

Welcome to Michigan Integrative Psychiatry, PC!

We honor and support this step you are taking towards deeper mental & emotional health and well-being. Thank you for taking this interest in your healing and for having the courage to seek help and guidance.

At Michigan Integrative Psychiatry, we believe that the health and balance of all the systems of the body, mind, emotions, and spirit are interconnected, and that your personal health is interconnected with the community and Earth in which you live. We also believe that you are a unique person and that there are few “one-size-fits-all” approaches to enhancing psychiatric health. Your psychiatrist will develop a treatment plan with you that takes into consideration your uniqueness and all the levels that make up your total health. You will be given education, guidance, and direct therapeutic interventions that all strive to help you learn about yourself, find balance, heal, and maintain wellness.

As “integrative” psychiatrists, we incorporate a blend of conventional, complementary, and alternative approaches into your treatment. Some of the modalities that we specialize in and that may form a part of your treatment experience include: medication management, psychotherapy (including supportive, psychodynamic, cognitive-behavioral, Eye-Movement Desensitization & Reprocessing [EMDR], and Acceptance & Commitment Therapy [ACT]), guided imagery, relaxation training, HeartMath training, nutritional counseling (including dietary changes, herbs and supplements to support your psychological health), medical acupuncture, intuitive skills fostering, and Reiki.

We treat many conditions and issues, including: anxiety, depression, mood swings, post-traumatic stress disorder (PTSD), life transitions, relationship issues, stress, addictions, fatigue, and other general health issues that may have a psychological or stress-related component.

Our work together will be as a team, with your psychiatrist offering you integrative guidance and expertise and in turn, you are given the opportunity to put what is learned and the help offered into direct practice in your daily life. We ask that you choose to “dive in” to your healing and participate fully in your treatment. It is only in this way that lasting healing change can truly occur!

With Warm Regards,

Marnie Burkman, MD & David Leavitt, MD

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