



I have enjoyed practicing psychiatry for over 20 years. In 2008, I founded an outpatient psychiatric clinic focused on treatment-refractory depression, treatment-resistant anxiety, and attention deficit disorder. I am board-certified in general psychiatry (American Board of Psychiatry and Neurology), addiction (American Board of Preventative Medicine, addiction), obesity medicine (American Board of Obesity Medicine) and sports and performance psychiatry (American Board of Sports and Performance Psychiatry.)

I love participating in growth, and being part of the growth-mindset process that is inherent in thriving. Mindset and positive psychology are two of the most liberating concepts I have experienced in my lifetime.

My college mentor Dr. Hurley imparted this advice to me as I left college for medical school: **never stop asking questions.**

I did not entirely understand his wisdom at the time, but as I have had the blessing of learning medicine, navigating private practice, marrying, and raising a family, his advice continues to resonate. Why is an individual's depression refractory? Is this the very best we can do for a patient? How can I better meet this person in front of me where they are, on their journey to health. This is the "why" of in-house lab, of interventional psychiatry, of working with patients and the rest of their treatment team, and of the ceaseless questioning. I am excited about the explosive growth experienced in the last 15 years as psychiatry continues to develop more and better treatment modalities, and society continues to chip away at the stigma that once haunted my field.

I am also passionate about legislative advocacy, and spend a considerable amount of my non-clinical time advocating for legislative reform to empower patients and to improve access to care. I encourage you to ask me more about this, and to partner with me on the endeavor to continue meaningful advocacy...power in numbers.

In an effort to offer resources for patients and their support to better self-advocate for health, I have authored a series of books self-published for a nominal amount on Amazon; these are geared to inform patients as they head into medical visits.

In my free time, you will likely find me at a graduation, a kid's basketball game, or baseball game, or gymnastics practice, or cross-country or track meet, or vocal/instrumental concert, or math competition (which is not really a spectator thing per se)...and while our kids have outgrown our ability to coach their teams, they will never outgrow the overly loud encouragement we offer from the sidelines as they pursue their own paths and dreams.

I had the opportunity to grow up in Oklahoma, progressing from Chickasha High through Oklahoma Baptist University, University of Oklahoma Health Science Center (MD), Griffin

Memorial Hospital (residency) to Edmond Psychiatric Associates. I was and am blessed by my parents, who gave me unwavering affirmation when the path periodically became unclear, and by fellow Oklahomans, who made the path possible.

Lastly, my faith is important to me; however, I believe that it is my role to love one another, not judge one another. The Bible I read is pretty clear on that. I offer an open-minded, servant-oriented approach to mental health.