

SYLVIA PARK

Counsellor, M.D., M.P.H.



About Sylvia

It is the brave person who allows him or herself to feel vulnerable, admit there is a problem, and actually take steps to find the right help. You may know family members, friends and other people who feel small, stuck, sad, anxious or angry, and yet never seek outside help their whole lives. By finding the help you need, you are the courageous one.

Come to a safe and confidential space, where, with your earned trust, we explore the things that stop you from living the life you want. We work together to discover the things that support your happiness and growth. We recognize life patterns that no longer serve you, and work to replace them with life-giving thoughts and actions.

It is common to experience loneliness, sadness, anxiety, depression, irritability, anger and/or mood swings. Some have experienced trauma in the past, which may continue to cause problems today. Together, we can work to ease the burdens.

Having traveled and settled in multiple types of communities across the United States of America and abroad, I have lived as an expat and appreciate how difficult moving to a new place can be.

Furthermore, as a child of Asian immigrants to the U.S.A., I grew up with many identities. These experiences have deepened my understanding of the complex interactions that exist across generations, within families, and between different cultures.

I am originally from Baltimore, Maryland, U.S.A.. I am fully trained and certified to practice as a psychiatrist and psychotherapist in the U.S.A.. In Berlin, I am focusing my practice on my therapeutic role as a counsellor to english-speaking people.

In more technical terms, I use mainly a psychodynamic approach, with influences from cognitive behavioral therapy, dialectical behavioral therapy, insight and supportive therapy, and Jungian psychoanalysis.

I welcome your interest and questions.

Education & Experience

- 2016 Adult Outpatient Telepsychiatrist and Psychotherapist Berlin, Germany to Oregon, U.S.A.
- 2016-today Telemedicine License State of Oregon, U.S.A.
- 2015-2016 Adult Day Hospital and Crisis Psychiatrist and Psychotherapist Sheppard Pratt Health System, Maryland, U.S.A.
- 2013-2014 Medical Officer Te Rawhiti Community Mental Health Centre, Auckland, New Zealand
- 2014 Board-Certified in Psychiatry U.S.A.
- 2010-2013 University of Maryland/Sheppard Pratt Psychiatry Residency Program Maryland, U.S.A.
- 2010-2012 Executive Producer and Radio Show Host Both Feet In Show, the Stories of People Experiencing Homelessness WLOY Loyola University Maryland, U.S.A.
- 2007-2010 Director of Homeless Services Baltimore HealthCare Access, Inc. Maryland, U.S.A.
- 2007-today Medical License State of Maryland, U.S.A.
- 2007 Board-Certified in Public Health and General Preventive Medicine U.S.A.
- 2005-2007 General Preventive Medicine Residency Johns Hopkins Bloomberg School of Public Health, MD U.S.A.
- 2006 Masters of Public Health Johns Hopkins Bloomberg School of Public Health, MD U.S.A.
- 2004 Doctor of Medicine University of Vermont College of Medicine Vermont, U.S.A.
- 1997 Bachelor of Arts, Biology and Art Williams College Massachusetts, U.S.A.

Details

€ EUR 80.00 / session

 Flexible pricing available

 Online sessions available

 English, Basic Korean