

PSYCHIATRIST

**AMIR ETTEKAL, MD
PSYCHIATRIST**

1200 Artesia Blvd., Suite 204
in Hermosa Beach
424-212-3884
hermosabeachpsychiatrist.com

VITALS

Education:

UCLA, Bachelor of Arts in history, graduated Cum Laude; USC Keck School of Medicine; Cedars-Sinai Medical Center (residency); Board-Certified Psychiatrist

Awards & Accolades:

Voted "Top Doc" by *Pasadena Magazine*, 2009
Voted Patients' Choice by Vitals.com, 2012, 2013
Judd Marmor Award for Clinical Excellence, Cedars-Sinai Medical Center

Services Offered:

Psychopharmacology, therapy, comprehensive evaluation and individualized treatment plan; diagnosis of mental illnesses; medications, risk assessments and personality profiling for reality TV



PRACTICE SPECIALTY

I treat adults with a wide range of emotional and/or mental disorders and illnesses including anxiety, panic attacks, depression, social phobia, OCD, bipolar and ADHD. I also treat people caught in self-destructive patterns of behavior, as well as people looking to make positive life changes. Modalities of treatment include psychotherapy, medications (traditional/holistic) or a combination of the two.

OFF THE CLOCK WITH DR. ETTEKAL



The South Bay is where my wife and I call home. When I'm not in the office, you can find me swimming in the ocean, playing volleyball, surfing or reading at the beach. I also love to travel and am two continents shy of making my bucket list of all seven. The South Bay has been such a great place to live and have my practice. I love the community and the people who make it such an exceptional place.

“The most satisfying aspect of my job is to see people change, fulfill their potential and live happier and more fulfilling lives.”

SHARED TIP

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million Americans ages 18 and older. Anxiety disorders are highly treatable, but unfortunately only one-third of those suffering seek treatment.

PLEASE GIVE A DESCRIPTION OF YOUR PRACTICE.

"I have offices in Hermosa Beach and Santa Monica. I am a board-certified psychiatrist who treats adults with a wide range of issues and disorders. Treatment may include therapy, holistic medications, traditional medications or a combination thereof. I also perform risk assessments and personality profiling for reality TV shows. I am fluent in English, Spanish and Farsi."

WHAT WOULD YOU LIKE POTENTIAL CLIENTS TO KNOW ABOUT YOU?

"I am non-judgmental and practicing a field that I love. I have the sincere desire to help others. I have purposefully structured my practice to give people the individualized care and attention they need and deserve. This is a departure from the current disappointing trend in medicine where doctors are forced to spend less time with patients."

WAS THERE A DEFINING MOMENT IN YOUR CAREER THAT GUIDED YOU TO WHERE YOU ARE NOW?

"I was in my fourth year of medical school deciding which field to enter. I chose psychiatry because it is not the type of medicine that a doctor can visually diagnose by looking at a scan, yet the emotional

decisions we make impact our lives tremendously. Working with people in such a personal way and helping them through difficult times is truly my passion."

WHAT'S ONE TREND THAT IS CHANGING YOUR SPECIALTY TODAY?

"The science shows that people who seek therapy for self-improvement live more satisfying lives, reach higher levels in their careers, make more money and are more fulfilled in their relationships. In essence, the evidence says that life is not about surviving but thriving. As a society we are more open to seeking help and addressing the problems that we face. This is a significant departure from the past, when the message was just to 'suck it up.' Yes, sometimes we do need to suck it up, but when that isn't working we need other solutions that work."

WHAT IS UNIQUE ABOUT YOUR STYLE AND TECHNIQUE?

"My background and training in both therapy and medication make me unique from other psychiatrists. In order to provide more complete care, I trained in Intensive Short Term Dynamic Therapy (ISTDP). Medications are extremely effective, but are limited in bringing about the complete change that many desire. Whether I see patients for medications, therapy or both, my training in psychotherapy allows me to treat the person more comprehensively. I am also able to work collaboratively and knowledgeably with the person's therapist, which ultimately benefits the patient. I truly believe that my extensive training in therapy, medication and pharmacologic research has led to my success as a psychiatrist."