

Biography for Dr. James Schlichting

Dr. James Schlichting is a board certified Neurologist by the American Board of Osteopathic Neurologists and Psychiatrists. He completed a Neurological Residency at Stony Brook University in the early 90s, the last year holding the distinguished title of Chief Neurological Resident. During fourth year medical school he completed a rotation in Psychiatry, and in residency he completed several rotations in Behavioral Neurology as well as working with Psychiatric patients on the Consultation Service and in the Psychiatric E.R. For the past 16 years he has been in private practice in Neurology. However, three years ago he began to treat neurological disorders with concomitant psychiatric conditions by implementing Cognitive Behavioral Therapy into his practice. The experience of treating patients with mental health problems got him very excited about going to school to study Psychology. He has achieved academic excellence in his psychology course work and is in pursuit of both a Masters in Counseling and Doctoral Degree in Psychology. Currently he is writing a dissertation on Borderline Personality Disorder associated with Post Traumatic Stress Disorder. When this is completed, he will be a candidate for the American Medical Association's Physician Recognition Award for his work in Psychology. He has also been recognized as distinguished member of the AMA. Dr. Schlichting's experience with the field of psychiatry leads him to believe that most psychiatrists train purely in psychopharmacology with little training in psychotherapy. He believes the training of Psychologists and Counselors make them the best equipped to provide psychotherapy. This observation is what motivated him to return to school for a doctorate in Psychology after years of experience as a Physician. He is frequently complimented for being a compassionate, empathic physician. Currently, he is a psychology intern at PsychArizona and looks forward to working with you as you make changes in your life.