

**Integrating Perspectives: How clinicians and patients can have productive conversations about integrative approaches to mental health treatment**  
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**Session Description:**

Integrative treatment, or treatment outside of traditional psychiatric medications, is becoming more popular with people as they want to find ways to make their mental health better. There are thousands of supplements, herbs, and other treatments that people can use. For providers and patients, it can be hard to decide which treatments are based in evidence, safe, and effective for what they are looking to treat. In this session, we will discuss the current evidence on various integrative mental health treatments. We will also talk about how patients can talk about a specific treatment, and what to ask about with their providers. Finally, we will talk about how both patients and providers can talk about integrative treatments in a way that will help both parties feel empowered to ask questions and explore many different evidence-based treatments.

**Learning Objectives:**

1. Providers will learn about existing evidence for integrative mental health treatment
2. Attendees will learn at least 3 different aspects of a certain integrative treatment they can discuss with their providers
3. Both patients and providers will feel empowered to explore together multiple avenues for mental health treatment

**Mohammad Murtuza** is dual board certified general and child & adolescent psychiatrist who is faculty at the University of New Mexico. He holds multiple roles within the university, including Associate Program Director of the general psychiatry residency, psychiatric lead for two ECHO Autism programs through the Center for Development and Disability, and attending psychiatrist at the UNM Children's Psychiatric Hospital. He has a particular interest in working with people along the spectrum of Autism and other neurodevelopmental disorders. He is a graduate of the UNM Child Psychiatry fellowship, where he also completed the Leadership Education in Neurodevelopmental Disorders program through the CDD.