

Dr. Yasmine Saad

“The Wise Psychologist”

Inspiring every person to have an empowering perspective on their life through connecting to the essence of their being

Transformational change in just one session



Featured On



AREAS OF EXPERTISE

Psychology of:

- Stress and Anxiety
- Overthinking, Rumination and Doubt
- Imposter Syndrome and Perfectionism
- Guilt and Shame
- Eating disorders
- Depression
- Loneliness
- Mental, Emotional, Physical, and Spiritual Wellness
- Forgiveness and Gratitude
- Law of attraction and quantum physics
- Integration of Western and Eastern psychological perspectives

Dr. Yasmine Saad is an award-winning NYC psychologist and 2x international bestselling author. Known as “The Wise Psychologist” and honored by Forbes alongside figures like Tony Robbins, Dr. Saad is celebrated for her Inner Message Approach™. This transformative method helps individuals decode thoughts and emotions to overcome negative patterns and unlock their true potential. USA Today described her as a “visionary”: “Dr. Yasmine Saad is redefining how we understand the human mind, combining wisdom and revolutionary techniques. Her unique approach transcends conventional boundaries, making her one of the leading figures enriching the world of psychology today.” Her expertise has been recognized at the national and international levels as a seasoned practitioner and an educator.

As the founder of Madison Park Psychological Services, Dr. Saad heads an elite team of the top 5% of psychologists. By applying the Inner Message Approach™ specifically developed by Dr. Saad, she and her team have helped countless adults, couples, and children achieve wellness in a short time. This approach not only empowers them with the knowledge to heal themselves but also allows them to see themselves more clearly – hence our slogan “You See You, the Essence of You™”.

As an internationally acclaimed speaker, Dr. Yasmine Saad educates the public on her Inner Message Approach™ and has shared stages with icons like Deepak Chopra, Dr. Shefali, Les Brown, and others. Her groundbreaking insights have been featured in 100+ media outlets, including ABC, CBS, NBC, BBC, Fox, and more, solidifying her reputation as a leading psychology and personal development authority.

OVER 200 5-STAR REVIEWS!

“ I have kissed a lot of frogs to find the right fit and I finally feel like I am in good hands. I encourage everybody to meet with Dr. Saad. Just even one appointment is life-changing. You will see what I mean!!”

Zocdoc

“I walked into the appointment with high expectations, having perused Dr. Saad’s credentials and reviews, but my experience proved even more rewarding than I could have imagined. Dr. Saad displayed this uncanny ability to deconstruct my problems, arriving at the cause of my confusion within less than 10 minutes. She thereafter was able to gauge several facets of my personality and idiosyncrasy without my having to explain them.”

Healthgrades

“Dr. Saad is incredibly insightful and helpful. She is great at helping organize thoughts and creating a plan of action., Dr. Saad is unbelievably insightful and skilled at assessing situations. Her ability to read people is amazing - her guidance is invaluable.”

WebMD