

How does my Integrative Psychiatry Perspective Works?

The conversation lasts about one hour and presents an integrative clinical assessment based on my professional background in psychiatry, psychosomatics, and functional medicine. It is not a formal medical consultation or prescription. All recommendations are meant to empower the patient to have a proactive role in their health, while always working in collaboration with their local family doctor or care team.

Which tools may be used in session?

- Discuss about Psychoeducation / Therapeutic interventions / Psychosomatic-focused assessment / emotional regulation / Sleep hygiene.
- These observations reflect my perspective from integrative psychiatry and do not replace medical advice from a licensed professional in this country. Any decisions regarding treatment or medical investigations should be made by the patient and their attending physician.

Academic Background

- Medicine — UFRJ - Brazil
- Psychiatry — UFF - Brazil
- Master's Degree in Immunology — University of Chile - Chile
- Postgraduate in Psychosomatics with Psychoanalytic focus — Diego Portales University, Chile
- Postgraduate in Psychosomatics — Jungian Institute of Teaching and Research, Brazil
- International Certification in Endocannabinoid Medicine — Wecann Academy
- Certificate in Neural Therapy and Neurofocal Dentistry — Brazilian Institute of Neural Therapy
- Postgraduate in Integrative and Functional Medicine in ASD and ADHD — UniAmerica (in progress)



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