

# SIERRA TUCSON P R O G R E S S

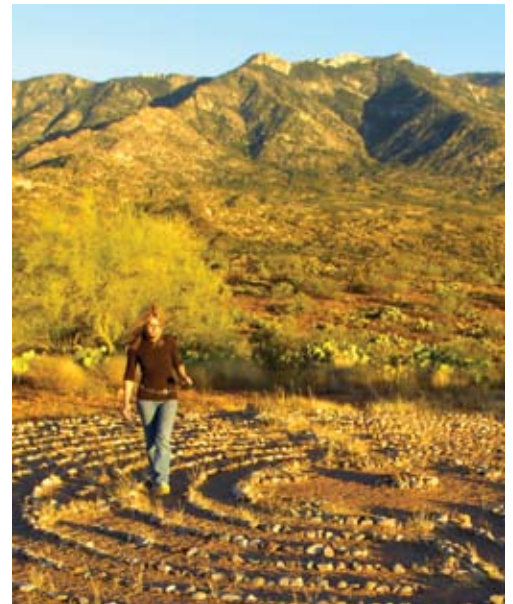
WINTER / SPRING 2011

## “What is Integrative Psychiatry?”

by James Duffy, M.D., FANPA, FAAHPM, DABMA

Over the last few years, we have witnessed a dramatic increase in the American public’s interest in complementary therapies and the emergence of a new medical specialty called “Integrative Medicine.” These recent developments reflect the increasing sophistication of the healthcare consumer and recognition of the limitations of Western medicine by both patients and clinicians.

*Since its founding in 1983, Sierra Tucson has been an early pioneer and international leader in the development of integrative approaches to mental healthcare. Most significantly, Sierra Tucson is leading the way to integrate recent advances in clinical neuroscience with effective and compassionate complementary therapies.*



Statistics regarding the use of Complementary and Alternative Medicine (CAM) demonstrate how widespread this approach to healing has become. One-third of Americans use nonconventional treatment modalities during any given year, and increasing numbers of individuals diagnosed with mental health disorders use CAM alone or in combination with conventional pharmacological treatments. About one in ten American adults who receive treatment from a CAM practitioner have been diagnosed with a psychiatric disorder, and half of these see CAM practitioners primarily for a mental health problem. Approximately 10% of visits to naturopathic physicians, acupuncturists, chiropractors, homeopaths, and massage therapists are concerned primarily with mental health problems.<sup>1</sup>

Most Americans use both conventional allopathic medicine and CAM concurrently. The majority of depressed or anxious individuals who use CAM therapies receive concurrent treatment from a physician or other conventional healthcare provider. Almost two-thirds of psychiatrically hospitalized patients have used a CAM therapy to treat their mental health problem within the past year. Major depressive disorder is the most common psychiatric diagnosis associated with CAM use. However, it is concerning that as many as 80% of individuals diagnosed with major depressive disorder who use CAM therapies do not disclose this fact to their psychiatrist or family physician.<sup>2</sup> Patients’ non-disclosure to their allopathic clinicians of their complementary and alternative medicine use can result in unforeseen adverse drug interactions and confusion around therapeutic outcomes.

Because many complementary therapies are predicated on models of disease that are very different from Western allopathic medical models, e.g., Chinese medicine models of Qi and the Five Elements, it is often difficult to develop research methodologies that are translatable into conventional medical measures. However, despite this challenge, there is increasing research data that does support the utility of many complementary therapies for treating behavioral disorders as defined by DSM-IV diagnostic criteria.

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SIERRA TUCSON®

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# What is Integrative Psychiatry? (Continued from page 1)

## A Proposed Definition of Integrative Psychiatry

Integrative psychiatry describes an evidence-guided approach that incorporates appropriate and effective conventional and complementary therapeutic modalities to the assessment and treatment of mental health problems.

The Principles of Integrative Psychiatry:

- The patient and healthcare practitioner are partners in the healing process.
- All factors that influence mental health, wellness, and disease are taken into consideration, including mind, body, spirit, community, and the environment.
- The appropriate use of both conventional and complementary/alternative methods supports the person's resilience and facilitates an innate healing response at the level of mind, body, and spirit.
- Effective interventions that are natural and less invasive should be used whenever possible.
- Integrative psychiatry neither rejects conventional medicine nor accepts complementary and alternative therapies uncritically.
- The development of integrative psychiatric practices should be based on a rigorous evidence-based approach.
- Integrative psychiatry is organized around an interdisciplinary team model that respects and recognizes the contribution of practitioners from different disciplines.
- Practitioners of integrative psychiatry should exemplify its principles and commit themselves to self-exploration, self-healing, and self-development.
- In addition to treating mental health illness, integrative psychiatry recognizes the importance of supporting physiological and psychological resiliency and the enhancement of positive psychological factors.

## Integrative Psychiatry at Sierra Tucson

Patients receiving healthcare at Sierra Tucson have the unique opportunity to benefit from the latest advances in clinical neuroscience as well as receiving safe and effective complementary therapies. Working in collaboration with the patient, the patient's healthcare team develops an individualized integrative treatment plan that is designed to address each person's particular therapeutic needs and preferences.

In addition to state-of-the-art neuropsychiatric assessment and treatment that may include medications, neuropsychological assessment, and functional neuroimaging, patients are referred therapies that may include:

- Acupuncture
- Naturopathy
- Somatic Experiencing®
- Massage Therapy
- Shiatsu
- Somato-Emotional Release Massage
- Reiki
- Contemplative Practices (including meditation and yoga)
- Equine-Assisted Therapy and other recreational therapies
- Psychodrama
- Zero Balancing
- EMDR
- Art Therapy
- Biofeedback and Neurofeedback Training
- Dialectical Behavior Therapy (DBT) Skills Training
- Aquatic Therapy
- Fitness Training
- Nutritional Counseling

The patient's attending physician receives feedback from each therapist on his/her assessment of the patient's diagnostic formulation and response to the particular integrative therapy and incorporates this feedback into the patient's treatment plan. During the course of treatment at Sierra Tucson, patients and their physician will identify which therapeutic modalities are most advantageous and suited to their particular needs. This truly integrative neuropsychiatric approach is unique to Sierra Tucson and supports the transformative change that is necessary to elicit healing, rather than simply addressing symptom management. The Sierra Tucson integrative "whole person" approach supports resiliency at physical, psychological, and spiritual levels, which makes it possible for the person to not only recover from their disease, but actually return to a higher level of premorbid functioning. Through their experience with integrative therapies, patients at Sierra Tucson are provided with a "toolkit of therapeutic approaches" that stresses the importance of self-care and empowers them to be active partners in supporting their own flourishing. Most importantly, patients are empowered to identify and strengthen their innate capacity for recovery and wellness.

~By James Duffy, M.D., FANPA, FAAHPM, DABMA  
Psychiatrist, Chief of Integrative Medicine

<sup>1</sup>Simon, et al. (May 2004). Mental health visits to complementary and alternative medicine providers. *General Hospital Psychiatry*.

<sup>2</sup>Elkins, G., Rajab, M.H., & Marcus, J. (2005). Complementary and alternative medicine use by psychiatric inpatients. *Psychol. Rep.*, 96, 163-166

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Mischoulon D., & Rosenbaum, J.F. (August 2008). *Natural Medications for Psychiatric Disorders* (2nd ed.) New York, New York: Lippincott Williams & Wilkins.

## Meet Jerry Lerner, M.D. Physical Medicine & Rehabilitation, Chief of Pain Medicine



Sierra Tucson welcomed Dr. Jerry Lerner in November 2010 as an integral leader in Physical Medicine and Rehabilitation and Chief of Pain Medicine. Fulfilling his passion to treat pain with an integrated bio-psycho-social-spiritual approach, he is advancing the Pain Management Program to even greater international prominence.

Dr. Lerner has extensive experience collaborating with interventional and surgical pain specialists. He previously worked with Advanced Pain Management, the country's largest physician pain group, serving as medical director of its Center for Integrative Pain and Rehab. He states, "I have seen every sort of pain problem that the world could present. It's been my experience that when you have a very complicated pain problem and address only one to two issues, people don't get unstuck. However, when you address all the issues, people move forward."

Board-certified in Physical Medicine and Rehabilitation and a diplomate of the American Academy of Pain Management, Dr. Lerner received his medical education at the Medical College of Wisconsin. In addition to his medical and psychiatric training and experience, he has studied and trained in myofascial release, cranio-sacral therapy, osteopathic manipulation, mindfulness meditation, nutrition, life coaching, and trauma recovery. His treatment philosophy is to serve as a guide and facilitator, bringing together knowledge and appreciation of medical, surgical, rehabilitation, and alternative strategies to help individuals with pain, trauma, and disabilities. He previously served as medical director for several rehabilitation hospitals/centers and owned and operated a private practice for 15 years. He has been a clinical instructor at the Medical College of Wisconsin for over 20 years and has served frequently as a medical-legal expert on cases involving injuries, pain, and disability.

One of Dr. Lerner's strengths is putting together high-functioning teams, in both hospital and clinic settings. To maximize Sierra Tucson's multidisciplinary treatment teams, he emphasizes the "interdisciplinary" function of cross-communication. "We have already seen a lot of growth in the level of communication among treatment providers, which gives greater benefit from one another's insights, shared goals, and outcomes. Enhanced awareness of what all the different experts bring to the team helps each practitioner better recognize when other treatments might be useful." The core Pain Management treatment team,

which meets weekly to review patients' treatment and progress, has been expanded to include increased involvement from Nursing and the following team members:

- Dr. Lerner, Attending Physician
- Personal Trainer
- Primary Therapist
- Biofeedback Therapist
- Physical Therapist
- Naturopathic Physician

A wide variety of therapeutic modalities, including Integrative Therapies, contribute immensely to healing from chronic pain.

- Therapies benefitting physical or structural problems include Massage Therapy, Physical Therapy, Personal Training, Cranio-Sacral Therapy, and Shiatsu.
- Treatment for trauma, a common issue for pain patients, may involve EMDR, Somatic Experiencing®, Somato-Emotional Massage Therapy, and Biofeedback Training.
- Hypersensitivity, which often develops from an overactive nervous system, is helped through Acupuncture, Biofeedback Training, and Reiki.

Another development in the Pain Management Program is revamping all standing admission orders for pain patients to ensure a fast start. "We've noted certain nutritional deficiencies, hormonal imbalances, and pro-inflammatory states that are common for people with chronic pain, so an extensive lab workup helps identify and address these early on," advises Dr. Lerner. Standing orders begin certain therapies immediately to move patients into a healing mode quickly. Staff continues to use conventional medications, when appropriate, plus natural supplements and dietary changes.

Dr. Lerner says that Sierra Tucson is a great place to work in teams. "Sierra Tucson is the epitome of integrative pain management, to which I am completely committed. I don't know of another program like this in the country... and the weather doesn't hurt!"

Recently moving from Wisconsin, Dr. Lerner and his wife like to hike and look forward to exploring the southwest. He has three children and three step-children, and he is a musician and songwriter. There's at least one more change he'd like to make... "We need a piano at Sierra Tucson!"



## Insurance Contracts for Treatment in the Eating Disorders Program at Sierra Tucson

As part of Sierra Tucson's commitment to helping individuals obtain the treatment they need, our staff works with patients and insurance for pre-certification and concurrent review. Sierra Tucson currently holds contracts with over a dozen providers for Eating Disorders treatment. Below are three of our well-known contract providers; please call Sierra Tucson for more information.

- Blue Cross Blue Shield
- United Behavioral Health
- ValueOptions

Sierra Tucson continues our efforts to "Go Green!"

- If you do NOT receive our email, please visit [www.SierraTucson.com](http://www.SierraTucson.com). Under "Points of Interest," click "Sign up - Professional eNetwork."
- Please allow email to be received from [SierraTucson-GreenMail.com](mailto:SierraTucson-GreenMail.com).

Thank you for supporting Sierra Tucson's sustainability efforts to save natural resources!



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## Letter from the Executive Director Patricia L. Ryding, Psy.D.

Dear Friends,

The New Year is upon us, and I greet it with excitement and optimism as Sierra Tucson continues to save lives—one patient at a time. At the start of every year, there are people suffering who make silent resolutions to change their lives by seeking treatment for addictive behaviors or mental health problems. Sierra Tucson is committed and ready to help. Last year we gave over \$10 million in discounts to bring those patients to treatment. It is very rewarding to be able to give to those in need, but it is not our financial flexibility that makes Sierra Tucson so outstanding.

It is the care and compassion of our dedicated staff that give our patients a breakthrough experience. As you can see from the insert, Sierra Tucson has many staff members with long histories of service. The depth of their knowledge and expertise is what keeps Sierra Tucson as the number one provider of addictive, pain, and mental health treatment services. We are proud of our history as a leader in integrative psychiatric treatment. The Sierra Model® supported this approach over 27 years ago, and today we are proud to have Dr. Duffy as our Chief of Integrative Medicine. It is through

the diversity of Sierra's integrative services that a truly individualized treatment plan is created to support the mind, body, and spirit in a unique and effective way.

Other exciting happenings at Sierra Tucson include our hosting of the CSAT® Training on our campus for two of the four days per session. We kicked off the First Module in September 2010 and held the Second Module in February 2011. The Third Module will be scheduled this fall and the Fourth in early 2012. The Trauma Resiliency Model (TRM) Level 1 Training through the Trauma Resource Institute will be held at Sierra Tucson June 3-5, 2011. Mark your calendars... I look forward to meeting you there.



Thank you for entrusting your patients into our care.

Namaste,

Patricia L. Ryding, Psy.D.  
Executive Director