

Stephanie Ann Mason, BSc, MD, FRCP(C), a Psychiatrist with Natural Health Services and Copeman Health Centre

Get to know Psychiatrist Dr. Stephanie Ann Mason, who serves patients in Calgary, Alberta, Canada.



New York, New York City, Mar 23, 2021 ([Issuewire.com](https://www.issuewire.com)) - As a highly-trained and qualified

psychiatrist, Dr. Mason diagnoses and treats mental illnesses by gaining insight into a patient's past and finding coping methods to help them address their own problems. She is affiliated with Natural Health Services and Copeman Health Centre in Calgary, Alberta, Canada.

Founded in 2015, Natural Health Services owns and operates a network of 7 clinics in Canada. The physicians are supported by a dedicated and compassionate support team, experienced and well-trained educators, and proprietary technology.

Copeman Healthcare strives to help people achieve a greater quality of life through physical and psychological wellness. Its core services are medically supervised programs of therapeutic lifestyle change.

Particularly renowned for her expertise in the treatment of addictions and mood disorders, Dr. Mason also serves as a specialist in the use of medical marijuana. "I do this because I believe that cannabis is a safer alternative to many of the medications that I have prescribed over the course of my career. There are people that are using cannabis to reduce stress and anxiety and to improve sleep and we do a lot of work with cancer patients who are having chemotherapy. We are doing a lot of work with palliative cancer patients. We're doing a lot of work with epilepsy. We're doing a lot of work with migraines and MS and chronic pain" as stated by the doctor.

With an impressive professional journey spanning well over three decades, she is board-certified in psychiatry by the American Board of Psychiatry and Neurology, a not-for-profit corporation dedicated to promoting high-quality patient care for the public through the initial and continuing certification of psychiatrists and neurologists.

In addition to being a Fellow of the Royal College of Physicians (Canada), she is an active member of several professional organizations, including the Alberta Medical Association, the Canadian Medical Association, and the Canadian Medical Protective Association.

Throughout her academic career, Dr. Mason received her medical degree from the University of Calgary in 1982. She also holds a Bachelor of Science degree. To this day, she attributes her success to her ability to connect and build rapport with her patients.

Psychiatry is the medical specialty devoted to the diagnosis, prevention, and treatment of mental disorders. These include various maladaptations related to mood, behavior, cognition, and perceptions. Psychiatrists evaluate, diagnose, and treat patients with mental, emotional, and behavioral disorders. They conduct thorough psychiatric evaluations, develop treatment plans, prescribe medication, and evaluate treatment results.

In her spare time, Dr. Mason enjoys doing yoga. She is a certified Ashtanga Vinyasa Yoga teacher reflecting her holistic approach to psychiatry and wellness.

Learn More about Dr. Stephanie Ann Mason:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/8133067-Stephanie-Mason-Psychiatrist-Calgary-Alberta-T2R-0H6>

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Source : Stephanie Ann Mason, BSc, MD, FRCP(C)

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