

Our Philosophy of WomanCare

WomanSafeHealth is a safe, respectful and compassionate practice in which each client defines and obtains Empowering WomanCare and Gynecology health services.

Your Integrative Psychiatry Visit

I believe that the health and balance of all systems of the body, mind, emotions and spirit are interconnected, and personal health is interconnected with the Earth and community in which you live. Instead of a "one-size-fits-all" approach to enhancing mental health, together we will develop a treatment plan that takes into consideration your uniqueness and all the levels that make up your total health. You will be offered education, guidance and direct therapeutic interventions that all strive to help you learn about yourself, find balance, heal and maintain wellness.

At your visit, a blend of evidence-based conventional, complementary and alternative approaches will be incorporated based on your needs. Rather than only treating the symptoms of mental health imbalances, we will explore and address root causes. These may include physical/emotional/spiritual traumas, nutritional or hormonal imbalances, genetic polymorphisms, toxic exposures, relationship losses, lifestyle stressors and learned beliefs and habits from childhood that no longer serve you.

I honor and support this step you are taking towards deeper health and well-being.

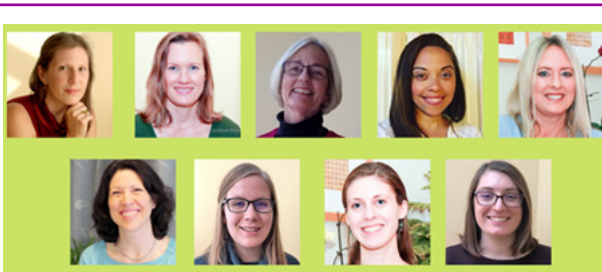
Payment Policy

WomanSafeHealth is a fee-for-service medical practice. You are responsible for paying in full at the time of service. We welcome clients without and with insurance. We will provide you a receipt at the time of your visit that you can submit to an insurance company for possible reimbursement.

Marnie Burkman, MD

Marnie is an integrative psychiatrist who is dedicated to helping others recover and enhance their wellness on every level of health – including body, mind, spirit and community. She is board-certified in psychiatry and integrative holistic medicine. She received her medical degree in 2003 from Tufts University School of Medicine in Boston, MA and completed her psychiatry residency at Banner Good Samaritan Medical Center in Phoenix, AZ. She has practiced integrative psychiatry in diverse settings including hospitals, the Veterans Health Administration system and in private outpatient practice.

Your WomanSafeHealth Team



top: Elizabeth, Marnie, Kristin, Emma, Leah
bottom: Andrea, Rachel, Elise, Claire

Additional WomanCare Services

Empowering WomanCare & Gynecology

Elizabeth Shadigian, MD

Therapeutic Massage ~ Elise Aikman, LMT

Acupuncture & Oriental Medicine

Kristin Whitfield, LAc, Dipl OM, MAOM

Holistic Psychotherapy & Wellness Coaching

Andrea Hill, LLMSW

Woman Advocacy

Rachel Dick, MA & Emma Greene, CMT & Claire Collins, MA

Adult Integrative Psychiatry

Holistic Care For*

Anxiety ~ Depression ~ Mood swings

Trauma and post-traumatic stress disorder (PTSD)

Sleep issues ~ Stress ~ Fatigue ~ Relationship issues

Attention and concentration issues ~ Life transitions

Health issues with a psychological or stress component

**Marnie is not able to see clients who may need a higher level of care, such as those who are actively suicidal, homicidal, have untreated substance addiction, active anorexia, have needed psychiatric hospitalization in the past year or who need a legal evaluation for disability, custody, or court-ordered treatment.*

Services Offered

Functional Medicine

Assessment/treatment for nutritional deficiencies, amino acid and hormonal imbalances, digestive issues, toxic exposures and food allergies that impact mental health

Psychopharmacology

Careful medication treatment, if indicated
Pharmacogenetic testing to help select the right medication
Guidance for simplifying multiple medication regimens
Safely tapering off medication that is no longer needed

Psychotherapy

Meridian Therapies such as EFT, energy medicine and medical acupuncture
Eye-Movement Desensitization and Reprocessing (EMDR)
Trauma Releasing Exercises ~ Insight-Oriented Therapy
Acceptance and Commitment Therapy
Cognitive-Behavioral Therapy ~ Supportive Therapy

Emotional/Physical Self-Regulation Therapy

Guided Imagery ~ Relaxation Training
HeartMath Biofeedback
Alpha-Stim Cranial Electrotherapy Stimulation

Integrative "Second Opinion" Consultations



WomanSafeHealth

We welcome women, girls, trans and gender nonconforming people of every age and ability, size, shape, color, sexuality and identity, from all social, spiritual and cultural backgrounds.

We provide a safe, family-friendly environment in which you can seek, explore, define and receive Empowering WomanCare and Gynecology health services.

WomanCare meets physical and psychological health needs through conventional and alternative approaches, and encourages and promotes self-care.

We welcome those who feel unwelcome in other medical settings and those who have experienced physical and/or sexual violence or disrespect.

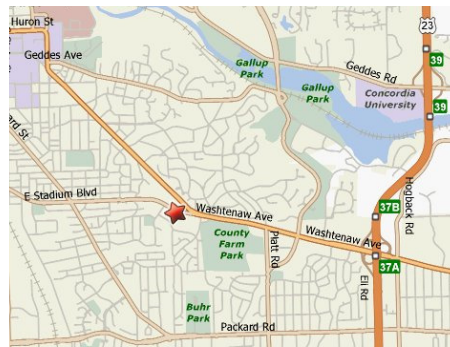
We provide a secure, private, barrier-free, fragrance-free, environmentally friendly office including cotton linens, bamboo cabinets and floors, and low VOC paints.

Please Contact Us

We are pleased to speak with you about the services we offer, our prices and payment policy, our philosophy of WomanCare, and to schedule an appointment.



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AATA Bus Route 4 or 14 ~ free parking



WomanSafeHealth

Adult Integrative Psychiatry



Marnie Burkman, MD

Our Guiding Principles

- | welcome you
- | listen to you
- | believe you
- | protect your privacy
- | am accountable to you
- | respect "no"