

FORSYTH PSYCHIATRIC ASSOCIATES



Sophia Yuan, MD, PhD
Psychiatrist

Dr. Sophia Yuan, a **board certified psychiatrist, a former internist and cardiologist**, completed her residency training at renowned **University of Iowa Hospital and Clinics psychiatry program** and was trained by **Dr. Nancy Andreasen, William Coryell and Susan K. Schultz** who were involved in writing **DSM III, DSM IV and DSM V (Diagnostic and Statistical Manual of Mental Disorders American Psychiatric Association)**.

Dr. Yuan applies integrative mental health care to her clients in order to meet individual needs and emphasizes wellness and healing of the whole person. Dr. Yuan enjoys and believes in psychotherapy. In addition to working with medications, she also draws from her **extensive training in evidence-based psychotherapies** to help people achieve a higher quality and more productive life. These include Cognitive behavior therapy (CBT), Dialectical behavioral therapy (DBT, trained and certified by Marsha Linehan, the founder of DBT), Systems Training for Emotional Predictability and Problem Solving (STEPPS), motivational interview, mindfulness, and mentalization techniques.

Dr. Yuan has experience with a wide variety of conditions, including management treatment resident depression, bipolar, anxiety, insomnia, PTSD, OCD, addiction, anorexia, binge eating, weight loss, ADHD, cognitive/memory problems, personality struggles, psychosis, stress reduction, relationship management, chronic pain and fatigue. She applies diet change, exercise, natural treatment, psychotherapy and medicines into the treatment. She also prescribes **SUBOXONE**, and **VIVITROL** in treating opioid use disorders. Dr. Yuan always tries to use the least medicines and the lowest doses as possible. She has published original research on difficult-to-treat depression, side effects to psychiatric medications, and benzodiazepine overdose.

Part of what inspires her work is her deep compassion for people who suffer from mental struggles and she treats her clients the way she wants to be treated. She strives to provide clients with the best possible psychiatric care and respect each person's voice in their treatment.

Dr. Yuan accepts most of the insurances, but is not able to accept Medicaid. **She sees children and adults at all ages.**

We are committed to your best possible mental health care