



Integrative Medicine – Ideal for Psychotherapist

By Stephanie Delmore, MA, LPC

Working in an Integrative Medicine Practice is really the “ideal” place to be a psychotherapist. I know a whole group of amazing, skilled, empathic practitioners who help support my clients in their path towards better mental health. I believe that sometimes our path towards better mental health needs to be supported with better physical health. Sometimes we need to consider doing work on an energetic level to be able to clear the path towards healing. I feel so grateful to be able to practice in a setting where I know and understand all that the Center has to offer. I can refer clients to practitioners who are going to provide support for the mental health goals that we’ve established.

How I see this in my work is that I first look at the physical body: life stressors and illnesses that are stressing the body physical/emotionally, diet, exercise, intake of caffeine/sugar/drugs/alcohol. I’ve been seeing more and more research about our gut biome and how that influences mental health. Some experts feel that upwards of 90% of the serotonin (that’s the feel-good brain chemical) in our body is made in the gut—not the brain, as previously thought. So, taking a good probiotic and eating well are a huge benefit. We have our amazing trio of physicians and Sarah Philipp, our nutritionist, to help in this area. Aimee Brown, LAc is a skilled acupuncturist who can treat physical ailments in addition to balancing energy to improve symptoms of anxiety and depression.

Next, clients may be stuck on an energetic level. This often appears in psychotherapy as clients who are failing to move ahead. We work on goals in the therapy session and then the client has a hard time executing change outside of the session. Or, it may be that the symptoms of anxiety, depression, grief, or trauma are so overwhelming it’s hard for clients to connect with their deeper selves in therapy. EMDR treatment is very quick and effective at treating these issues and when it’s not going as I anticipated, I often suggest adding in some energy work. David Johnson, CCH, practices Classical Homeopathy. Dave and I have seen amazing synergy happen in clients who add homeopathy to their treatment plan. Dave works with the client to prescribe a remedy based on their unique expression of life difficulties. The remedies move clients out of a stuck place into a different energetic/emotional place where they are able to “dig deep” in therapy and work to finally resolve long standing issues. Shelley Carpenter, PT, RMT, RYT is our resident Reiki Master and Therapeutic Yoga instructor. Reiki is an amazing experience if you’ve never experienced it. I think it’s one of the most relaxing modalities. With Reiki and Yoga, Shelly heals energy blocks in clients to restore their sense of self and balance. Boris Matthews, PhD, is the final member of our complementary team. Boris practices Jungian Psychotherapy. This is another option for psychological healing and exploration.

In reading this, if you are a current or future patient of the Ommani Center, I encourage you to take advantage of all the healers available to you here at Ommani on your path to wellness.

Stephanie Delmore, MA, LPC is a psychotherapist at the Ommani Center who is skilled in treating a variety of mental health concerns. To learn more about Stephanie, visit www.StephanieDelmore.com. Appointments with Stephanie may be made by calling The Ommani Center at 262-695-5311.