

EVIDENCE-BASED APPROACHES TO INTEGRATIVE MENTAL HEALTH

Description

Is there more to treating mental health than medications? We'll explore the scientific research behind the safe and appropriate use of non-pharmaceutical strategies for mental health, operating on the principle that natural, effective, and less invasive therapies are the foundation of mental and emotional wellbeing. More importantly, we'll discuss how to implement these strategies to improve stress, anxiety, depression, and cognition.

Sessions are offered via Zoom and billed as shared medical appointment with 2 physician specialists.

Clinical Directors

Ripal Shah, M.D., M.P.H.

Director of Integrative Mental Health

Dr. Shah specializes in reproductive psychiatry, lifestyle and integrative approaches to health, and physician wellness. She is board certified in Adult Psychiatry, Obesity Medicine, Addiction Medicine, and completed a two-year fellowship in Integrative Medicine. She has additional training in clinical hypnosis and psychedelic-assisted therapy.



Susan Payrovi, M.D.

Director of Integrative Nutrition

Dr. Payrovi specializes in integrative and functional medicine approaches for mental and physical well-being. She's board certified in Anesthesiology, Hospice & Palliative Medicine, as well as Integrative Medicine. Dr. Payrovi is also certified in Functional Medicine and medical acupuncture.



Starts August 15, 2024

Thursdays 11:00-11:40 AM

TOPICS

- Nutritional therapies
- Dietary supplements
- Mind-body approaches
- Movement & exercise
- Restorative sleep
- Botanicals & phytotherapy
- Light therapy
- Manual medicine
- Behavioral activation
- Self-tracking & data-driven treatment
- Values & identity



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