



---

## A MODERN TAKE ON PSYCHIAITRY

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-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 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](http://WWW.PRINCIPLEMIND.COM)**

503-404-4555

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



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 integrative, considering the whole person, including lifestyle, emotional connection and trauma exposure. Our goal is to see you get well! We use medication as a stepping stone to wellness, treating patients with a wide range of experiences.

### 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

---

**WWW.PRINCIPLEMIND.COM**



205 Se Spokane Street Suite 300  
Portland, Oregon, 97202