Contact

www.linkedin.com/in/annayusim (LinkedIn)
www.annayusim.com (Company)

Top Skills

Coaching
Clinical Psychology
Cognitive Behavioral Therapy (CBT)

Honors-Awards

HolyTV Top 25 Award: Top 25 leaders of various faith traditions for significant cultural impact through spirituality.

Distinguished Fellow of the American Psychiatric Association: One of youngest psychiatrist to receive this honor

IMSA Alumni Trailblazer Award: Given annually to one alumnus of the Illinois Math and Science Academy

Voted 1 of 23 Life-Changing Books: My book, Fulfilled, was given this distinction by Forbes magazine

Top Book of 2017: My book, Fulfilled, was voted Top Book of 2017 by Spirituality & Health Magazine

Publications

Sociocultural Domains of Depression Among Indigenous Populations in Latin America

Teaching "global mental health": psychiatry residency directors' attitudes and practices regarding international opportunities for psychiatry residents

Book Review of Psychodynamic Psychotherapy: A Clinical Manual by Deborah L. Cabaniss, Sabrina Cherry, Carolyn J. Douglas and Anna R. Schwartz

The Impact of Acculturative Stress on the Mental Health of Migrants.

Anna Yusim, MD

Manhattan Psychiatrist, Executive Coach, Author, Speaker, Filmmaker, & Chief Medical Officer
New York, New York, United States

Summary

Dr. Anna Yusim is an internationally-recognized, award-winning, Board-Certified, Stanford- and Yale-educated Psychiatrist and Executive Coach with private practices in New York City and Connecticut.

She is the best-selling author of "Fulfilled: How the Science of Spirituality Can Help You Live a Happier, More Meaningful Life" and a clinical faculty member at Yale Medical School, where she is currently working to establish a Spirituality & Mental Health Center.

Dr. Yusim has helped over 2000 people in 60 countries, including many high-profile clients such as Forbes 500 CEOs, Olympic athletes, and celebrities, to achieve greater impact, purpose, and joy in their lives and work. She has published extensively on various topics in psychiatry and is a frequent contributor to media outlets such as CNN, Fox News, ABC, and NBC.

She is a highly sought-after speaker who gives talks and conducts workshops on topics such as mental health, spirituality, post-COVID resilience, and more, to healthcare professionals, corporate leaders, and community members.

For more information, please visit AnnaYusim.com.

Experience

Conscious Health
Chief Medical Officer
March 2024 - Present (1 year)
Los Angeles, California, United States

Forbes Coaches Council
CEO & Founder, Yusim Executive Coaching

In D. Bughra & S. Gupta (Eds.), Migration in Mental Health

Normal pressure hydrocephalus presenting as Othello Syndrome: Case report and review of the literature

March 2023 - Present (2 years)

Yale School of Medicine

7 years

Clinical Assistant Professor

January 2023 - Present (2 years 2 months)

New Haven, Connecticut, United States

Lecturer

March 2018 - Present (7 years)

100 Coaches Agency

Executive Coach

January 2020 - Present (5 years 2 months)

Dr. Anna Yusim is an internationally recognized, award-winning, Stanford- and Yale-educated Executive Coach and Board-Certified Psychiatrist.
She is a certified Marshall Goldsmith Stakeholder-Centered Coach and has published over 150 articles on the intersection of leadership, psychology, well-being and achievement. With clients including Forbes 500 CEOs, Olympic athletes, A-list actors and actresses, and the Chairs of academic departments at top universities, Dr. Anna Yusim has helped over 1500 people in 70 countries achieve greater impact, purpose and joy in their life and work.

Dr. Yusim's coaching philosophy centers on psychological, emotional, and mental well-being. She is the author of Fulfilled: How the Science of Spirituality Can Help You Live a Happier, More Meaningful Life, voted as one of the top 23 books by Forbes.

In 2020, she was named Distinguished Fellow by the American Psychiatric Association, and has won numerous awards, including the National Institute of Mental Health Outstanding Research Resident Award and the American Psychoanalytic Association Fellowship.

Yusim Concierge Psychiatry, Consulting & Executive Coaching

Chief Executive Officer

October 2010 - Present (14 years 5 months)

New York, New York, United States

Upper East Side Psychiatry

Manhattan Psychiatrist, Author, Speaker, Filmmaker

August 2010 - Present (14 years 7 months)

Greater New York City Area

Dr. Yusim believes that every person is unique and requires an individualized therapy approach. Her philosophy is to help individuals reach their highest level of psychological, emotional, and mental wellbeing. She does this by enabling patients to recognize their strengths and gain insight into their struggles. Her primary approach is psychodynamic, existential, and action-oriented.

Psychodynamically, she works with her patients to comprehend how patterns of thinking and feeling from early childhood affect their current lives. Existentially, she helps her patients to find meaning in their lives and embrace their uniqueness. An empathetic and action-oriented approach allows her patients to make real and lasting changes in their personal and professional lives. If desired by the patient, Dr. Yusim can prescribe psychiatric medication when medically indicated.

Dr. Yusim treats three types of patients:

- Personal Growth: Individuals looking to grow personally, actualize their potential, and improve themselves and their relationships.
- Challenges & Transitions: Individuals, couples, and families going through transitions or challenging life circumstances, such as relationship difficulties, job stress, low self-confidence, family problems, academic challenges, spiritual struggles, divorce, loss, grief, infertility, and sexual problems.
- Psychiatric Symptoms and Disorders: Individuals experiencing psychiatric symptoms or diagnosed with a psychiatric disorder, including depression, anxiety, insomnia, bipolar disorder, obsessive/compulsive disorder, panic disorder, addiction, and substance use disorders.

Dr. Yusim offers psychotherapy for adults, couples, and families, as well as psychopharmacology services for adults, both on-site and online.

Education

Yale University School of Medicine

M.D., Medicine · (2001 - 2006)

Stanford University

Bachelor of Science (B.S.), Biology & Philosophy · (1995 - 1999)

Illinois Mathematics and Science Academy
· (1991 - 1995)

New York University
Psychiatry Residency Program · (2006 - 2010)