



Paula Slater

M.D., Psychiatrist

Office:

Bio

Paula Slater has practiced psychiatry in Seattle for the past 14 years and offers medication management and psychotherapy for the treatment of adult depression and anxiety. She has a special interest in mindfulness to enhance well-being. Dr. Slater received her B.A. in French at the University of Wyoming and her M.D. at the University of Utah. She did her psychiatric residency at the University of Washington and was chief resident in her final year. She has taught and supervised many psychiatry and psychology residents since then. She enjoys treating patients with relationship issues, work and caregiver stress.

Areas of expertise:

- Pharmacological management and/or psychotherapy for adult depression and anxiety
- Psychotherapy for individuals dealing with caregiver stress
- Psychotherapy for individuals with marital/relationship issues