



PRINCIPLE MIND

A MODERN TAKE ON PSYCHAITRY

Principle Mind is a psychiatric clinic that provides a high level of personalized, evidence-based care. We offer medications in conjunction with short term therapy and pride ourselves on providing responsive, non-judgmental, trauma-informed medical care.

We utilize a secure online system for scheduling, messaging, refills, and offer telepsychiatry throughout Oregon and Washington.

In-person office appointments for child patients are in the Sellwood neighborhood of Portland, and adults are seen in Lake Oswego.

We accept insurance and private pay patients. BCBS, Cigna, Moda, Pacific Source, Regence, and Providence. For an up to date list visit our website.



For your convenience, all inquiries, intake forms and scheduling go through our website.

WWW.PRINCIPLEMIND.COM

205 Se Spokane Street, 3rd floor, Portland, Oregon, 97202
5 Centerpointe Dr., 4th floor, Lake Oswego, 97035



Keith Johnson, M.D. ABPN
Adult Psychiatrist



Alireza Parsoei, M.D. ABPN
Child and Adolescent
Psychiatrist



James Trott, PMHNP, DNP

Keith Johnson, M.D. and Alireza Parsoei, M.D. are board-certified psychiatrists. We work in a consultative collaborative team approach with Jame Trott, PMHNP, DNP.

We provide a specialized level of care for patients with psychiatric needs. This includes diagnostic evaluations, medication management, and consultations with primary care teams.

Our approach is principled. We value openness, honesty, and efficiency. We look at the whole person using medication as a stepping stone to wellness. We consider how lifestyle, emotional connection, and mindset influence our health. Our mission is to reduce suffering and help get people better.

Treatment Focus includes:

- ADHD
- Anxiety
- Bipolar Disorder
- Depression
- OCD
- PTSD

By Appointment Only

Day	Hours
Monday	9:00am - 4:00pm
Tuesday	9:00am - 4:00pm
Wednesday	9:00am - 4:00pm
Thursday	9:00am - 4:00pm
Friday	9:00am - 4:00pm
Saturday	Closed
Sunday	Closed

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503-404-4555

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