

Gary Ruelas, DO, Ph.D., a Clinical Psychologist and Integrative Physician with the Integrative Medical Institute

Get to know Clinical Psychologist and Integrative Physician Dr. Gary Ruelas, who serves patients in California.



New York City, New York Aug 11, 2023 ([Issuewire.com](https://www.issuewire.com)) - A renowned clinical psychologist and integrative physician, Dr. Ruelas is the Medical Director for the Integrative Medical Institute and the Ericksonian Integrative Medical Institute. He practices functional mind-body-spiritual medicine, working with all ages while he continues to specialize in children, adolescents, and addiction medicine.

One of his areas of medical expertise is preventive, integrative/functional, addiction, and mental health medicine. He is more interested in the imbalance and deficiency of essential elements of the body than in diseases. He utilizes biological studies to determine what if any essential elements, nutrients, antioxidants, or neurotransmitter precursors are either out of balance or depleted from the body.

Looking at levels deeper than depletion, Dr. Ruelas investigates the integrity of the cell membrane and intracellular organelles themselves to determine if cellular dysfunction exists. Through this approach, he has helped individuals regain their energy, vitality, as well as minimize and even overcome a disease process.

By investigating a matrix of root causes in the diagnostic and therapeutic process, he opens a different way of treating complex and chronic states of stress to rebalance the lives of his patients, providing them once again with energy and vitality. Dr. Ruelas also provides detoxification for several different problems ranging from various toxins such as heavy metals, to chemical dependency (he is certified to prescribe SUBOXONE).

Remaining very close to his training as a clinical psychologist, he brings into his care the emotional and mental health life of each of his patients. At the Institute where he practices, Dr. Ruelas is surrounded by colleagues who are also engaged in the practice of Mindfulness and Integrative Mental Health Care.

His areas of psychological expertise include developmental, attention, learning, and mood disorders. He has training in psychoanalytic, CBT, and system modalities. He is also trained in the use of hypnosis, NLP., and marital and family therapy. As a neuropsychologist, Dr. Ruelas' expertise is in attention deficit, as well as cognitive and pervasive developmental disorders. He uses both neuropsychological assessments, the QEEG analysis and neurofeedback, when working with patients.

Looking at the molecular, genomic, psychosocial, cultural, behavioral, and spiritual path, Dr. Ruelas takes each of his patients through bridges not yet crossed and transcends the connection of the mind, body, and spirit.

With a unique, transforming, refreshing and progressive approach, he takes the time to understand what led up to the current situation, what may be contributing to the recurrent problems, and outlining a plan to begin remedying one's difficulties.

Dr. Ruelas understands immunology as a branch of biology that studies the immune system and the physiological functioning of the immune system in states of health and illness. He looks at both states and attempts to understand the missteps that occur in disease while working to optimize health. Such concepts as autoimmune disease, inflammatory and autoinflammatory dysfunction, hypersensitivity, and deficiencies.

With a solid educational background, Dr. Ruelas completed his doctoral dissertation, studying the Neuropsychology of Attention Deficit Disorder and Dysthymia in Children. During his doctoral program, he also studied psychoanalysis and practiced child psychoanalysis for several years as well as provided neuropsychological assessment as needed for his patients.

During his early program(s), Dr. Ruelas went on to study clinical hypnosis with Milton H. Erickson, MD, having personal tutorials with him and under his teaching became proficient in the use of direct and indirect hypnotic techniques. He also studied alongside the anthropologist Gregory Bateson and studied System Theory and Cybernetics with the physicist, Heinz Von Foerster, Ph.D. Dr. Ruelas completed postdoctoral work with the Milan Group at the Institute for Family Studies in Milan, Italy at the Università Degli Studi Di Milano with the Jungian Analysts Gianfranco Checchin, M.D. and Boscolo Luigi, MD.

Going on to form the Orange County Society for Ericksonian Psychotherapy and Hypnosis, Dr. Ruelas brought together such great clinicians as Kay Thompson, DDS, John Weakland, Ch.E., David Cheek, MD, Andre Weitzenhoffer, Ph.D., Humerto Maturana, Ph.D., and Gianfranco Checchin, MD, amongst others.

Simultaneously, he worked in the public mental health systems. First, with a grant from the National Institute of Mental Health where he helped to create a residential treatment facility for recovering addicts transitioning out of the penal system. He then went on to work with the Department of Mental Hygiene, State of California working with adolescents who had been placed in the State Hospital System for behavioral and emotional difficulties.

From there, Dr. Ruelas went to work with the County Department of Mental Health, initially in the Chemical Dependency Program, working with inpatient detoxification of opiate users and providing outpatient counseling to them and their families. Later, he continued his career in the Adult Mental Health Department where he worked in Crisis Management, Out-Patient Services, and After Care Programs, dealing with patients suffering from severe mental illness. He later became one of the Service Chiefs for the Children and Youth Mental Health Service Program for the County, managing outpatient and inpatient care for children and youth of the County and working closely with the Departments of Education and Social Services before leaving to full-time private practice.

Though Dr. Ruelas started off and has always worked with children, his study of the brain, mind, and spirituality has made him knowledgeable to help individuals of all ages and walks of life. His work has expanded into the cellular biology of the body and mind and has expanded into work that is transpersonal and transforming. He has always been dedicated to children and youth and to the treatment of substance abuse disorders and how the use of chemicals affects the molecular structure of the brain, both in children and adults. His background in neuropsychology offers him a broad perspective when dealing with each individual exclusively.

In 2003, Dr. Ruelas went back to his early training and in conjunction with the Milton H. Erickson Foundation, formed the first Ericksonian Integrative Medical Institute (EIMI) using the work of Dr. Erickson and applying Dr. Erickson's philosophy, not only to psychology but to medicine. The EIMI program serves as a prototype that can enhance the unconscious process of each patient despite their symptoms or physical challenges. Dr. Ruelas advocates and uses the unconscious mind at all stages of healing in preventive, restorative, and addiction medicine and in psychology.

After fifteen years of public service, Dr. Ruelas left his position in public health and went back to school and obtained his Doctor of Osteopathic Medicine Degree completing his residency in family medicine. During his final year in residency, he served as the Chief Resident of his program.

Thereafter, he pursued post-doctoral studies in Integrative Medicine, obtained board certification with the American Board of Integrative Medicine, and completed training with the Autism Research Institute - obtaining the Highest Level of their DAN physician management program.

Currently, Dr. Ruelas is completing a two-year program with the Center for Action and Contemplation in New Mexico, a program studying mystics and spiritual transformation through the teaching of the Bible with Richard Rohr and James Finley, amongst others. He is also enrolled in a Doctor of Ministry (DMin) Program with the Claremont School of Theology, where he is studying theology and spirituality from a theological-based perspective.

Clinical psychology is an integration of human science, behavioral science, theory, and clinical knowledge for the purpose of understanding, preventing, and relieving psychologically-based distress or dysfunction and promoting subjective well-being and personal development. Clinical psychologists treat many human problems, including depression, anxiety, stress, major mental disorders, learning disabilities, substance abuse and other addictions, marital/ relationship problems, difficulties coping with personal health problems, and problems stemming from physical and sexual abuse.

Having presented nationally and internationally, Dr. Ruelas has been a recognized speaker at the International Conference for Ericksonian Psychotherapy and Hypnosis. He founded the first Ericksonian Integrative Medical Institute and continues to present at national and international conferences on Ericksonian techniques in psychology and medicine.

Recognized as one of the eminent doctors in the field of bio-identical hormones, Dr. Ruelas is mentioned by Suzanne Somers in her books, Breakthrough, Ageless, and Shout Out. He understands that hormones affect the body systemically, not just gynecologically. He understands and embraces that hormones have been in the body almost immediately following conception and remain in the body systemically throughout the course of life. He is intent on safely balancing all molecules of the body, including hormones, thus bringing the body to an optimal state of harmony.

Active in his local community, Dr. Ruelas is engaged in activities with various church leaders and churches. He has a strong faith and brings his knowledge and belief in God into his daily practice.

Learn more about Dr. Gary Ruelas:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3417137-Gary-Ruelas-Psychologist>, through the Integrative Medical Institute, <https://integrative-med.org/our-staff/> or through the Ericksonian Integrative Medical Institute, <https://integrative-med.org/ericksonian-integrative-medical-institute/>

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