

**Eva Szigethy, M.D., Ph.D.** is an Associate Professor of Psychiatry and board certified psychiatrist practicing for over 10 years who is affiliated with both University of Pittsburgh and Harvard University. She is a practicing psychiatrist and clinical researcher of human behavior. Her research focuses on the interface of psychiatric symptoms (depression and anxiety) and body functioning in patients with chronic stress. In recognition of her research accomplishments, she was awarded the prestigious Innovator Award from the Director of the National Institute of Health, the only psychiatrist in the country to receive this award.

Clinically, Dr. Szigethy manages a concierge psychiatry private practice where she combines her neuroscience and psychiatry background to provide discrete, comprehensive treatment. She is a certified hypnotherapist and has used this skill in combination with biofeedback for reduction of anxiety, depression, and pain. She also works with top professionals to improve their performance. Dr. Szigethy has developed a cognitive behavioral therapy approach focusing on integrating the mind, brain, and body to help her clients achieve wellness and progress with their life aspirations and goals. In complex cases, she integrates psychotherapy with medication management. She has authored many articles and book chapters and lectures throughout the world.

Dr. Szigethy also oversees the Behavioral and Stress Management Services of Empire Investigation in Pittsburgh, PA. She conducts behavioral profiling for investigative cases and the legal community, and stress reduction training for women and couples experiencing relationship conflicts. As President of the Association of Women Psychiatrists, an international organization devoted to improving women's health and as a member of the Steering Committee for the Women and Girls Foundation, she has become an advocate for unique stresses faced by women in the home and professional arenas.