



Rittenhouse
PSYCHIATRIC ASSOCIATES

Quarterly Newsletter | Spring 2025



Women's Mental Health Update

Dr. Emily Bernstein, MD is now serving as The Director of Women's Mental Health at Rittenhouse Psychiatric Associates. Dr. Bernstein received her undergraduate degree from the University of Pennsylvania, where she went on to also receive her Medical Degree AND complete her Residency in Adult Psychiatry. Dr. Bernstein previously served as the Head of the Women's Behavioral Health Program at Crozer Medical Center. She offers in-office appointments at our Paoli, PA location and virtual visits throughout PA, NJ, NY & DE.

Rittenhouse's Founder Newest Board Member

Dr. Pagnani was unanimously voted to the Board of Uplift: The Center for Grieving Children in January of 2025, for a 3 year term.



inner-city children in the Philadelphia area, who have lost a parent to illness, overdose, violence and/or incarceration.

Uplift was founded in 2000, as a program affiliated with St. Christopher's Hospital for Children and has evolved into a free-standing non-for-profit.

All clinicians are Master's level plus, and services are offered in both English and Spanish. Uplift additionally runs a free support line (1-833-PHL-HOPE), which is staffed by their clinicians.

Additional information, and donation information, can be found at upliftphilly.org.

Meet the Docs

Thomas Scary, MD

- Joined Rittenhouse Psychiatric Associates in 2022
- Clinical Assistant Professor of Psychiatry at Temple University Hospital and Tufts Medical Center
- Focus: Mood disorders (depression and bipolar), OCD, and psychotherapy
- In-office (Philadelphia) and Virtual Appointments to PA, NJ, NY, DE & MA



[Read More](#)

New ADHD Skills Training

Dr. Angelo Rannazzisi, is now scheduling ADHD skills training sessions for College, Graduate Students & Adults.



We've seen an explosion in companies offering ADHD medication management, but medications are not always the answer.

ADHD skills training utilizes CBT (Cognitive Behavioral Therapy) to help individuals learn strategies for handling their symptoms, that can be utilized throughout their lives.

Treatment typically involves a one-time evaluation, followed by six to ten 45-minute training sessions. Sessions are in high demand at the start of fall, spring and summer semesters, so please call with plenty of notice.

[Learn More](#)

New Updates on Child & Adolescent Care

Drs. Gracie Yeo and Juliet Muzere are now scheduling in-office Child & Adolescent Appointments in Paoli, PA and virtual appointments throughout PA and NJ to address common concerns:

- Evaluations for 504 & IEP Plans for Students
- Anxiety, Depression, ADHD & Learning Disorder Evaluations, and Medication Management
- Coordination of Care with Parents, Pediatricians & School

[Learn More](#)



Imposter Syndrome (IS): Discussion & Seeking Treatment

Feelings of inadequacy, can cause significant mental health struggles. You are NOT alone if you suffer from it. It is real, and it can be treated. [Read more.](#)



Benadryl (Diphenhydramine) for Insomnia and Anxiety

Dr. Pagnani discusses over-the-counter sleep aids, their active ingredients, side affects, and level of abuse potential. [Watch now.](#)

Our Mission

To deliver the highest quality mental healthcare services available. To do so by hiring academically oriented providers, who trained at the nation's top psychiatric programs, and have a primary focus on clinical patient care.

To allow providers to practice medicine in a way that is consistent with their training, sub-specialization and innate desire to put their patients first, free of outside influences such as private equity, big business and insurance involvement.

To create a more-affordable option for fee-for-service psychiatric care, by providing autonomous private practices to the most well-trained and competent psychiatric nurse practitioners available, and to do so within a framework where case discussion, collaboration and education are part of the culture.



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