

 **Gary S. Weinstein, MD**



Dr. Weinstein is a holistic psychiatrist combining many modalities of traditional and complementary medicine. He was Chief Resident in Psychiatry at Vanderbilt University Medical School, and former Director of Outpatient Psychiatry at the

University of Louisville School of Medicine where he is now a Clinical Associate Professor. He has been a practicing psychiatrist for over 30 years, is Board Certified by the American Board of Psychiatry and Neurology and a Credentialed Diplomate in the American Academy of Pain Management. He is also a Medical Qigong Master, Reiki Master, and an Advanced Pranic Healer. His extensive knowledge, training and skills practiced over many years make his treatment unique.

 **Mission**

To provide individualized and unique care based on understanding the true wellness and health needs of each person, selecting from a wide range of traditional and complementary treatments.

Contact

For more information or
to schedule an evaluation

Call: 502-425-8787



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**HOLISTIC
PSYCHIATRY**

Traditional Psychiatry Combined
With the Best Complementary
Medicine Techniques



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*“Expanding the definition of healing
to include body, mind, emotion,
spirit and energy.”*

Holistic Psychiatry

The most recent scientific research of conventional medicine is skillfully blended with ancient healing arts. This can often lead to greater symptom relief than using traditional methods alone. Promoting optimal health and wellness are also primary goals.

Help Provided

Defining how to improve quality of life and a sense of well-being may be an entry point for evaluation, along with symptom reduction.

For serious problems a stepwise approach is used. First, a thorough and comprehensive evaluation determines the cause of symptoms and location of the level of illness.

Next, a greater understanding through patient education is promoted while working together to chart individualized treatment options. This allows more control and empowerment for one's own healing.

Then, effectiveness is monitored, and a personalized plan will be maintained or changed based on response.

Evaluation and Treatment for:

- Anxiety Disorders (including fears, phobias, obsessions/compulsions and post-traumatic stress disorder)
- Depression
- Stress-Related Illness
- Chronic Pain Disorder
- Other Chronic Illness
- Addiction Disorders
- Wellness Needs
- Grief and Loss Issues
- Insomnia

Treatments Available

All using non-touch methods

Psychological/Physical

- Relaxation Training
- Biofeedback Training
- Meditation Training
- Guided Imagery/Visualization
- Heart Rhythm Coherence Training
- Conscious Breath Training
- Chronic Pain Management

Psychological/Energetic/Spiritual

- Medical Qigong
- Pranic Healing
- Reiki
- Energy Psychology Treatments

Psychological/Emotional

- Individual Psychotherapy
(Type of therapy used will depend on evaluation)
 - Cognitive Behavioral
 - Interpersonal
 - Psychodynamic/In-Depth
 - Reality-Based

Physical

- Medication Management

Treatment Principles

- Goals for effective healing will be made in partnership with a commitment to use all the time and attention required.
- A true collaboration will occur, with respect of one's ability for awareness and participation.
- Referring healthcare professional involvement is often important for completeness of care.
- Care will be given with compassion for both symptoms and the underlying issues that promote them.
- Imbalances and blocks to health will be identified and the body's natural ability to heal will be enhanced.
- Every aspect of healing will be addressed using a whole person approach.
- Physical, psychological, emotional, spiritual and energetic needs will be assessed as a dynamic connected system.
- A much wider range of treatment options can lead to more appropriate and specific interventions.
- A stronger, comprehensive tapestry of treatments can more effectively facilitate healing and improve life functioning.