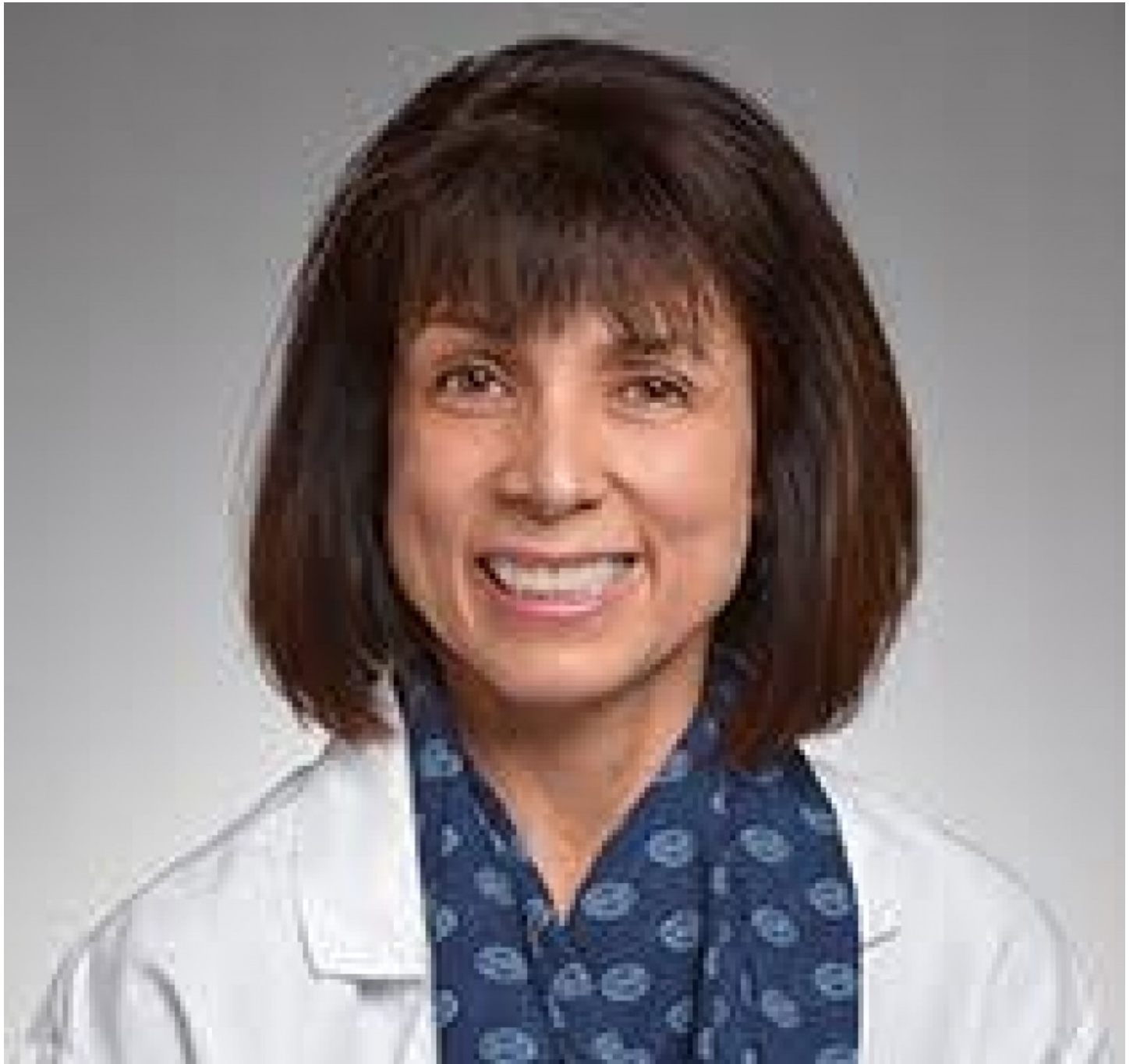


Alcira Sahami, MD, a Psychiatrist with Southern California Permanente Medical Group Behavioral Health Offices

Get to know Psychiatrist Dr. Alcira Sahami, who serves patients in Bakersfield, California.



New York City, New York Feb 24, 2024 ([Issuewire.com](https://www.issuewire.com)) - Dr. Sahami works within the Department of Psychiatry at Southern California Permanente Medical Group Behavioral Health Offices in Bakersfield, California, where she was named Psychiatrist of the Year in 2022.

"Here at the Behavioral Health Offices, we are a cohesive and well-integrated team. Our approach to patient care is multidisciplinary and thorough. Being part of this team has offered me the opportunity to grow as a professional as well as a person. I believe in doing the very best I can for every patient I

have the privilege of treating. I genuinely care for every one of them and strive to provide the care that I would want my own family to receive.”

Originally from El Salvador, Dr. Sahami made her journey to the United States in the mid-1980s, where she pursued her higher education. Her formative years in El Salvador were marked by her volunteer work at a children's hospital during the tumultuous times of the civil war. Witnessing the profound impact of the conflict on the children, both physically and psychologically, deeply influenced her and ignited her passion for medicine.

Dr. Sahami earned her Medical Degree from Ross University School of Medicine and completed her residency in adult psychiatry, followed by a fellowship in child and adolescent psychiatry at the Stanford University School of Medicine. Subsequently, she made her way to Bakersfield to embark on her career at Kaiser Permanente after graduating in 2006.

Board certified in general psychiatry and in child and adolescent psychiatry, Dr. Sahami is recognized as a Diplomate of 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.

On a professional level, Dr. Sahami is an esteemed member of various organizations, including the American Medical Association, the American Psychiatric Association, the Northern California Psychiatric Association, the American Association for Child and Adolescent Psychiatry, the Regional Organization for Child and Adolescent Psychiatry, the Central California Medical Society, and the Kern County Medical Society.

When reflecting on the factors contributing to her success, Dr. Sahami attributes it to a combination of life experiences, invaluable mentorship, and unwavering support from her family. Moreover, she views psychiatry not just as a profession but as a profound calling. It provides her with a platform to offer assistance and be a voice for those who require support. She finds the prospect of leaving a lasting impact and knowing that she has positively influenced the lives of those under her care to be immensely rewarding.

In terms of articles and publications, Dr. Sahami teamed up with Dr. Richard Shaw to co-author a piece focusing on abdominal migraines.

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.

Happily married, Dr. Sahami is fortunate to have a very supportive husband who keeps her well grounded. Together, they devote ample time to their cherished children.

During her leisure hours, Dr. Sahami finds solace in outdoor pursuits, running, jogging, reading (her favorite professional publication being the Journal of the American Academy of Child and Adolescent Psychiatry), decorating, and indulging in amateur photography. Prioritizing family time rejuvenates her spirit and contributes to her overall well-being.

Learn More about Dr. Alcira Sahami:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/608343-Alcira-Sahami-adolescent-psychiatrist-Bakersfield-CA-93301> or through Kaiser Permanente,

<https://espanol.kaiserpermanente.org/es/southern-california/physicians/alcira-sahami-5791929>

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Source : Alcira Sahami, MD

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