



# Mary Lemberg

## M.D Psychiatrist

Office: (206) 386-3103

### Bio

I am a board-certified adult psychiatrist who works collaboratively with patients to optimize wellbeing. I have developed expertise in pharmacologic management of a broad range of psychiatric conditions including anxiety, depression, bipolar disorder, post-partum depression, OCD, ADHD and PTSD. I utilize evidenced-based practices and when appropriate, integrate cognitive behavioral therapy. As psychiatrists, we have the privilege of time in our sessions to consider environmental, medical and other relevant factors that may be playing a role.

As it is vital to find the appropriate fit with a mental health provider, please note that I do not have expertise in treating borderline personality, substance use, or eating disorders.

### Education and Training Background:

- B.S. with Honors in Neuroscience at Tulane University
- Medical School training at Loyola Stritch School of Medicine near Chicago
- Adult Psychiatry Residency Program at the University of Washington