



# Ashley Bouzis

## M.D. Psychiatrist

Office: (206) 386-3103

### Bio

The human experience is rich and complex. I believe treatment must reflect this in order for people to meet their goals. While many people think of treatment with a psychiatrist as being primarily medication focused, I have found that medications can serve as an adjunct in treatment, but they are rarely the primary solution.

My training as a psychiatrist and psychotherapist allows me to integrate the biological and psychological aspects of mental health treatment to enhance treatment outcomes.

I offer comprehensive evaluations, psychotherapy alone and psychotherapy plus medication management for common conditions such as depression, anxiety, stress and phase of life transitions. I do not offer appointments focused solely on medication management.

#### Training Background:

- Geriatric Psychiatry Fellowship, University of Washington
- Psychiatry Residency, University of Washington
- Therapy Training: supportive therapy, psychodynamic therapy, cognitive behavioral therapy
- M.D., University of Washington School of Medicine
- M.S., Colorado State University
- B.S., Colorado State University