

# WELCOME to The Center for Integrative Medicine

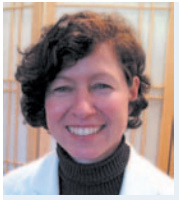


## ACUPUNCTURE



### **MONIKA ARMBRUSTER, L.AC., M.Ac.**

Monika is a licensed acupuncturist who has been practicing on the Eastern Shore since 1997. She graduated with a B.A. from the University of Maryland and then furthered her studies at the Traditional Acupuncture Institute where she received a Master's degree in traditional acupuncture. Monika's passion is to help individuals in developing their potential for physical, mental, and emotional wellbeing to the greatest extent possible. She currently resides in Stevensville with her husband John and two children Izabella and Riley.



### **SILVIA BYERLY, L.AC., M.Ac.**

Silvia Byerly is a licensed acupuncturist who graduated with a Master's degree in Acupuncture from the Tai Sophia Institute. Silvia discovered acupuncture when it was used in combination with Western Medicine to successfully treat her injuries from an accident. Silvia is passionate, and committed to her patients achieving healing in body, mind, and spirit. She grew up in Austria and came to Maryland to earn her undergraduate degree. Silvia lives in Queenstown with her husband and two children.

## MASSAGE THERAPY



### **STEPHANIE LATHAM, LMT**

Stephanie is a licensed massage therapist and Reiki level II practitioner who uses what she likes to call "fusion massage." Each massage is a blend of techniques designed to enhance the experience for each person. Swedish, Deep Tissue, Indian Champissage™, and Reiki are among the services she provides. Stephanie believes in the Mind\*Body\*Spirit connection and that the healing process is made better by building strong client relationships based on trust. She is passionate about her work and is always looking to discover new techniques to bolster her practice. Stephanie is an Eastern shore native and has been practicing massage almost 3 years. In her spare time Stephanie loves spending time with her family, doing creative projects and volunteering at the Talbot County Humane Society (cats and dogs need massage too).



### **ANNE POGUE, CMT., M.A.**

Anne has extensive experience as an educator and practitioner of complementary therapies. Her formal education includes a Bachelor of Science in Health Education from the University of Maryland, and a Masters of Arts in Spiritual and Pastoral Care from Loyola College. Anne's experience includes positions as Health Educator in Frederick County public school system, certified hatha yoga instructor, certified and licensed massage therapist, certified foot reflexologist, and level three Reiki practitioner. Anne has developed and taught mind/body/spirit workshops and classes at Howard County Community College and Howard County Hospital in Columbia, Maryland. She currently provides Foot Reflexology sessions and private yoga sessions at the Center for Integrative Medicine and teaches hatha yoga at the Talbot County YMCA. Anne lives with her husband Michael in Easton, MD, and has two adult children and one granddaughter.



### **COLIN PERRY WILLIS, LMT**

Colin believes that the human body is an amazing work of art possessing many self-healing properties. Massage is an effective tool to help you take charge of your health and well-being, by helping to defeat the stress and tension of everyday living that can lead to disease and illness. Using massage therapy as a medium, Colin encourages her clients to listen to their bodies and allow the healing process to take place through awareness. Each massage session is developed according to the needs of the client, using a variety of therapeutic modalities and techniques including Myofascial Release, Myoskeletal Alignment, Swedish and Deep Tissue Massage, and Reiki. Colin attended Roanoke College and Chesapeake College and has been practicing massage since 2007. She is a Nationally Certified Massage Therapist, licensed in the state of Maryland. Colin welcomes clients living with chronic health conditions, pain, or stress who want to incorporate massage as part of their health plan. Colin lives in Easton with her son Graham.

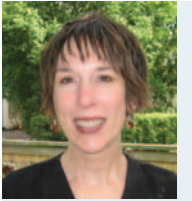
## PSYCHOTHERAPY

---



### **RICHARD GIBSON, LCSW-C**

Richard is a psychotherapist who has long specialized in the treatment of post-traumatic stress. He uses EMDR (Eye Movement Desensitization and Reprocessing), a well-researched treatment shown to effectively reduce or eliminate – often rapidly - the symptoms of post-traumatic stress for the majority of clients. Traumatic experiences can often lead to bouts of anxiety or depression, intrusive memories, low self-esteem, phobias, and performance or inter-relational difficulties. Richard is certified in EMDR by the EMDR International Association and lectures frequently on the subject in various hospital and university settings. He holds a B.S. from the Wharton School at the University of Pennsylvania, and an MSW from Rutgers University. In addition to his practice at the Center, Richard has a private practice in Philadelphia, where he is also affiliated with Pennsylvania Hospital. His professional expertise is enhanced by an unusually broad life experience that allows him to relate to people from widely divergent backgrounds. Richard, who is an avid sailor, and his wife, who emigrated from South Africa in 1987, have homes in Philadelphia and on the Choptank River outside of Cambridge.



### **KAITLIN M. WALDRIF, LCSW-C**

Kaitlin has been a practicing psychotherapist for almost 20 years. She obtained her Masters Degree in Social Work from the University of Maryland. She has extensive experience working in the public and private sectors. She believes in the resilience of the human spirit and works very interactively with her clients in a variety of ways to help them bring about positive change and create more joy in their lives. She is particularly skilled in helping clients identify and change historic and limiting beliefs and behaviors. Kaitlin has great passion for her work and enthusiastically continues her own training and personal growth to improve her skills in order to bring her very best to her practice.

