

THERAPY CHAT PODCAST EPISODE 60 SHOW NOTES

Welcome back! In Episode 60, the first in the series on Integrative Mental Health, Therapy Chat host Laura Reagan, LCSW-C interviews James Lake, MD, an integrative psychiatrist in California who has authored four books, including 2009's Integrative Mental Health: A Therapist's Handbook. Dr. Lake is a leader in the field of integrative mental health, as you will hear in this interview.

Dr. Lake discusses how he uses complementary and alternative medicine ("CAM") in his clinical practice, and how Master's-level therapists can use integrative methods in their practices, within their scope of practice. He discusses use of supplements in psychotherapy practice, collaboration with alternative and complementary practitioners as well as allopathic medicine physicians as well. He shares information on his E-book series on integrative mental health and how practitioners can use it.

This is the Episode 1 of the series on integrative mental health, which will continue on alternating weeks through the next few months. On the opposite weeks you will hear the series on trauma and attachment, with one exception. The next episode will be a special holiday episode focused on self care. Thanks for listening to Therapy Chat. Please get in touch and let host Laura Reagan know what you thought of this episode!

Resources mentioned in this episode:

American Psychiatric Association Caucus on Complementary, Alternative and Integrative Medicine website: <http://www.intpsychiatry.com/>

International Network for Integrative Mental Health website: <https://inimh.org/>

Find Dr. Lake's e-book series here: <http://theintegrativementalhealthsolution.com>

Dr. Lake's website: <http://progressivepsychiatry.com>

Here's the link to find out about clinical supervision and consultation with Laura Reagan, LCSW-C and the Trauma Therapist Community:
<http://www.laurareaganlcswc.com/for-professionals/>

Visit Therapy Chat website at <Http://therapychatpodcast.com> and send host Laura Reagan a voice message letting her know what you think of Therapy Chat! Did you like this episode? Did you dislike it? Let her know!

Thank you for listening!