

Stephanie Christner, DO, a Psychiatrist with Renu You Neurofeedback Brain Fitness Center

Get to know Psychiatrist Dr. Stephanie Christner, who serves patients in Tulsa, Oklahoma.



New York, New York City, Jun 30, 2021 ([IssueWire.com](https://www.issuewire.com)) - A trusted psychiatrist, Dr. Christner is affiliated with Renu You Neurofeedback Brain Fitness Center. She specializes in listening to a patient's life story to gain an understanding of the complex mental, physical, environmental and spiritual aspects that contribute to the health and disease of this individual.

Everyone's brain produces electricity that manifests in brainwave patterns. When these patterns are abnormal symptoms arise. Neurotherapy is a type of biofeedback that safely retrains the brain to produce healthy neural pathways and to maintain them. Many corporations and elite athletes are utilizing Neurotherapy to reduce stress, maximize focus, productivity and achieve peak performance. Research shows that neurofeedback is helpful in addressing the myriad of symptoms of cellular functional disorders including learning disabilities, ADHD, anxiety, addiction, depression, PTSD, OCD, psychosis, autism, memory loss, head injury, sleep disorders, strokes, seizures, fatigue and pain syndromes.

When an individual does not make the expected progress with neurofeedback, it is most often due to an underlying metabolic issue that needs to be addressed, usually with a toxic or traumatic origin. Dr. Christner then gathers the vital information needed by way of clinical interview, standard lab, functional, and bioenergetic testing to determine the triggers of the chronic inflammatory state that are limiting progress. Her approach allows for personalized performance and preventative plans to maximize and main health and vitality as well as plans to prevent disease and address symptoms.

Located in Tulsa, Oklahoma, Renu You utilizes the most advanced research-based methods to address symptoms and prevent disease. Their vision is to integrate the skills, strengths, and stories of many to promote health and wellness within the lives of individuals, families, and communities.

Academically, Dr. Christner graduated from Southern Methodist University with a Bachelor of Arts degree in Business Administration and a Bachelor of Science degree in Economics. In 2000, she received her Doctor of Osteopathic Medicine degree from Oklahoma State College of Osteopathic Medicine. She then completed her internship in family medicine and her residency in psychiatry at the University of Oklahoma. She received the Microbiology Award in medical school, the Resident Research Award during residency, and was co-author of a HIPPA journal article.

Until 2010, she practiced outpatient and emergency psychiatry, when she co-founded a company specializing in allergy, GMO, and preservative-free foods. After closing her allergy-free food company she returned to health care at Mind Spa and Renu You before opening her own clinic. On the closing of her clinic, she returned to Renu You in 2020.

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.

Learn More about Dr. Stephanie Christner:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/2213586-Stephanie-Christner-Psychiatrist> or through Verum Health, <http://verumhealth.net/about-dr-christner/>

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