

Helen K. Blaisdell-Brennan, MD, FAPA: Providing Expert and Compassionate Mental Health Care in Honolulu, Hawaii

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New York City, New York Jul 29, 2024 ([Issuewire.com](https://www.Issuewire.com)) - Dr. Helen K. Blaisdell-Brennan is a highly

regarded board-certified psychiatrist who has been offering expert mental health care to individuals in Honolulu, Hawaii, since 2004. Known for her judicious use of medication and appropriate application of psychotherapy, she is dedicated to helping her patients achieve optimal mental well-being.

Specializing in adult psychiatry, Dr. Blaisdell-Brennan brings a unique blend of medical expertise, scientific knowledge, and a deep love for Hawaii to her practice. Her approach to treatment is comprehensive, encompassing medication management, cognitive-behavioral therapy (CBT), and interpersonal therapy, all aimed at addressing the diverse needs of her patients.

Hailing from a family with three generations of medical doctors, Dr. Blaisdell-Brennan received her Bachelor of Arts Degree in Government from Harvard University before obtaining her Medical Degree from the John A. Burns School of Medicine at the University of Hawaii. She further honed her skills through a residency in psychiatry at the prestigious Neuropsychiatric Institute Residency Program at the University of California, Los Angeles.

As a testament to her commitment to excellence, Dr. Blaisdell-Brennan is board-certified in psychiatry by the American Board of Psychiatry and Neurology (ABPN), an esteemed organization dedicated to upholding the highest standards in psychiatric practice. She served two terms as President of the Hawaii Psychiatric Medical Association and was elected Hawaii's Representative to the American Psychiatric Association Assembly.

In recognition of her exceptional clinical expertise, Dr. Blaisdell-Brennan was honored with the Compassion in Medicine Award in 1999. This award underscores her unwavering dedication to providing compassionate and effective care to her patients, a commitment that has defined her two-decade-long career in psychiatry.

With a steadfast focus on improving the mental well-being of those under her care, Dr. Helen K. Blaisdell-Brennan continues to be a trusted and respected figure in psychiatry. She offers expert guidance and support to individuals seeking comprehensive mental health solutions.

Learn More about Dr. Helen K. Blaisdell-Brennan:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/3372491-Helen-Blaisdell-Brennan-Psychiatrist> or through her website, <https://drblaisdell.com/about/>

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