



Institute of World Culture

Naturopathic Psychiatry: *Draining the Bilge, Caulking the Hull, and Summoning the Wind*

Seminar: Saturday, March 17, 2007

2:00 - 5:00 pm

Concord House, 1407 Chapala St, Santa Barbara



Presenter: Robert I. Reynolds, Ph.D., N.M.D.

In naturopathic psychiatry, ideas matter. Clinicians and researchers in the psychological sciences have demonstrated that the most effective psychiatric medicine resides in our hearts, our brains, and in the choices that we make. Far from being pathological themselves, symptoms serve as guides to the naturopathic physician's role of supporting and stimulating the process of self-healing. In naturopathic psychiatry, the primary therapeutic goal is to reveal the source of the disorder and work with it to achieve a dynamic state of balance. The key to navigating such a stormy sea is in preparing the "boat" (the patient's body-mind complex) for the voyage and in waiting for favorable winds to lead us to the heart of the problem. Examples will be drawn from clinical practice in which evidence-based therapies are combined, including yoga, TCM, homeopathy and orthomolecular medicine.

For information: 805/ 886-5383 <http://www.worldculture.org>
