

Randy I. Pardell MD, DFAPA

Director

Randy Ian Pardell, MD, DFAPA established TMS Center of the Hudson Valley and Riverview Psychiatric Medicine, PC with the goal of providing innovative, compassionate and scientifically based psychiatric care for residents of the Hudson Valley.

Dr. Pardell emphasizes, “We evaluate each patient with an extensive medical and psychiatric history assessment, **blood analysis, genetic testing** to personalize medication treatment selection. We offer **Neurocognitive Testing and QEEG Brain Mapping** to assist in diagnosis and treatment direction. We develop an individualized treatment plan which includes: **medication management, nutritional and bioidentical hormone supplementation, psychotherapy, career coaching and consulting, Neurofeedback, Neurofield Treatment, Biofeedback** and **Transcranial Magnetic Stimulation (TMS)** the

breakthrough technology for treatment resistant depression.”

Dr. Pardell, a board-certified psychiatrist and Distinguished Fellow of the American Psychiatric Association, graduated from the University of Pennsylvania, Magna Cum Laude, Phi Beta Kappa, and the New York University School of Medicine with honors. He completed psychiatric training at St. Luke’s-Roosevelt Hospital Center where he served as chief resident and was a post-doctoral fellow at Columbia University School of Medicine. He completed, with distinction, The Master in Pharmacology Program sponsored by Neuroscience Educational Institute.

Dr. Pardell completed a Mini-Fellowship in Transcranial Magnetic Stimulation from Harvard Medical School at the Berenson-Allen Brain Stimulation Center at Beth Israel-Deaconess Hospital Center in Boston and Visiting Fellowship in Transcranial Magnetic Stimulation at Duke University School of Medicine. Dr. Pardell has been active as a member of the Board of Directors of the Clinical TMS Society and serves as the Outreach Committee Chair.

As a highly regarded lecturer, Dr. Pardell has educated fellow physicians and mental health clinicians on the latest pharmacologic and innovative treatments of psychiatric disorders. He was recognized by Castle Connolly as a Top Doctor in the Hudson Valley in the Hudson Valley Magazine in 2010, 2017 and Top Doctor in Castle-Connolly/ US and News and World Report in 2010-2018. Dr. Pardell also had the honor of being acknowledged by his patients with the Patient Choice Award 2011, 2013-2014, 2016 and the Compassionate Doctor Recognition 2011, 2013-2014, 2016 and Vitals On-Time Doctor Award 2014.



Dr. Pardell has also been featured in Cablevision’s series “Meet the Leaders” and YNN “Healthy News” Segment to discuss his utilization of TMS to help patients overcome treatment resistant depression.

Dr. Pardell facilitates weekly educational symposia to ensure the clinical staff has the latest updates in mental health treatment.