Anna Yusim, MD

Dr. Anna Yusim

Psychiatrist & Executive Coach

Dr. Anna Yusim is an internationally-recognized, award-winning, Board-Certified, Stanford- and Yale-educated Psychiatrist & Executive Coach with a Private Practice in New York City, Connecticut, New Jersey, Colorado, California and Florida. 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 helps influential people achieve greater impact, purpose, and joy in their life and work.

Dr. Yusim is the best-selling author of ***Fulfilled: How the Science of Spirituality Can Help You Live a Happier, More Meaningful Life.*** As a Clinical Assistant Professor at Yale Medical School, Dr. Yusim is Co-Founder of the Yale Mental Health & Spirituality Program / Center, which will be a bridge between the Yale Medical School and Yale Divinity School.

Dr. Yusim is the Chief Medical Affairs Officer of Conscious Health, a holistic mental health treatment center based in California that bridges ancient psychospiritual wisdom with state-of-the-art, evidence-based mental health interventions like ketamine, transcranial magnetic stimulation, and other treatment modalities. She is the Medical Lead for SuperMind, a mental health start-up based in Miami that utilizes personal coaching, binaural beat meditation technology and an EEG-based biofeedback systems to create targeted, precision mental health therapy for depression, anxiety and PTSD. She is also the Chief Psychiatrist at Privé Swiss' Brain Health & Optimal Longevity Program, and on the Board of numerous other enterprises in the mental health space, including Being Health, Mental Health Television Network, Retreat and Lifeboat Foundation

Dr. Yusim has published over 400 academic articles, book chapters, scientific abstracts, book reviews, and articles for the lay public on various topics in psychiatry. A frequent contributor to CNN, Fox News, ABC, and NBC, she has been a guest on hundreds of national and international TV shows, radio programs, and podcasts.

As a highly sought-after speaker, Dr. Yusim gives keynotes for physicians and professionals all over the country and the world on topics related to mental health and spirituality, preventing burnout, conscious leadership, and collective resilience. For healthcare professionals, corporate leaders, and community members, she also conducts workshops to empower individuals to sharpen their intuition, cultivate authenticity, awaken self-compassion, enhance their capacity for empathy, and improve their ability to connect with others.

After working as a neurobiology researcher with Dr. Robert Sapolsky Ph.D. and completing her studies at Stanford University, Yale Medical School, and the NYU Psychiatry Residency Training Program, Dr. Yusim felt that something was missing from her life. In her quest to find it, she traveled, lived, and worked in over 70 countries, while studying Kabbalah, learning Buddhist meditation, and working with South American shamans and Indian gurus.

Dr. Yusim is a Distinguished Fellow by the American Psychiatric Association. Other awards include the Illinois Math and Science Academy Alumni Trailblazer Award, National Institute of Mental Health Outstanding Research Resident Award, the American Psychoanalytic Association Fellowship, the William Webb Fellowship from the Academy for Psychosomatic Medicine, the American Psychiatric Institute for Research & Education (APIRE) Janssen Research Award, the Seed Research Grant from the American Medical Association, First Prize in the Sermo Resident Challenge, the Carta Fellowship from the World Psychiatric Association, the Janet M. Glasgow- Rubin Award for Women Leaders at Yale Medical School, the William F. Downs Fellowship for International Research, the Max Kade Fellowship, the Samuel F. and Sara G. Feinman Scholarship for Leadership, the Foreman Fleisher Foundation Scholarship for Academic Excellence, the Golden Award for Top Thesis written in the Humanities at Stanford University, the Hoefzer Prize for Top Essay Written in Stanford University Course, the Bessie F. Lawrence International Fellowship, and the National Science Foundation Scholarship.