

Gentry Psychiatric Responds to Growing Demand for Deeper, Long-Term Mental Health Care in Carmel-by-the-Sea

Carmel-based psychiatric practice offers individualized, relationship-centered treatment as patients seek alternatives to transactional care models.

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[Psychiatric](#), a private psychiatric

practice in Carmel-by-the-Sea, California, is addressing increasing patient interest in comprehensive, long-term [mental health](#) care that prioritizes depth and continuity over

brief, symptom-focused appointments. Under the direction of [Dr. Preston Gentry](#), the practice offers an approach designed to support patients through sustained therapeutic relationships rather than episodic treatment encounters.



Dr. Preston Gentry

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The announcement comes as mental health professionals and patients alike express growing concern about care models that emphasize quick assessments and medication management without adequate time for understanding the full scope of an individual's needs. As demand for mental health services continues to rise across California's Central Coast and beyond, Gentry Psychiatric has positioned itself as an option for those seeking a different experience of psychiatric care.

The practice distinguishes itself through extended appointment times, consistent provider relationships, and treatment plans developed collaboratively with each patient. Rather than focusing solely on symptom reduction, Dr. Gentry works with patients to understand the

broader context of their mental health, including life circumstances, personal history, and individual goals for wellbeing. This approach allows for adjustments over time as patients move through different phases of their lives and treatment.

Many individuals seeking mental health support today find themselves navigating systems where appointments are brief, providers rotate frequently, and treatment feels disconnected from their lived experience. Gentry Psychiatric offers an alternative structure where patients can expect to see the same provider consistently, engage in meaningful dialogue about their care, and participate actively in decisions about their treatment path. This continuity supports the development of trust, which research suggests plays a meaningful role in therapeutic outcomes.

"Real healing requires time, presence, and genuine understanding. I believe in walking alongside my patients, not rushing through appointments," said Dr. Preston Gentry, founder of Gentry Psychiatric.

The practice serves adults experiencing a range of mental health concerns, including mood disorders, anxiety, trauma-related conditions, and challenges related to life transitions. Dr. Gentry takes a comprehensive approach to evaluation and treatment, considering biological, psychological, and social factors that may contribute to a patient's experience. When medication is indicated, it is prescribed thoughtfully as one component of a broader care strategy rather than as a standalone solution.

Gentry Psychiatric's location in Carmel-by-the-Sea reflects an intentional choice to create a calm, welcoming environment for patients. The practice setting is designed to feel different from clinical or institutional spaces, supporting the kind of open, unhurried conversations that meaningful psychiatric care requires. Patients traveling from nearby communities including Monterey, Pacific Grove, and Pebble Beach find the location accessible while appreciating the sense of privacy and retreat it offers.

Dr. Preston Gentry brings extensive training and clinical experience to his private practice. His background includes comprehensive psychiatric education and ongoing professional development to ensure that his approach remains current with evolving research and best practices in the field. Beyond clinical expertise, Dr. Gentry emphasizes the human elements of care, recognizing that effective psychiatric treatment depends as much on the quality of the therapeutic relationship as on technical knowledge.

The practice accepts inquiries from prospective patients who are interested in learning whether its approach might be appropriate for their needs. Initial consultations provide an opportunity for mutual assessment, allowing both Dr. Gentry and the patient to determine whether the practice represents a good fit. This thoughtful matching process supports better outcomes and helps ensure that patients who begin care at Gentry Psychiatric are well-suited to benefit from its particular model of treatment.

As conversations about mental health continue to evolve nationally and locally, Gentry Psychiatric remains committed to providing care that honors the complexity of each individual's experience. The practice welcomes the broader cultural shift toward taking mental health seriously while maintaining its focus on depth, continuity, and genuine therapeutic partnership.

About Gentry Psychiatric

Gentry Psychiatric is a private psychiatric practice located in Carmel-by-the-Sea, California, offering comprehensive mental health care for adults. Founded by Dr. Preston Gentry, the practice emphasizes long-term therapeutic relationships, individualized treatment planning, and a whole-person approach to psychiatric care. Gentry Psychiatric serves patients from throughout the Monterey Peninsula and surrounding communities. For more information, visit gentrypsychiatric.com.

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