

## Jasmine Kearse, MD, a Psychiatrist with Aligned Cognition HealthCare Services

Get to know Psychiatrist Dr. Jasmine Kearse, who serves patients in Atlanta, Georgia.



**New York City, New York Mar 13, 2024 ([Issuewire.com](https://www.issuewire.com))** - A determined psychiatrist, Dr. Kearse serves the diverse communities of metro Atlanta, Georgia at Aligned Cognition HealthCare Services. She approaches psychiatry with a personalized touch, recognizing that each individual's journey toward mental well-being is unique.

Throughout her academic career, she earned her medical degree from the Medical University of the Americas in 2011 and completed her residency in psychiatry at Bergen Regional Hospital, renowned as the largest psychiatric facility in New Jersey.

With a compassionate demeanor and unwavering commitment, Dr. Kearse endeavors to rejuvenate perspectives, safeguard stability, and avert the descent into severe mental distress. Her mission is not merely to prescribe treatments, but to craft bespoke strategies tailored to the specific needs of her patients. Dr. Kearse and her practice have received several awards in Best of Georgia, Gwinnett County, and Snellville two years in a row. She was also featured as the millennium physician for the Marquis Who's Who of America. Dr. Kearse educates the community through speaking events, conferences, podcasts, and social media.

At the core of her philosophy lies a profound belief in the transformative power of coping skills. She firmly asserts that the distinction between functional and struggling individuals often lies in the ability to navigate life's challenges with resilience and adaptability. Her mantra, "The only difference between you and those you perceive as being normal is coping skills," serves as a beacon of hope, empowering her patients to realize their innate potential for growth and recovery. Dr. Kearse has written two books to help patients, families, and friends understand the different aspects of mental illnesses. In her book "To Whom It May Concern: Thoughts From A Psychiatrist", Dr. Kearse writes letters to those with some of the most common mental conditions and gives them easy activities to help them cope with their symptoms. Next, Dr. Kearse created an adult activity and coloring book called "Hues of Mental Illness", which she states describes mental disorders and then allows you to visualize the mental condition through pictorial representation. Dr. Kearse continues to bring knowledge and disrupt the mental health stigma.

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. Jasmine Kearse:**

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/83940153-Jasmine-Kearse-Psychiatrist>, or through Aligned Cognition HealthCare Services, <https://www.alignedcognition.com/meet-our-team>

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Source : Jasmine Kearse, MD

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