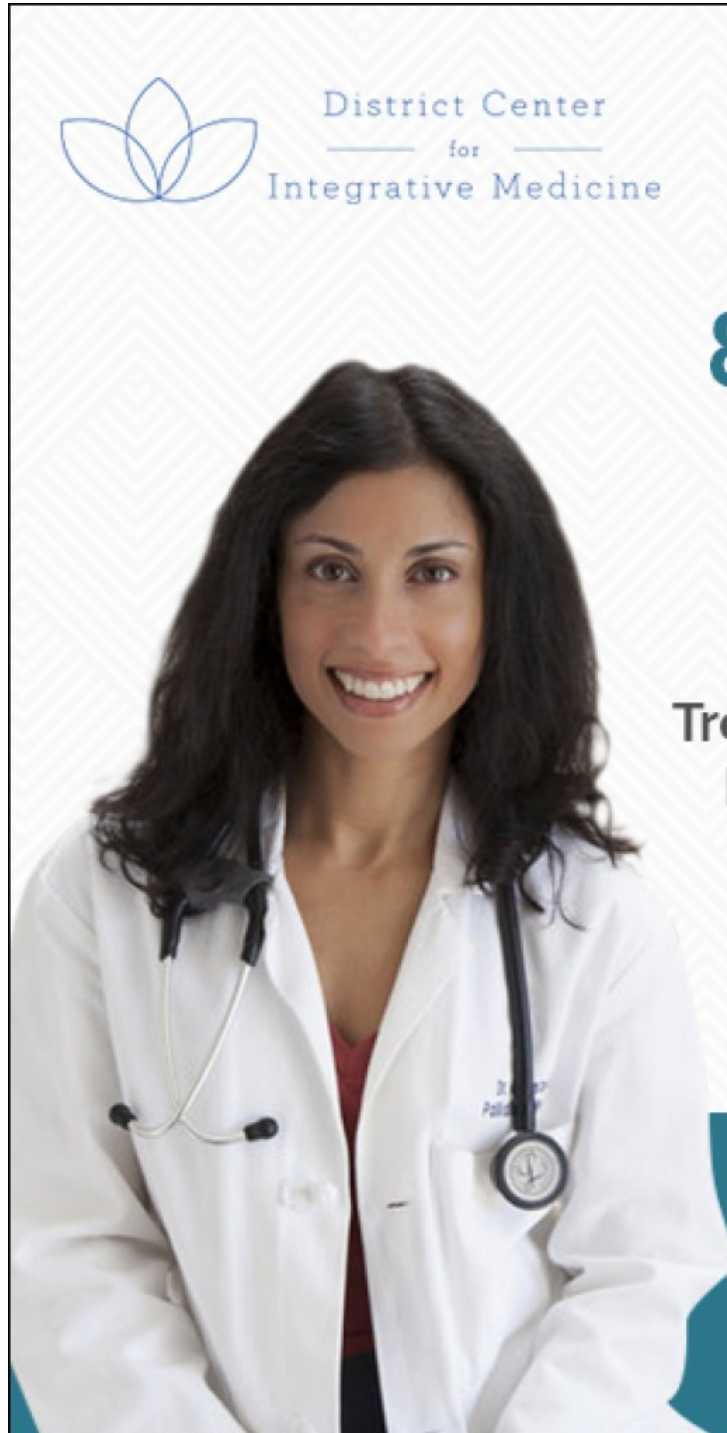


Dr. Renee Mao Joins Washington D.C. Integrative and Functional Medicine Practice DCIM

District Center for Integrative Medicine, a Washington D.C. Integrative and Functional Medicine practice, is proud to welcome Dr. Renee Mao.



 District Center
for
Integrative Medicine

Integrative & Functional Medicine

Washington D.C.

Treating Chronic Conditions
Individualized health plans
and support to encourage
your body to heal.

**Request
Consultation**

District of Columbia, Washington, D.C, Sep 8, 2021 ([Issuewire.com](https://www.Issuewire.com)) - District Center for Integrative Medicine, a [Washington D.C. Integrative and Functional Medicine](#) practice, is proud to welcome [Dr. Renee Mao](#).

Dr. Mao is a psychiatrist with a degree in Medicine from the George Washington School of Medicine. She graduated *summa cum laude* from George Washington University with a Bachelors of Science in Economics and Departmental Honors.

Dr. Mao has also completed training in Core Service Agencies (for those with serious mental illness), GW Amyotrophic Lateral Sclerosis Clinic (supportive psychotherapy, medication management, and multidisciplinary care), and GW Student Health (cognitive-behavioral [therapy for insomnia](#), psychotherapy, and medication management). She is currently enrolled in AcuMed Medical Acupuncture Training for Physicians. Dr. Mao's other clinical experiences include inpatient and outpatient psychiatry, child and adolescent psychiatry, emergency psychiatry, consult-liaison psychiatry, partial hospitalization program, substance use detoxification, and psychodynamic psychotherapy

Dr. Mao integrates multiple perspectives of mental health into one holistic vision of illness and recovery. This vision incorporates biological aspects such as neurotransmitters, hormones, and genetics; psychological factors, particularly one's means of relating to others; and physical components such as nutrition, sleep, energy and pain. She said "*I am a psychiatrist who firmly believes that compassionate and faithful exploration of one's inner world is the process through which wounds may finally heal. I am humbled to accompany patients on their journey.*"

Dr. Mao specializes in [Cognitive Behavioral Therapy for Insomnia](#) (CBT-I). [Chronic insomnia can be treated](#). And guess what? A pill is NOT necessarily the way to go about it. In fact, it's not even recommended as the first-line treatment. Nighttime doesn't have to be a miserable, unsatisfying journey. Dr. Mao designs a safe, effective, and supportive approach so patients can sleep relaxed and wake up rejuvenated. Best of all, patients walk away with the tools and confidence to manage future bouts of insomnia should they ever recur.

-

About District Center for Integrative Medicine

[District Center for Integrative Medicine](#) (DCIM), founded and directed by Dr. Anjali Dsouza, heals patients through a deeply individualized and holistic approach to health. We treat individuals with chronic complaints and conditions that persist despite the conventional managed-care model, as well as those looking to achieve the highest level of wellness. By prioritizing the patient-physician relationship, we take the time and resources to understand every aspect of your medical history, as well as nutritional and environmental factors that affect your well-being. Our role is to acknowledge your body's innate capacity to heal and cultivate it.

DCIM believes in the body's innate healing ability. The doctors acknowledge and cultivate that innate capacity during the healing journey, drawing from Integrative and Functional Medicine. DCIM is a healing space and has been purposefully built around a physical and virtual alliance of health professionals that all support a holistic model of care.

To learn more about DCIM please visit our website at <https://www.dcimedicine.com>, call (202) 251-7541, or email us at newinquiries@dcimedicine.com

What is Integrative and Functional Medicine?

Integrative Medicine uses a combination of "Western" medicine and various complementary healing modalities (including, for example, acupuncture, botanical medicine, and meditation) to treat a patient and support her healing. Integrative medicine doctors also incorporate the importance of nutrition,

exercise, and other lifestyle support. Functional Medicine embraces these practices, but it also uses a systems-oriented approach and advanced diagnostic testing to understand the underlying cause (the “root cause”) of a disease.

Integrative and Functional Medicine approach the practice of medicine holistically. Practitioners of these disciplines treat the whole person rather than a specific disease. Because of their holistic approach, these disciplines prioritize the physician-patient relationship. The District Center for Integrative Medicine (DCIM), founded by Dr. Dsouza in 2016 after 8 years of running her own practice, partners with other complementary providers (acupuncture, Chinese medicine, naturopathic medicine, psychological care), some of which are co-located with the Center.



Media Contact

District Center for Integrative Medicine

ops@dcimedicine.com

202-251-7541

1915 I Street NW, 7th Floor

Source : District Center for Integrative Medicine

[See on IssueWire](#)