

Bio: Shawn Barnes M.D. I completed medical school at the University of Hawaii and residency in psychiatry at UCSD. I am a board certified psychiatrist. However, over the course of my training I became acutely aware of the limits of psychiatric medications and the persistent questions surrounding the foundations of the field. I currently have a private practice in integrative psychiatry in Encinitas where utilize psychotherapy, mindfulness, breathwork, supplements, herbals, exercise, nutrition, etc, in addition to a conservative approach to psychiatric medications. I see myself as 60% therapist, 20% naturopath, and 20% psychiatrist.