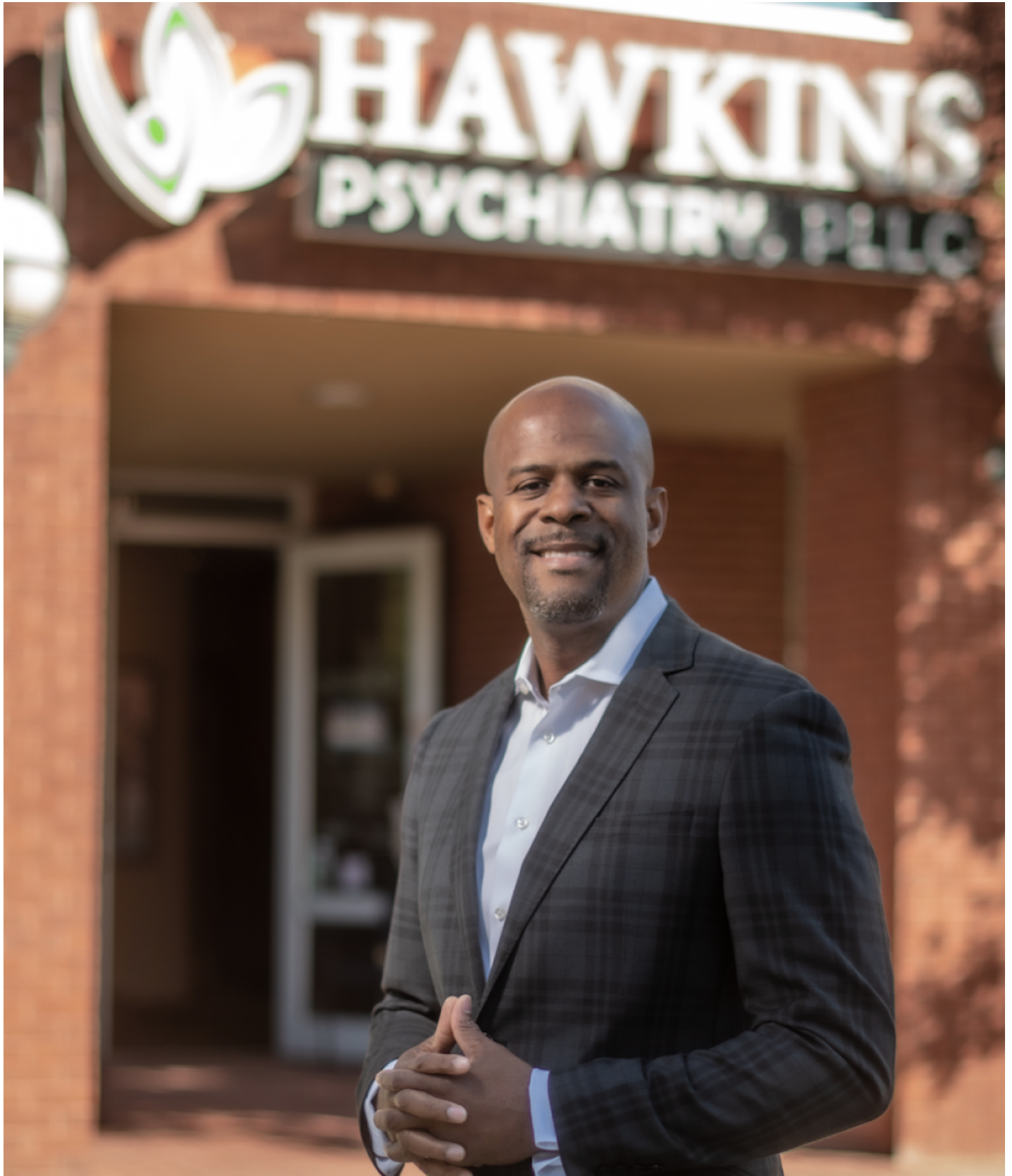


## **Germaine B. Hawkins, DO, a Psychiatrist with Hawkins Psychiatry, PLLC & TMS Depression Center of Mansfield**

Get to know Psychiatrist Dr. Germaine B. Hawkins, who serves patients in Texas.



**New York, New York City, May 10, 2021 ([IssueWire.com](http://IssueWire.com))** - A general adult psychiatrist, Dr. Hawkins is the Founder of Hawkins Psychiatry, PLLC in Arlington, Texas. His goal is to help patients achieve optimal mental, physical, and biological balance utilizing the latest research, technology, and pharmacogenetics.

Having operated his own private practice since 2004, Dr. Hawkins has become well-known and respected by colleagues and fellow clinicians in Tarrant County and the surrounding communities. He has over 17 years of experience treating adults and adolescents (ages 15 and over) suffering from various neuropsychiatric conditions including bipolar disorder, ADHD, anxiety disorders, autism, schizophrenia, and addiction disorders.

He opened a secondary location specializing in neuromodulation medicine, TMS Depression Center of Mansfield, located in the Professional Building I of Methodist Mansfield Hospital. The focus is providing Transcranial Magnetic Stimulation (TMS) for patients suffering from treatment-resistant depression and Micro Current Neurofeedback (MCN) for those suffering from an anxiety disorder, addiction, and other psychiatric conditions.

With a broad educational background, Dr. Hawkins is a graduate of the Micheal E. Debakey High School for Health Professions in Houston, Texas. He then attended Texas A&M University, where he received his Bachelor of Science degree in Biomedical Sciences – finishing with honors at both institutions. He completed his medical studies at the Texas College of Osteopathic Medicine at the University of North Texas Health Science Center at Fort Worth (UNT-HSC/FW) and his residency in general psychiatry at John Peter Smith Hospital, also affiliated with UNT-HSC/FW where he received various honors including Most Outstanding Intern Award in May 2000.

Promoting proper diet, nutrition, and preventive measures in achieving total wellness, he is a Doctors of Osteopathic Medicine (DO) who specialize in disorders of the nervous system (neurologists) and to qualified Doctors of Osteopathic Medicine who specialize in the diagnosis and treatment of mental disorders (psychiatrists).

In 2011, Dr. Hawkins founded Mind & Body Health Solutions, LLC to address the need for holistic comprehensive care treating his patient population. As a strong advocate of balancing general wellness, diet, and nutrition, he began in December of 2013, formulating a signature dietary supplement focusing on brain and central nervous system health. This came to fruition in April of 2015 with the creation of his proprietary blend designed specifically for neurotransmitter support – Advyndra®, serving as the harbinger of future line products targeting mood enhancement, focus, and cognition.

An officer within the United States Army Reserve Medical Corps, he was commissioned in 2000 and currently holds the rank of Major. Major Hawkins has served his country during two overseas tours. In 2005 at Camp Bondsteel, Kosovo, Europe (USAFE), he served as the Combat Stress Support team psychiatrist for local troops and NATO forces deployed in support of Operation Enduring Freedom.

Supporting Operation Iraqi Freedom, he served as the reintegration psychiatrist responsible for providing much-needed mental health care for over 4,000 troops returning from Northern Baghdad in 2007. He gained invaluable experience treating soldiers dealing with major depression, PTSD, and TBI and uses this experience in his private practice population.

Major Hawkins is also medical director of Veterans Healthcare Alliance (VHA) in Irving, Texas VHA contracts with various healthcare providers to render safe, effective, and evidence-based quality care by incorporating advanced technologies which allow them to serve as a preeminent treatment center for

acute injuries, chronic pain, traumatic brain injuries, post-traumatic stress disorders, depression, and many other ailments. It is our goal to make these treatments available to all veterans struggling to receive the help they desperately need and undoubtedly deserve.

In addition to Transcranial magnetic Stimulation which MAJ Hawkins uses for many patients suffering from clinical depression, Dr. Hawkins also recommends complementary to those suffering from chronic pain or migraines as well. Vector Therapy is a form of electronic medicine that utilizes interferential therapy, which is the low-frequency stimulation of nerves to make changes in the body. This therapy is used to treat a wide variety of medical conditions and is FDA cleared for symptomatic relief from chronic intractable pain. The electronic stimulation of the nerves across the upper and lower body normalizes nerve responses through specific meridians to re-establish the proper function of the hypothalamus. The hypothalamus is an important part of the brain which is the first integration and response center for many of the body's unconscious activities. Vector therapy normalizes stress responses in the body by increasing oxygen-enriched blood flow. As cells regenerate and begin working properly again, overall pain will diminish and normal functions will begin to return as biological health improves.

Although Dr. Hawkins is very experienced in psychiatric medication management, he also understands that what we put in our bodies may directly affect our overall physical and mental well-being. He encourages amino acids, B vitamins, herbal and nutritional supplementation to complement conventional medication. His passion led him to develop his two signature proprietary formulations, Advyndra®, metabolic brain optimization supplement, and Serinytex®, all-natural sleep support. His products have benefitted many existing patients, in many cases, being beneficial in their taking lower doses of their prescribed medications.

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.

Throughout an extensive line of work, Dr. Hawkins has performed lectures internationally – including Salvador, Bahia in Brazil, Wurzburg, Germany, and Pristina, Kosovo. He has also written articles for JET Magazine, Texas D.O., and The Dallas Weekly, and has made several educational and informational media appearances including Good Morning Texas WFAA Channel 8, Metro Channel 8, as well as radio broadcasts including KKDA FM 730 AM, Community Forum with Robert Ashley Heaven 97 FM and KNON 89.3 FM.

He co-authored Love Hangover: Moving From Pain to Purpose After a Relationship Ends, released February 2003, which was featured on the ESSENCE magazine Best Seller List.

### **Learn More about Dr. Germaine B. Hawkins:**

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1796714-Germaine-Hawkins-Psychiatrist> or through Hawkins Psychiatry, PLLC, <https://hawkinspsychiatry.com/team-member/dr-germaine-b-hawkins/>

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Source : Germaine B. Hawkins, DO

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