



Integrative Mental Health Practitioner Finder

See www.OnwardMentalHealth.com (Resources) for an array of integrative mental health material including the latest version of this monograph, extracted from the book, *Choices in Recovery*.

Integrative Mental Health seeks to help people recover by understanding and treating possible underlying influences and causes of mental health symptoms. These causes can be either *biomedical* (related on our body) or *psychosocial* (related to our mind and social interaction); both can have a tremendous impact on mental health, since our body and mind are so tightly entwined. This monograph has a biomedical focus.



Biomedical practitioners can identify an individual's unique **bio-individuality** through blood/urine and other testing, using detailed **biomedical test panels** (see www.OnwardMentalHealth.com/resources). These tests can uncover nutrient imbalances, hormonal issues, amino acid irregularities, food allergies, pathogens, inflammation, toxicities, or other physical conditions that can cause or influence mental health symptoms. Customized therapies can then be prescribed targeted at the specific issues identified in the lab results.

These practitioners go by many names:

- *Integrative Psychiatrists* - psychiatrists who offer both drug and non-drug options
- *Orthomolecular Practitioners* – professionals who provide nutrient-oriented therapies based in orthomolecular principles
- *Integrative Medicine Doctors* - MDs who offer drug and non-drug options for overall health, including mental health
- *Functional Medicine Doctors* – MDs who focus on cause-based approaches to health.
- *Naturopathic Physicians* – holistic practitioners with a naturopathic degree
- *Specialists* – MDs such as endocrinologists or allergists who focus on a subset of biomedical causes. Specialists are brought in if initial testing indicates their expertise is required or when very detailed testing is desired.

It is vital to include practitioners on your team who are focused on the biomedical aspects of mental health, since more than one-quarter of mental health issues have underlying biomedical causes or influencers. Although primary care physicians often prescribe psychotropics, they typically do not fulfill this more specialized biomedical role focused on mental health.

Perhaps the most comprehensive and proven biomedical protocol for mental health was developed by the **Walsh Institute**, presented in his book, **Nutrient Power**. The institute has amassed what is probably the world's largest database of mental health laboratory analyses: more than three million records from over 30,000 people with mental health issues. This database shows that umbrella mental health diagnoses are composed of multiple subtypes, each requiring a different nutrient response. Knowing your biotype helps identify an appropriate nutrient response. Open-label trials indicates that over 70% of people with mental health diagnosis who use customized Nutrient Therapy for six months based on the Walsh protocol experience a significant decrease in symptoms and can often reduce medication dosages.

Realize that it may take you time to find a biomedical practitioner skilled in mental health. A good place to start is with the **directory of Walsh Institute Clinicians**.

Before calling for an appointment, do your homework: check out the practitioners' specialties and approaches on their websites, and read evaluations of people who recommended the practitioner. When you call, if you are told that the doctor is not accepting new patients, switch gears. Tell the scheduler why



this particular doctor is very important to you: that he or she comes highly recommended by someone you trust; their area of specialization is something you have a good reason to explore; the approach mentioned on the website is something that resonates with you; et cetera. Such respectful assertiveness is an act of advocacy and may help you get an appointment. If it doesn't work, be sure to ask for a reference for another practitioner with similar standards who is accepting patients. Then when you call that practitioner's office, you have a referral to mention.

For a list of questions you may want to consider asking potential practitioners, see *Questions for your Practitioners* (a monograph found at www.OnwardMentalHealth.com/resources).

Consider the following directories, clinics, and practitioners as you look for a biomedical practitioner. Americans living near Canada may consider leveraging the larger base of orthomolecular practitioners there.

Directories of Integrative Psychiatrists.

- APA Caucus on Complementary, Alternative, and Integrative Medicine www.IntPsychiatry.com.
- Integrative Medicine for Mental Health Registry.
www.integrativemedicineformentalhealth.com/registry.php.
- American College for Advancement in Medicine. www.acam.org.

Directories of Naturopaths.

- Find a Naturopath. www.findanaturopath.com.
- American Association of Naturopathic Physicians. www.naturopathic.org.
- Canadian Association of Naturopathic Doctors. www.cand.ca.

Directories of Alternative/Integrative Medicine practitioners.

- Walsh Institute Clinicians. www.walshinstitute.org/clinical-resources.html.
- International College of Integrative Medicine. www.icimed.com.
- AlternativeMentalHealth.com Practitioner Directory, <http://goo.gl/13q2LK>.
- [Academy of Integrative Health Medicine](http://www.aihm.org). www.aihm.org.
- International Network of Integrative Mental Health. <https://inimh.org>.
- American Holistic Health Association Practitioner Directory. www.ahha.org/holistic-practitioners.
- [Mad in America Provider Directory for withdrawing from psychiatric drugs](https://goo.gl/kvstV0). <https://goo.gl/kvstV0>.

Functional Medicine Practitioners. www.FunctionalMedicine.org.

Hospitals with Integrative Psychiatry focus.

- CA <http://goo.gl/UpSEl4>.
- PA <http://goo.gl/FsnMx4>.
- OH <http://goo.gl/LmXtcc>.
- NY <http://goo.gl/idUun5>.

Integrative Psychiatry clinics/practices.

- AZ www.mypassion4health.com.
- IL www.mensahmedical.com, www.chicagointegrative.com.
- MA <http://goo.gl/lyWQ6f>.
- MD www.holisticpsychiatrist.com.
- MI www.OnwardMentalHealth.com/resources (a monograph, *Michigan Integrative Mental Health Practitioners*)
- KY <http://goo.gl/ti9sW>.



Anthroposophical health centers www.steinerhealth.org.

Orthomolecular practitioners.

- Worldwide Practitioner Directory. www.orthomolecular.org/resources/pract.shtml.
- Canadian Practitioner Directory. <https://ionhealth.ca/public/find-a-practitioner>.
- Canadian clinic (Toronto). www.nmrc.ca.

In addition, search the internet for practitioners in your area, typing the following into your web browser (replacing “CITY” with the name of your city).

“Mental illness” OR “mental health” “integrative psychiatry” OR “Integrative psychiatrist” OR “integrative medicine” OR naturopath OR alternative OR complementary OR holistic CITY