

# EVIDENCE-BASED APPROACHES TO INTEGRATIVE MENTAL HEALTH

## Description

We will explore the scientific research underlying the safe and appropriate use of non-pharmaceutical strategies in supporting mental health, operating on the principle that effective interventions that are natural and less invasive should be considered when possible. We will also discuss broader concepts of health promotion, prevention of mental illness, and lifestyle modifications to improve mental health.

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

## Physicians

### **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 is triple board certified in Anesthesiology, Hospice & Palliative Medicine, as well as Integrative Medicine. Dr. Payrovi is also certified in Functional Medicine, Mind Body Medicine, and Medical Acupuncture.



Starts Feb 1, 2024

Thursdays 11:00-11:40 AM

## TOPICS

- Nutritional therapies
- Dietary supplements
- Mind-body approaches
- Exercise
- Restorative sleep
- Botanicals
- Phytotherapy
- Light therapy
- Manual medicine
- Behavioral activation
- Self-tracking and data-driven treatment



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