



JUSTIN BETHONEY

Integrative Psychiatric NP

CONTACT

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Bend, OR

EDUCATION

MASTERS OF SCIENCE: NURSING

2011

Massachusetts General Hospital
Institute of Health Professions
Boston, MA

APPLYING FUNCTIONAL MEDICINE IN CLINICAL PRACTICE

2012

Institute of Functional Medicine

ADAPT LEVEL 1 TRAINING

2017

Kresser Institute

SPECIALTIES

Child & Adolescent Psychiatry
Adult Psychiatry
Intellectual Disabilities
Post-partum Mental Health
Ancestral Nutrition
Functional Medicine Approach

ABOUT

For individuals struggling with cognitive and emotional issues, recovery can take many paths. Nowadays, treatment with psychiatric medication is often the starting place. Unfortunately for some, psychiatric medications have been underwhelming. With medications alone, recovery is often incomplete. Over the past several years, Justin has dedicated himself to learning more about the brain, it's connection with the body, and how a functional approach can help individuals recover from mental illness.

FUNCTIONAL MEDICINE APPROACH



LIFESTYLE FOR MENTAL WELLNESS



Avoid inflammatory Foods



Balance Blood Sugar



Increase
Nutrient Density



Limit Environmental
Toxins



Reduce Stress &
Improve Sleep



Move Body and Mind

SERVICES

- Diagnostic Mental Health Assessment
- Medication Prescribing
- Psychotherapy
- Functional Medicine Testing
- Supervised Medication Tapering
- Nutrition Counseling