

Dr Silverman's Background

I attended college at American University in Washington DC, and had summer classes at Johns Hopkins University. I received my medical degree from the University of Maryland School of Medicine. During medical school, I took externships in physical medicine and rehabilitation at USC/LA County Medical Center, social & community psychiatry at UCLA Medical Center, and child and adult psychiatry at Children's Hospital / Boston and Massachusetts General Hospital.

My pediatric training was at Penn State University Hershey Medical Center and Mt Zion Hospital/ UCSF Medical Centers. During residency training, I had electives in pediatric radiology, endocrinology, and nephrology at UCSF Medical Center.

Prior to starting general pediatric practice, I worked as a pediatric emergency room physician at a San Francisco hospital.

I am board-certified in pediatrics and have practiced in the Santa Cruz area since 1986. I am a member ("fellow") of the American Academy of Pediatrics, and a member/provider of the Physicians Medical Group of Santa Cruz, and the Central California Alliance for Health. I also have written regulars column for Growing Up In Santa Cruz, a monthly newsletter about kids.

Like all pediatricians, my training emphasized establishing a good base of knowledge, diagnosing and treating children's illnesses, and technical expertise. Over the years experience has taught me that the "human" aspects of being a good physician are equally important: developing a rapport with families, listening closely to their concerns, and showing compassion. Important also is inquiring about nutrition, stress in the child's life, and discussing illness prevention or maintaining wellness.

Children live in a context of family, neighborhood, school, and (sometimes) religious belief. Significant events, changes, or problems in any of these areas, may have negative effects on appetite, sleep, behavior, school performance, or health. Looking at the “whole picture”, and trying to understand the child’s experience from his / her perspective, is important in helping the family stay “on track”.

Integrating all these ideas into my practice has resulted in a more positive experience for the kids, their families, and me.

Becoming a parent myself has certainly brought me a new perspective to the work that I do every day with families. Having a child opens your heart in a way that no other experience in life does. This has served me well in my ability to relate to parents with insight and empathy to their problems and needs.

Knowing how becoming a parent affected me, it's interesting for me to see how others are changed by having children; and how we as adults have to adjust to this new role which carries with it so much responsibility.

I hope this gives you some sense of us and the ideas that we incorporate into our practice.