



Sara Van Anrooy, MD

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Mission Statement

“Providing simple, fun and effective solutions to promote healing, prevent illness and sustain the wellbeing of the individual, their families, our communities and the environment.”

Core Values

- Solutions which simple, fun and effective are more sustainable
- Outlook on life is essential to improving health and reducing the risk of illness
- Effective and evidence-based solutions are proven through research and clinical experience as well as by observation and measurement of the individual’s response.
- The emotional, physical, and spiritual health of the individual in turn promotes the health of their families, our communities, and the environment.

Employment

1998 to Present

The Center for Stress Medicine, Castle Rock, CO

Private Practice Owner, founder, and lead physician

www.centerforstressmed.com

- Community based private practice
- Clinical integration of functional brain imaging, genetic testing, and comprehensive medical screening
- Integrative adolescent & adult psychiatry with evidence-based wellness, prevention & early intervention for all age groups

June 2012 to June 2013

IMMUNOe

Principal Investigator

- Conducted research studies for Shire on ADHD medications on part time basis
- IMMUNOe is a multi-specialty and clinical facility whose primary goal is research investigating the roles of inflammation in disease states across all specialties

2000 to 2003

Colorado Health Networks, Colorado Springs, CO

Assistant Medical Director

- Administration of managed care services for Colorado based mental health centers
- Developed clinical guidelines for mental health clinics on part time basis
- Clinical system analysis, quality assurances and cost containment projects

1997 to 1999

Parker Valley Hope Alcohol and Drug Rehab, Parker, CO

- Diagnostic and psychiatric support services as subcontractor
- Holistically orientated drug and alcohol residential programs

1996 to 1998

HealthStyles Clinic, Castle Rock, CO

Private practice owner, founder, and lead physician

- Recruited and led treatment team of eight clinicians
- Internal billing systems with greater than 97% collection rate
- HealthStyles was a private behavioral health clinic promoting healthy lifestyles as the foundation for mental health

1994 to 1996

Columbine Hospital, Littleton, CO

Clinical Director of PHP and IOP Services

- Medical leadership of programs for mood disorders, adolescent services, and chemical dependency
- Inpatient services for Dissociative Disorders and Eating Disorders
- Participation on Columbia Health Care's Strategic Planning Committee

1993 to 1994

Laureate Hospital and Clinic, Tulsa, OK

Co-director of Eating Disorder Program

- Integration of twelve step-based approach with psychodynamic theory
- Participated in formation of the Academy of Eating Disorders as a Charter member
- Laureate is an Internationally renowned program, specializing in treatment resistant and VIP/high profile cases as twice featured in People Magazine.

1990 to 1993

Columbine Hospital, Englewood, CO

Physician

- Inpatient services at Columbine Hospital on Dissociative Disorders, Eating Disorders, Adolescent and General Adult units.

Santa Fe House, Littleton, CO

Physician

- Psychiatrist on treatment team at half-way house for Arapahoe Mental Health Center

Education

1986 to 1990

University of Colorado, Denver, CO

General Psychiatry Residency & Community Medicine Internship

- Received awards from The Colorado Psychoanalytic Society and The Colorado Psychiatric Society for research paper
- Established paternity leave policy for residents

1982 to 1986

Michigan State University College of Human Medicine, East Lansing, MI

Doctor of Medicine

- Additional coursework in medical anthropology and women's studies
- Research assistant for Teresa Bernardez, MD
- Additional coursework taken at College of Osteopathic Medicine and Michigan State University

1985

Dartmouth College

Externship

- Sleep Disorders and Behavioral Medicine with Dr. Peter Hauri
- Taught to clinically assess and treat sleep disorders as well as the technical reading of sleep and lab recordings
- Integrative use of techniques such as biofeedback, for conditions such as migraine and tension headaches and back pain.

1978 to 1982

Hope College, Holland, MI

Bachelor of Art in Biology ; Bachelor of Art in Psychology

- Minor in sociology and chemistry
- Research externship at The Hospital of The University of Pennsylvania on Anorexia Nervosa
- Young Life counselor
- Liberal arts college, associated with The Reformed Church of America

Additional Training and Experience

Board Certifications

- **The American Board of Psychiatry and Neurology, June 1992**
- **The American Board of Integrative Medicine, 2015**
- **American Board of Integrative and Holistic Medicine, December 2016**

Licensure

- **The Colorado State Board of Medical Examiners, January 1988**
- **The Oklahoma State Board of Medical Licensure and Supervision, October 1993-1994**

Additional and Continuing Education

- **Mini Fellowship on Advances in Bipolar disorder , 1995**
University of Colorado
- **Trauma Intensive with Dr. Bessel Van Der Kolk, MD, 1993**
- **Nuclear Neurology and Psychiatry, 2004**
Institute for Nuclear Medical Education, Denver, CO
- **The Neurobiology of Mood and Cognitive Disorders, 2006**
- **Neuropsychiatry Today Conference, 2006**
University of California Los Angeles
- **Anti-Aging Medicine: New Science-Based Protocols and Patient Assessment Strategies, 2010**
- **Colorado Integrative Medicine Conference, 2011**
The University of Colorado School of Medicine
- **Psychopharmacology Congress, 2013**
Neuroscience Education Institute
- **The Body Keeps Score-Trauma Healing with Dr. Bessel Van Der Kolk, MD, 2015**
- **Vitamin D, Sunshine, Optimal Health: Putting it all together with Dr. Robert Heaney, 2016**
University of California San Diego School of Medicine

Speaking Engagements

- Speaker for Lunesta, Seroquel, and Zoloft as well as Genomind genetic testing
- Multiple invitations to present on topics such as Integrative Use of Supplements in Medicine, Bipolar Mood Disorders, Relationship Dynamics: functional and dysfunctional, Empowerment Model of Care, Role of Caregiver Gender on Developments, Eating Disorders, and Genetic Testing
- Invited to speak on radio and TV programs on topics such as importance vitamin D and hydration

Affiliations, Associations, and Volunteer Positions

- **Genomind**, February 2012 to Current
 - Preferred Provider
- **Cerescan Imaging (Previously Brain Matters)**, 2006 to Current
 - Preferred Provider
 - Underwent training for clinical application of brain SPECT imaging
- **Medical Volunteer at Haitian Hospital, 1982**
- **Douglas County Health Advisory Committee for Melanie Worley**
 - Helped to reach goal of establishing Douglas County hospital, currently have 3
- **Douglas County Schools Health Advisory Committee**
 - Wellness and mental health subcommittees
 - Established integrated guidelines for the school systems
- **Karma Yoga Project with Urban Peak and Yoga Off the Mat Colorado**
- **Integrative Psychiatry Journal Club, 2016**
- **Hope College Alumni Board Representative**
- **Douglas County Sheriff's Office Wellness Program**
 - Helping to design integrative wellness program
- **CREATION Health Project**
 - Partnered with Castle Rock Adventist Hospital to develop CREATION Health model