



What is integrative psychiatry?

Integrative Psychiatry is mental health care that provides more than just a diagnosis. It's caring for the whole person, not just the disease or disorder. We facilitate growth and healing by focusing on the unique biological, emotional, environmental and spiritual needs of the individual.

While conventional medicine focuses on symptoms, integrative psychiatry gets to the root of what caused the symptoms in the first place. The intent is to shift from disease management and symptom reduction to prevention, wellness and wholeness. We do this by emphasizing a therapeutic relationship, combining conventional psychiatric care with complementary and alternative approaches that we have found to be successful.

These include, but are not limited to, conventional medication, psychotherapy, nutrition, botanical supplements, bio-identical hormones, and mind-body techniques involving the breath, meditation, yoga, massage and energy medicine.

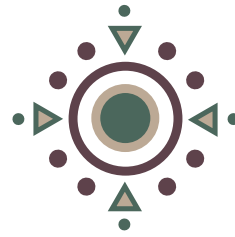
Health Talks

The Center hosts educational health talks that are open to the public. Please join us! Visit www.healingpsychiatry.com for current events.



**Keep up with us
on Facebook!**

The Center for Integrative Psychiatry & Wellness is proud to collaborate on programming and services with Humanistic Counseling Centers, Insight Learning & Wellness Center and Studio E.



Putting You at The Center

At The Center for Integrative Psychiatry & Wellness, we liken our practice to a wheel with a center, spokes and an outer sphere of support. You, the client, are at the center of all we do. As a unique mental health care facility offering multiple wellness services, each practice area represents the spokes. The outer sphere is the supportive environment you will find here that encompasses you on your journey toward optimal health and wellness.

Practitioners at The Center take a collaborative approach to the care of all clients. We formed this group practice because we knew there was a better way to serve. Rather than operating in separate silos of technique, we have created an environment in which practitioners can work as a team and utilize each other's strengths to find the right blend of treatments for each individual client.



THE
CENTER
For Integrative Psychiatry & Wellness

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THE
CENTER
For Integrative Psychiatry & Wellness



Find yourself at The Center

...where healing begins

A new approach to health care





Awakening hope ... a new approach to health care

About us

The Center for Integrative Psychiatry & Wellness provides conventional mental health care along with wellness services that enhance the healing process. We focus on the individual and design a treatment course that is right for you. The services we offer go above and beyond the typical standard of care.

While most medical practices have been trained to focus on symptoms and disease management, our focus is on prevention and whole wellness. As we create a plan for patients, we not only treat the disease, we determine a path for you to become whole again and ways to prevent reoccurrence.

Our many years of experience utilizing the best treatments of both conventional medicine as well as complementary, holistic practices show us that this system works. We serve patients with a team approach, education, clinical and group work.

We provide these services in an atmosphere of love, respect, and integrity for the client and practitioner. The environment is healthy, constructive and supportive of our mission.

How we're different

The Center was founded by integrative psychiatrists Lynn Klimo, MD, DCEP and Jodie Skillicorn, DO. Our multidisciplinary team provides care on all levels: physical, emotional, mental/spiritual and energetic. Rather than just reduce symptoms, we strive for healing and full remission.

With integrative psychiatry, the emphasis is on you. Individualized treatment plans are the norm, not the exception. Integrative psychiatry does not pigeon-hole you into a disease and provide you with assembly-line like care. We do not limit ourselves to a pharmaceutical solution. Nutrition and exercise are prescribed as routinely as medication.

Guiding you to better health

At The Center, we believe that people have the ability to heal within themselves and that our practitioners serve as guides. We teach you techniques to keep you well so that you will not become reliant on us. We work on lifestyle changes from the inside out. Not just to change a behavior, but also the thoughts, feelings and limiting beliefs behind the behavior. Self care is not only taught but expected as we partner with you to advance your health. We educate and promote healing and healthy living.

Mind-body medicine

Mind-body therapies are an area of medicine that recognizes the deep inter-connectedness of the physical, mental and emotional aspects of our being. Physical symptoms are often rooted in mental distress. By recognizing the role that our mental health plays in our physical health, we further ourselves on the path to wellness.

What we offer

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| Acupuncture | Mindful Eating & Movement |
| Addiction Outpatient Program | Non Opiate Treatment of Chronic Pain |
| Adult Integrative Psychiatry | Nutrition Coaching |
| Bio Identical Hormone Therapy | Oriental Medicine |
| Couples, Youth & Family Therapy | Polarity |
| Cranial-Sacral Therapy | Psychodrama |
| EFT & Energy Medicine | Psychotherapy |
| EMDR | Reflexology |
| Functional Medicine | Reiki |
| Grief Counseling | Tai Chi |
| Iridology | Yoga |
| Meditation | |

Healing on all levels

- emotional
- mental
- physical
- spiritual
- energetic
- environmental

The Holistic Approach to Psychiatry

We are practitioners who value traditional psychiatric care, but have found incredible success with patients who also take part in holistic modalities such as reiki, polarity, EFT, energy work and the many other therapies you'll find here. We created this wellness center to offer you all of these services under one roof. With a wide variety of complementary modalities at our fingertips, we can provide our patients with the tools they need to be well.