

A holistic approach to psychiatry

By Jim Cornelius
News Editor

Audry Van Houweling named her practice in Sisters She Soars Psychiatry because she wanted to evoke resilience, empowerment and the overcoming of obstacles.

“We specialize in working with women and girls,” she said. “We take a holistic approach to restoring wellness.”

While she can prescribe and manage medication, her practice goes much deeper. Van Houweling is committed to a functional medicine model that gets at root causes of emotional and psychological disruptions.

Audry has worked in community mental health, residential, outpatient, and emergency settings. Audry has experience treating a wide range of mental health conditions including mood disorders, psychosis, anxiety disorders, co-occurring disorders, personality disorders, pre-menstrual disorders, post-partum disorders, autism spectrum disorder, and attention-deficit disorders.

“I came to the conclusion that I wanted to open a private practice and pursue psychiatry from a holistic angle,” she told *The Nugget*.

Having grown up in Tumalo and with family in the area and her love of the outdoors — especially horseback riding — Sisters was a natural choice.

She is particularly interested in helping people seeking a comprehensive approach to restoring emotional wellness — people grappling with depression, mood swings, fatigue, difficulty focusing.

She provides lab testing to get at just what is happening physiologically and gets to know individual history so that she understands the context for what a person is currently experiencing.

“I love to hear people’s stories,” she said.

Understanding the full range of a person’s state helps Van Houweling develop a broad-based approach to restoring emotional wellness.

She notes that mental health services are still scarce in Central Oregon and

that there’s still a stigma to seeking help.

“I think there’s pressure for people to ‘pull themselves up by the boot straps,’” she said.

Today’s world is at once more connected than ever — and more isolating. Social media can create new strains on emotional health. Women in particular are often subject to invidious comparisons with other people’s lives — and feel acutely a sense of their shortcomings.

“Women can fall into that trap quite a bit,” she said. “There’s almost a constant need to compare or critique yourself or somebody else. People think they’re connected, but at the same time they’re lonely and isolated.”

In order to make sure her services are within reach for those who need them, She Soars Psychiatry offers an affordable concierge program. Sessions are transferable to other family members, including men and boys.

For more information visit www.shesoarspsych.com.

Free talk on health offered in Sisters

Joyce Burk Brown combines her 38 years of western medicine in occupational therapy with 15 years of eastern medicine — Qigong and more recently Reiki and Awakened Heart Healing (trauma release through energy work).

Each of these approaches looks at the whole person — body mind and spirit.

She will be giving a free lecture on a new way to look at health on Wednesday, October 18, 5:45 to 6:45 p.m. at the office of Ann Griffin, Chiropractor. Big

Foot Wellness is located at 329 E. Main Ave., Suite 1A in Sisters.

The focus of the talk will be on OT, Qigong (like Tai Chi) and Reiki (Japanese relaxation and energy work) including some exercises and movement experiences. Those attending will have a opportunity to learn more about working with Qi or vital energy and how it fits in to our health.

RSVP if you plan to attend the talk by contacting her at 541-420-5875 or joyce52brown@gmail.com.

WELLNESS: Changing way of life can actually be fun

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organized program.

For Willitts and Littrell, the detox program at Shibui is about a journey. Some people come every year to take a bit of time to reconnect with themselves; some use it to

jump start the year on better footing.

“I don’t see anybody who doesn’t benefit from this,” Willitts said.

And it’s not an arduous process of self-denial. That doesn’t work in the long run. Getting to a better way of living and feeling better in mind, body and spirit should be a pleasure.

“All of this stuff,” Willitts said, “is related to fun.”

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Audry Van Houweling
PMHNP-BC

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She Soars Psychiatry

She Soars Psychiatry offers Sisters a comprehensive, broad-based and functional approach to restoring emotional wellness. Founder and owner Audry Van Houweling has experience treating a wide range of mental health conditions including mood disorders, psychosis, anxiety disorders, co-occurring disorders, personality disorders, premenstrual disorders, post-partum disorders, autism spectrum disorder, and attention-deficit disorders.

She can offer medication management, but is focused on a functional, compassionate, personal approach that gets at root causes, not just symptoms. Functional medicine appreciates inter-connections and strives to tell the whole story of what a client is experiencing.

She Soars Psychiatry offers an



affordable concierge program to put her services well within reach of Sisters families who need them. Membership options include three months or six session; six months or 12 sessions; 12 months or 24 sessions. Sessions are transferrable to other family members. And unused sessions per month roll over and can be used later.



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