



## 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  
Beth Marcieski, 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  
ChoiceLadder Institute: Krishna Pendyala, CEO: 1-888-486-4504  
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  
Uphill Dressage: Elisabeth Straus: 914-450-0413

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

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### Physical Medicine

#### Chiropractic

Donald Valentine, DC, MSW  
Individual appointments every Wednesday afternoon

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### Energy Medicine

#### EMDR

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

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### Music at S'eclairer

James Buckley, Music Director

Rev 10/01/17

Visit [www.seclairer.com](http://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.

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