

UCLA Integrative Psychiatry Clinic

300 UCLA Medical Plaza, Suite 2200, Los Angeles, CA 90095

Integrative psychiatry is a holistic, patient-focused approach to health and wellness that aims to improve well being of the whole person by emphasizing mind-body spirit connections.

This clinic uses integrative and complementary treatments for psychiatric disorders. Our goal is to promote wellness, patient engagement, and improve overall psychiatric outcomes.

Our clinic provides:

- Initial evaluation by a physician with expertise in integrative and complementary approaches to psychiatric disorders
- Recommendations for mind-body therapies, nutrition, and supplement use based on National Center for Complementary and Integrative Health/National Institute of Health (NCCIH/NIH) guidelines
- Interventions to help patients improve their own well-being, develop self-awareness, and commit to self-exploration and taking charge of their mental health



For Referring Physicians:

- We accept patients ages 18 and older with a **primary psychiatric diagnosis**
- Diagnoses may include, but are not limited to: anxiety, depression, sleep disorders, chronic pain, memory loss, adult ADHD, and stress-related disorders

About Us

Helen Lavretsky, MD, MS is the Director and an internationally renowned expert on complementary and integrative medicine and mind-body approaches to treatment and prevention of mood and cognitive disorders. She has received many prestigious research awards throughout her career, including ones from the National Institute of Mental Health and National Center for Complementary and Integrative Health.

Sarah Nguyen, MD is the Associate Director. Her research focuses on pharmacological and combination strategies using complementary and behavioral interventions for mood and cognitive disorders in adults of all ages.

For more information, contact us:

310-825-9989

<https://www.semel.ucla.edu/service/ucla-integrative-psychiatry-clinic>