



INTEGRATIVE PSYCHIATRIC MEDICINE PRACTICE

Lifestyle Medicine

S'eclairer is dedicated to the care of the whole person, body, mind, and spirit, while integrating science-based, mindfulness-centered treatments to complement your medical care. This integrative and holistic treatment approach will advance your awareness and recovery from depression, anxiety, panic attacks, trauma, alcoholism, drug dependence, pain, obsessive compulsive disorder, marital and family conflicts, medical conditions, and the stress of life. You are invited to pay attention to your recovery by participating and managing your health and total well-being in the compassionate environment at S'eclairer.

Integrative Psychiatric Medicine

Safdar I. Chaudhary, MD, Executive Director
Ahmed Jahangeer, MD
Sasha Zeleznik, PA-C

Medical Education

Zahida Chaudhary, MD

Integrative Psychiatric Nursing

Sandi Blystone, LPN

Mindfulness-Centered

Individual Therapy

by appointment

Mental Health & Addiction Therapy

Kim Ruth, MA, CAC, LPC
Christina Weimer, BS,, Psychology
Dorothy Wellock, RN, MA, LPC, NCC, CARN
Timothy O'Connor, MA

Autism Spectrum Disorders

Timothy O'Connor, MA

The Wellness Shoppe at S'eclairer

Open Monday to Friday during office hours
Natural Remedies for a Healthy Life
Natural Supplements, Organic foods and teas, Essential Oils, Books, and More!

Our Partners in Health and Wellness:

Biofeedback: Joseph Perry, PhD: 724-832-3851
Chiropractic: Donald Valentine, DC; MSW: 724-539-1633
Medical Education: Zahida Chaudhary, MD: 724-468-3999
Oldenburg Psychological Services, PC: Jennifer Oldenburg, PhD: 724-832-9096
Spiritual-Based Counseling: Ruthann Valentine, PhD: 412-372-1465

Mindfulness-Centered

Suboxone Medical Program

- Medication Management
- Individual Therapy
- Mindfulness-Based Groups

To make an appointment, contact our office

Mindfulness-Centered

Skills Groups

DBT Skills Group

Tuesdays 9:00am-10:30am

DBT for Brain & Physical Health

Wednesdays 11:30am-1:00pm

DBT Skills Group

Third Wednesday of the month 5:30pm-7:00pm

Mindfulness-Centered

Physical Medicine

Chiropractic

Donald Valentine, DC, MSW
Individual appointments every Wednesday afternoon

Mindfulness- Centered

Energy Medicine

EMDR

Dorothy Wellock, RN, MA, NCC, CARN
Individual appointments available

Mindfulness-Centered

Music at S'eclairer

James Buckley, Music Director

Rev 4/11/17

Visit www.seclairer.com to learn about retreats and educational activities and sign up for our newsletter.

Follow us on:



For more information please contact our office 724-468-3999.

341 Story Road, Export, PA 15632