

Discover how **Integrative (Holistic) Psychiatry** can help you achieve optimal mental health & wellness.

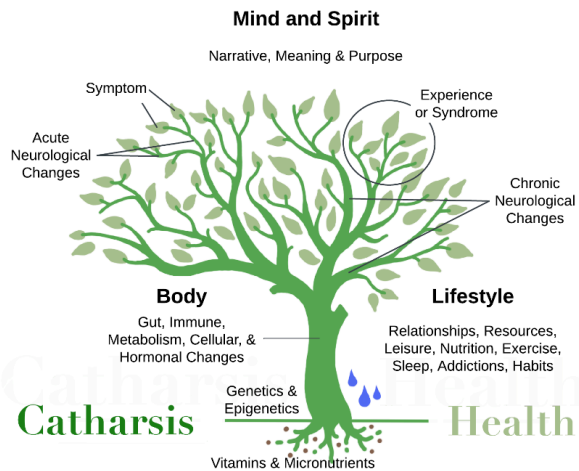
Catharsis Health is a Private Integrative Psychiatry Practice. **WHAT** we treat may be similar to other psychiatric professionals. What differs is **HOW** we treat these conditions.

What We Treat:

- Trauma
- Depression
- Mania (Bipolar Disorder)
- Anxiety & Related Disorders
- Executive Impairment (e.g., ADHD)
- Psychosis

How We Treat:

- Integrative (Holistic) Psychiatry combines conventional and functional medicine approaches to more effectively manage symptoms as well as explore and treat underlying **root causes** of psychiatric symptoms and illness using a **personalized** combination of medications, herbals and botanicals, lifestyle recommendations, and psychotherapy.



Stop sorting through the leaves... And get to the root.

Integrative Psychiatry considers the whole person by looking beyond symptoms.

- ✓ Virtual
- ✓ 30-min appointments
- ✓ Get in within 2 weeks
- ✓ UHC or Private Pay
- ✓ Truly Holistic
- ✓ Personalized, not “one-size fits all”
- ✓ Flexible, based on your interests



Dr. Nicholas Hatcher is a Doctor of Nursing Practice and dually board-certified psychiatric and acute care Nurse Practitioner. After completing his psychiatry education at Johns Hopkins, he completed a fellowship in Integrative Psychiatry. Dr. Hatcher has devoted time subspecializing in trauma, becoming a Master Accelerated Resolution Therapy (ART) Practitioner and Certified Clinical Trauma Professional (CCTP, level II). He enjoys developing personalized plans to treat each unique individual based on their needs and interests. Dr. Hatcher is willing to work with you whether your interest is exploring root causes, medications, nutraceuticals, lifestyle adjustments, therapy needs, or a combination of all the above.

Visit: <https://www.Catharsishealth.org/> **Book:** <https://www.catharsishealth.org/contact>

Email: Hatcher@catharsishealth.org **Call:** (888)680-7417

Integrative Psychiatry at Work

- An individual with **trauma syndrome, stress, and burnout** who was unable to interact healthily with his children and wife underwent natural treatment for **cortisol (stress hormone) imbalances** paired with brief trauma therapy (Accelerated Resolution Therapy) and is no longer experiencing symptoms and his relationships have improved dramatically.
- An individual with **persistent depression** who had tried several antidepressants was found to have an **immunologic disturbance** and **impaired methylation**. After supporting the immune system, methylation, and making appropriate lifestyle and dietary changes, she no longer experiences depressive episodes.
- An adult female with **chronic fatigue syndrome, fibromyalgia, and stress** was referred by primary care for further evaluation and treatment. After identifying extensive **metabolic and mitochondrial impairment**, she is now engaged in regular activities that she enjoyed before her symptoms.
- An individual with **depression, anxiety, and irritable bowel syndrome** was discovered, through advanced testing, to have severe **gut dysbiosis**. After completing a gut rehabilitation protocol and adjusting lifestyle activities symptoms have drastically improved.
- An individual with **anxiety, depression**, joint pain, and fatigue went through extensive testing through another provider with no clear findings explaining her symptoms. After identifying **gluten sensitivity** and repairing the gut and making appropriate dietary modifications, she was able to stop taking pain medication and several psychotropics.
- A teenager with **anger and irritability** was identified with a **fungal overgrowth** on advanced testing. Once treated and dietary and nutritional changes were implemented, this individual no longer experienced symptoms.
- An individual with **ADHD and depression** was treated for a severe **vitamin D deficiency**. She no longer experiences depression and was able to reduce ADHD medication dosing.

These are just a few examples of how Integrative Psychiatry has helped others achieve optimal mental health and wellness.