



INTEGRATIVE MIND

A MODERN TAKE ON PSYCHAITRY

Integrative 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-office appointments are in the Sellwood neighborhood of Portland, in a therapeutic, private space overlooking the Willamette River.

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



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

WWW.PDXMIND.COM

503-606-6355

205 Se Spokane Street, Suite 300, Portland, Oregon, 97202



Keith Johnson, M.D. ABPN



James Trott, PMHNP, DNP

Keith Johnson, M.D. is a board-certified psychiatrist who works in a consultative collaborative team approach with James 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 integrative, considering the whole person, including lifestyle, diet, sleep, and exercise as integral to mental wellness. Our goal is to see you get well! We use medication as a stepping stone to wellness, using the lowest dose, of as few medications as possible. We limit the use of controlled substances.

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

